

Goddard Park

Community Primary School

An Integrated Children's Centre



Headteacher: Mike Welsh

Everybody learns, everybody cares

WHOLE SCHOOL FOOD POLICY

Reviewed: May 2010

MISSION STATEMENT

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

The governing body recognises its responsibility for setting a strategic framework for the school's food policy and for monitoring its implementation.

AIMS AND OBJECTIVES

(What do we want to achieve)

- To comply with The Education (Nutritional Standards for School Food (England) Regulations 2007
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply
- To provide a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To recognise that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils. E.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To encourage children to have a knowledge of where their food comes from, how it is grown and how it is processed into what they eat.
- To ensure we meet Government Policy to work towards the five outcomes of 'Every Child Matters' one of which is "being healthy".

- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

GUIDELINES

(How are we going to meet our objectives?)

- Displays – encouraging healthy choices – link to Science and PSHCE
- Encourage uptake of subsidised milk – KS1 free fruit
- Provide access to training to ensure staff are supported to carry out necessary change
- To provide training in practical food education for staff, including diet, nutrition, food safety and hygiene.
- Involve pupils, parents, teachers, school governors and catering providers in guiding good food policy and practice within the school and enable them to contribute to healthy eating and act on their feedback.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.
- Help to develop knowledge of the growing of food products, through growing clubs.
- Invite visitors into School to educate children about healthy eating – eg Ready Steady Cook, Healthy Lunch boxes (Swindon college)

MONITORING AND EVALUATION

(How do we know our objectives are being met?)

- Food action groups to report on the progress and review policy annually in light of improvements and changes.
- School caterer to report on number of pupils using service. Ask pupils, parents and teachers their thoughts on range, quantity and quality of food provided.
- Staff training audit
- Establish an effective structure to oversee the development, implementation and monitoring of this policy.
- School Council to gather ideas and comments from children to base discussion on for further development of food provided during the school day.

NOTES

The development of this policy must continue to be by consultation. The policy and future amendments to the policy must be communicated clearly and consistently to pupils, parents, governors and staff of the school

Guidelines on lunch boxes

The School will provide information on healthy foods that should be included in Lunch boxes from home

The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day,, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetable, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks etc
- A portion of milk or diary food, e.g. cheese, plain/fruit yoghurt etc
- Small portion of lean meat, fish or alternative e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus etc
- A drink – fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although, the School provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the School requests that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate etc
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc
- Sweet nut bars etc
- Foods containing salted nuts etc
- Packets of salted nuts

Parents who have difficulty following these guidelines are requested to contact the school.

Snack time

All pupils are welcome to bring a healthier snack such as fruit, vegetables or a healthy snack bar from home for the morning break time. The school will actively discourage all other snacks at morning break time. Reception, Year 1 and Year 2 children also receive a free piece of fruit or veg every day from the Government Fruit and veg Scheme. Commercially bought sweets and chewing gum are also not allowed in school.



Menu Planner - Once Upon a Time Café

Week Beginning: 24th May 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Standard Meal - £1-90				
<i>Hot main meal - choose 1 from:</i>				
Chicken Curry	Beef Lasagne	Roast Turkey	Meatballs in Tomato Sauce	Fish Cakes
Cheese and Potato Pie	Vegetable Risotto	Courgette and Pasta Bake	Mild Vegetable Curry	Macaroni Cheese
Jacket Potato Ratatouille Sauce	Jacket Potato Cheese and Coleslaw	Jacket Potato Tuna and Red Onion	Jacket Potato Egg and Cress	Jacket Potato Cheesy Beans
<i>Accompaniment</i>				
Basmati Rice	Garlic and Herb Bread	Roast Potatoes	Spaghetti	Chips
	Baby Boiled Potato	Baby Carrots	Basmati Rice	
Peas	Diced Mixed Vegetables	Cabbage	Peas	Baked Beans
Baby Carrots			Sweetcorn	Tomatoes
<i>Alternatives to a hot meal</i>				
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<i>Desserts - Choose 1 from:</i>				
Banana and Choc Brownie	Syrup Sponge	Rice Pudding with Sultanas	Banana Custard	Fresh Fruit salad
Selection of Yoghurts	Selection of Yoghurts	Selection of Yoghurts	Selection of Yoghurts	Selection of Yoghurts
Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Fruity Flapjack
	Custard			

