



Thorpepark

FOOD POLICY

Date policy reviewed: December 2016

Date approved by Governing body: 7th February 2017

VERSION V1.0

Whole School Food Policy

Aims

Thorpepark Academy aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Thorpepark staff recognises and are committed to the fact that healthier children learn more effectively.

Contextual Information about the School

As at 16th December 2016 Thorpepark Academy has total of 525 pupils including 67 children in the nursery and 29 children in the two year old provision. 217 children are entitled to free school meals which equates to 41% of children on roll.

The school has 70 children who are from the following ethnicities:

1 Bengali	8 Latvian	4 Russian
1 Chinese	5 Lithuanian	1 Shona
1 German	36 Polish	1 Spanish
3 Kinyarwanda	2 Portuguese	2 Swahili
1 Kurdish	3 Romanian	1 Urdu

Policy Development

This policy was developed with the input of following people:-

- Healthy School Coordinator
- Parents
- Teaching Staff
- SLT
- Governors
- Pupils

Provision of Food

The Eating Environment

- All children eat in the dining hall or school hall with their own class and then move into the playground.
- Children who eat a packed lunch are encouraged to sit with children who are having school meals.
- A self-service salad bar is available
- Children can choose from water, milk or juice at lunchtimes
- Children are expected to return the trays and to clear away after themselves
- Staff are encouraged to eat alongside children to promote positive eating habits and conversations.

School Meals (lunches)

- Food is provided by Hull Catering.
- These healthy options are promoted at the admissions phase.
- Free school meals are provided for all children in this school.
- Food is presented at child height and the cooks and lunchtime Child Support Officers talk through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff.
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches with a choice of fillings are on offer daily.

- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.
- A member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with pupils.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Slow eaters go for dinner first and are encouraged by the staff.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week.
- Children who do not eat anything/very little are reported to the office and the parents are informed.
- Dependant on a child's/family religion various options are given to ensure all children have a choice of food.

New Standards:

- That starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week.
- To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.
- The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available.
- There are changes also to drinks with a maximum quantities of juice and combination drinks (apply secondary schools only).The standards have been designed to control the amount of added sugar.

School meals (breakfast)

- Breakfast club has been running for 6 years and has approximately 100+ children attending each day.
- Children arrive in school at 8.00am and social interaction is encouraged whilst eating breakfast. After they have had breakfast pupils have the opportunity to play a variety of board games, play on the Wii or read books/complete homework. Outdoor play is also encouraged.
- Breakfast club is free and children can just turn up on the day they wish to attend.
- The food on offer ranges from, sugar free cereals and milk, white and brown bread, margarine, sugar free jam, raisins and other fruit. Fresh fruit and juices are also available.

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage 1.
- Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.
- The school council promote healthy pack lunches and are constantly looking at new ways to promote healthier eating with the school community.

Extended School

Standards for school food other than lunch

Many of the food based standards apply to food served throughout the school day including breakfast clubs, mid-morning break and tuck shops.

Restrictions apply with regards to foods which are high in fat sugar and salt and as these restrictions apply throughout the school day a process must be in place to ensure breakfast, morning break, after school club food provision doesn't contravene the standards throughout the school day. For example if the weekly menu has a chicken pie and an apple pie featuring the same week no other pastry item cannot be served during this week.

Restrictions

No more than two portions of food that has been deep-fried, batter coated, breadcrumb-coated, each week.

- No more than two portions of food which include pastry each week.
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat.
- No confectionery, chocolate and chocolate-coated products.
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)
- Salt must not be available to add to food after it has been cooked.
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoon.

Snacks

- Free Milk will be offered free of charge to pupils 5 and under.
- Where milk is made available outside of lunch it only needs to be offered free to those pupils entitled to a free school meal.
- Schools may use the Dedicated Schools Grant to fund the provision of milk for eligible pupils (those entitled to free schools meals, and all infants where it is offered as part of the universal free school meal from September). It is for individual schools to decide how much funding to allocate for this.
- A range of fresh fruit or vegetables are offered to children in KS1 during the day through the NHS Health Scheme.

Drinking Water

- The drinking of water is encouraged but not provided in all classes. Pupils can bring in their own clean plastic bottles from which to drink. All children can have a drink if requested.

Curriculum

- The formal curriculum develops pupil's knowledge of healthy eating through PSHE, Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.
- In Key Stage 1 and 2 children learn the importance of healthy living in in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.
- The school's life skills project encourages healthy eating by the following projects: happy and healthy – I can cook, Grow and sell led by Waitrose, Food to fork by Tesco.
- In the EYFS vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups.

Provision for Staff

- Staff are encouraged to eat healthily themselves.
- Many staff members choose to have a school dinner. Some choose to eat with the children.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.
- Both cooks have received chef training.
- Staff involved in food preparation for breakfast and extended school has a food hygiene certificate.

Parents

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and Thorpepark Academy website, where appropriate.
- When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.
- The school provides numerous healthy eating workshops for parents. Through the Parks children centre the school provides healthy cookery courses for parents on the school site.
- The school provides school meal tasting sessions during parents evenings.

Other Issues

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion.
- Multicultural food is encouraged during parties such as Christmas, Cultural Week and school meals.
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit and milk from EYFS and Key Stage 1 is given to Key Stage 2 when possible.
- Year 6 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Leadership Team. If they are entitled to a free meal a packed lunch will be saved for them to collect at the end of the day from the office.
- During SATs week all year 6 pupils are offered free healthy breakfast

Actions carried out recently:

- Menus are displayed in the school foyer so that children and parents are aware of what food is available, giving both time to make healthy choices before going in to dining hall.
- Ovens and a range of cooking equipment have been provided in the foundation settings to promote cooking in the provision.
- The nearby secondary school (Sirius North) lets the school use a food tech room twice a week so that KS1 and KS2 children can do food tech.
- An after school cookery club will be set up for spring term 2017
- The school has signed up for 'food for life' and an action plan is in place to achieve the bronze award by the end of summer 2017.