

Ambler
Primary School and Children's Centre

Policy
Food Policy

January 2016



**Next review with Safety, Service and Communications Committee:
January 2017**

This policy is subject to ongoing change and will be updated as and when required.

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1. INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This is achieved by the whole school approach to food documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, children, the school nurse, Caterlink (our catering suppliers) as well as Islington Borough. Parents' views and feedback from coffee mornings and workshops have been taken into consideration for the formulation of this policy.

2. FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day.

3. FOOD STANDARDS AND SUPPLIERS

Ambler Primary School has achieved the Healthy Schools London Silver award which means Ambler is considered a Healthy School as it has a food policy and a health and well-being action plan in place. For further details; please visit: <http://www.healthyschoolslondon.org.uk/>. Ambler is classed as 5 (the highest rating 1-5) for food hygiene rating.

Ambler Primary School and Children's Centre are pleased to inform parents, carers and children that we serve Halal meat. Further to a consultation and subsequently a vote involving children, parents and carers, a decision was taken to introduce halal meat in September 2014 across the provision, as part of the menu. Halal meat is sourced by Caterlink through, IMS of Smithfield who have complied with the halal and hygiene requirements according to Islamic dietary law and Malaysian Halal standard MS1500-2009. A copy of the certificate is displayed in the main entrance of the school.

Caterlink chefs use RSPCA Freedom Food free range eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. They also use locally sourced ingredients when available and in season.

Copies of menus are displayed in reception areas and display boards throughout the provision. All menus are nutritionally analysed to ensure they meet and in most cases exceed the food standards.

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government standards for school food were phased in from 2009. There are three parts. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

4. CURRICULUM

Food and nutrition are taught at an appropriate level throughout each key stage.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. A balanced approach to learning about healthy eating is planned through Ambler's Curriculum.

Evaluation of pupils' learning

The healthy eating aspects of the National Curriculum are assessed by SATs.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

Leading by example and staff training

Teachers, the school nurse and caterers have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines and seek to role-model positive behaviours around food.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for children in the library.

Visitors in the classroom

We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject, including in relation to food. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the children. The school's code of practice for visiting speakers is adopted.

5. OUTSIDE THE CLASSROOM

After-School cooking clubs

Cooking clubs are popular at Ambler Primary School and represent an important opportunity to help children develop understanding of what foods contain and important skills in food preparation. Staff work with the children to produce for example: fruit kebabs, fruit salad, smoothies, vegetable pasta dishes and (on occasion), flapjacks, apple crumble, fairy cakes, and cereal cakes.

After-School Gardening Club

Ambler has recently launched an after-school gardening club. In conjunction with the cooking club and curriculum-based learning this provides an opportunity for children

to understand the whole cycle of food production, from seed to plate. The aim of the gardening club is to promote an interest in growing fruit and vegetables and learning about various herbs from this country and abroad. Produce may be used for cookery e.g. by the after-school club.

6. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Free school meals

Islington currently provides free school meals to all Nursery and Primary School pupils, including those at Ambler Primary School and Children's Centre. This is regardless of your family income, as long as a free school meals form has been filled out. Please contact the main school office for more details.

Mealtime arrangements

On four days a week pupils in Y2-6 eat in their year groups. However, on a Wednesday pupils eat in the houses which are mixed ages. Y1 pupils eat downstairs in the bottom hall every day

Younger children to reception age: Food is placed on the table and children can choose food with assistance from meal supervisors.

Year 1: Children collect their plates and choose their food options

Year 2 to Year 6: Children collect their trays and choose their food options.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club (08:00-08:55) as well as 'soft start' breakfast club (08:30-08:50) that provides a nutritious meal for pupils before the school day. The breakfast menu includes healthy cereals, bagels and toast.

Packed lunches (school trips)

Packed lunches (when there are school trips) are prepared by the school caterers and adhere to the National Nutritional Standards for Healthy School Lunches.

Children are not encouraged to bring in packed lunches. The school dinner packed lunch contains healthy items but can be supplemented on a school trips.

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

School clubs operate on a daily basis 15:45-16:45 and children may eat a healthy snack between 15:30-15:45. The school discourages the consumption of snacks high in fat and sugar at school. Snacks are only allowed after school prior to attending clubs (15:30:15:45) and the school encourages for example, rice cakes, fruit, water or juice.

After school care

Our after school staff provide children with a healthy after school snack and are aware of children allergies or intolerances. Examples of the food served are, hummus, carrot sticks, celery sticks and crackers. We also serve burgers and sausages which are meat-free as well as beans (reduced sugar).

Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, such as stickers, DREAMS stickers/book, DREAMS assembly, DREAMS Certificates, class trips and the weekly tea party. The weekly tea party **only** includes healthy snacks.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day and free of charge. The school agrees with this recommendation and provides a free supply of drinking water throughout the school and playgrounds.

Free fruit is also supplied to children in Key Stage 1 daily.

7. FOOD AND DRINK BROUGHT INTO SCHOOL

Mobile caterers serving food on school premises

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the balance of good health (BOGH). Further information can be located here:

<http://www.food.gov.uk/sites/default/files/multimedia/pdfs/bghbooklet.pdf>

International Evening

Our 'International Food Evening' also shows understanding of other people's beliefs. Parents, children and staff share foods from their countries of origin in school, enjoy each other's company and celebrate their beliefs and routines.

Birthdays and other special occasions

In years 1-6, we embrace celebratory foods. Children are welcome to bring in appropriate food in moderation to share with their peers and staff. Celebratory foods do not have to be cake or other high-sugar foods and we would encourage parents / carers to think about alternatives. Within the Children's Centre – including reception – celebratory foods are fruits **only** and cakes or other sugary foods are not allowed. We teach children moderation and restraint with their food choices.

8. SPECIAL DIETARY REQUIREMENTS

Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices and encourages celebratory foods, in moderation. All the meat served at Ambler is halal.

Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for children with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers and the extended day teams in the School and Children's Centre are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Ambler is a nut-free school, and no food containing nuts should be brought on to the premises, including for after-school snacks.

9. FOOD WASTE

Ambler is committed to seeking to reduce food waste and to minimising the impact of wasted food on the environment through the use of food waste bins in kitchens.

10. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

11. THE FOOD AND EATING ENVIRONMENT

Younger children eat with staff in the bottom hall and have made their own placemats. Older children eat in the middle hall. The environment is cleaned thoroughly.

12. MONITORING AND EVALUATION

Parents will be invited to a bi-annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate. A coffee morning will be scheduled in to the school calendar which can be accessed via the school's website: <http://ambler.islington.sch.uk/>

APPENDIX 1: Ambler Children's Centre meal times



At Ambler Children's Centre we strive to make meal times enjoyable times.

How?

- We constantly communicate with the kitchen staff about what the children are enjoying.
- We ensure that the meals are on time and served by the staff.
- We ensure that we have a suitable ratio of adults to children at meal times.
- The children have lunch with the staff that they spend most of their time with. We do not employ separate staff to cover lunch times.
- The children are encouraged to try different foods, experiencing flavours and textures.
- They are encouraged to say what they like about it.
- The children are encouraged to develop their self-help skills at lunch times. E.g. laying the table for the older children, feeding themselves for the younger children, asking for more, taking their plates away when they have finished.
- Staff discuss food with the children, supporting their language development at meal times.
- We work towards sharing some 'family time' at meal times that children look forward to.
- Our aim is that the experiences our children have at meal times are positive and encouraging, making food an enjoyable part of their routine.

July 2015