

## East Boldon Junior School Food Policy

At East Boldon Junior School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity. We have been working towards the Healthy Eating strand of the Healthy School Award and recognise that 'Being Healthy' is one of the five outcomes of 'Every Child Matters'.

### **AIMS**

The general aim of East Boldon Junior School is to provide a happy and secure school where everyone is valued and has every opportunity to realise their full potential. There are high expectations of all.

More specifically - through our food policy - we will endeavour:

1. to maintain or improve the health of the whole school community through education - increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
2. to ensure that children are well nourished at school - that we practise what we preach - with every child having access to safe, tasty and nutritious food and water during the school day.
3. to increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment.
4. to ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food-related allergies.
5. to meet the nationally agreed and locally accredited Healthy School standard in Healthy Eating.

### **OBJECTIVES**

These aims will be met in lessons through a cross-curricular approach, through shared eating times and through social and pastoral activities.

## **CURRICULUM**

Within the PSHE curriculum healthy eating, food safety and an understanding of where our food comes from, will be taught. Where possible this will be linked to other curriculum areas for example;

Art - observational drawing of fruit, healthy eating posters

DT - recipes, food preparation and cooking

English - instructions - recipes

Maths - weights and measures

PE - healthy eating and exercise

Science - healthy eating, effects of how plants grow

RE - the rich diversity of other cultures and times

Geography - where food comes from, sustainability

History - how people used to eat, Tudor explorers- scurvy, Victorians - rich and poor

Opportunities to support and extend the curriculum will be made through

1. external visits e.g. to the local supermarket, restaurant
2. local initiatives e.g. South Tyneside Primary Care Trust,
3. visitors, Expo Chef
4. healthy eating projects e.g. design a healthy school dinner competition
5. Health Awareness weeks

## **2. SHARED EATING**

### **Break time**

Children are encouraged to bring fruit or raw vegetables to eat at either or both break times.

Milk is available each morning and parents, should they wish, can purchase milk at a subsidised rate for their children at the beginning of each term.

Children are encouraged to bring their own water bottle for use throughout the day.

### **Lunch time**

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meals are cooked on the premises and we continue to work closely with them to improve the quality and uptake of school meals.

Children may bring packed lunches to school and, although we accept that it is up to the parents what they put into their children packed lunch box, we shall continue to emphasis the importance of a healthy lunch by promoting good practice. Parents are reminded via a newsletter about Healthy packed lunches.

To meet the National Nutritional standards, lunches for pupils at East Boldon Junior School should contain at least one item from each of the following food groups:

- starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked oil or fat should not be served more than three times a week.
- fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week.
- milk and dairy foods.
- meat, fish and alternative sources of protein. Red meat must be served at least twice a week. Fish must be served at least once a week. Cheese may be included in the meat/fish protein group for primary children.

#### **What do national nutritional standards apply to?**

- all lunches provided for pupils during term time, whether they are free or lunches which pupils pay for.
- hot and cold food, including packed lunches provided by the school for pupils on school trips.

## **HEALTH AND SAFETY**

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating. Signs are displayed in toilet areas.

Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classroom/ corridors and be encouraged to use insulated packed lunch boxes.

Catering staff will hold the required food hygiene certificates

All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly.

As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

A register of children with food allergies or dietary restrictions on religious grounds, is kept by the Head Teacher and Cook. The children's photographs are displayed in the kitchen, Health Care Plans are in the staffroom.

### **LINKS WITH HOME**

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with the school nurse and other members of the South Tyneside Primary Care Trust. A 'Guide to Healthy Packed Lunches' produced by the above trust is displayed in school to help inform parents.

### **MONITORING AND EVALUATING**

We will continue to monitor and review this policy every two years. We will create opportunities for discussion with the children, staff, parents and governors through meetings, the school newsletter and questionnaires.

### **OTHER RELEVANT DOCUMENTS**

PSHE and citizenship policy  
Health and safety

### **WEBSITES**

[www.dfes.gov.uk/schoollunches](http://www.dfes.gov.uk/schoollunches)  
[www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)  
[www.wateriscoolinschool.org.uk](http://www.wateriscoolinschool.org.uk)  
[www.southtyneside.info/schoolmeals](http://www.southtyneside.info/schoolmeals)

This policy was approved by the Governors' of East Boldon Junior School 2010 and will be reviewed every two years.

Reviewed Oct 2016 Next Review Feb 2019

Signed: (Chair of Governors)\_\_\_\_\_

Signed (Headteacher)\_\_\_\_\_