



Alexander Hosea Primary School

'Roots to grow, wings to fly'

Food and Nutrition Policy

1. Rationale

Food has a significant role to play in determining health and well-being, establishing social roles and reflecting and shaping the school's ethos and individuals' values.

2. Aims

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.
- To participate in national food, nutrition and health related events and initiatives
- To maintain requirements of the Healthy School standard
- To ensure that Alexander Hosea Primary School is a health promoting school for all.

3. Objectives

- To enable children and the whole school community to make appropriate and informed food choices and develop positive attitudes to issues related to diet.

4. The formal curriculum

Teaching about food and nutrition is covered in the curriculum for Science, Design Technology, Personal, Social, Health and Economic Education, Physical Education, Geography and History.

5. Consumption / provision of food in school.

We belong to the Government's 'School Fruit and Vegetable Scheme'. Foundation and KS 1 children eat at least one piece of fruit or a vegetable per day. KS2 children are able to purchase a fruit cone from the kitchen at morning break.

Milk is provided free until a child's fifth birthday.

Water is available throughout the day from the water fountain adjacent to each class area, or children can bring their own bottle of drink from home.

6. School lunches (See sample menu attached)

School lunches (hot, cold or packed lunches provided by the school) take account of national minimum nutritional standards and provide an appropriate balance of foods over a period of time. There is a commitment to provide a healthy diet for all those having school lunches. South Gloucestershire Council produce the menus based upon Government nutritional standards.

There are two choices of main course each day including a vegetarian option.

Food is oven baked rather than fried, with the exception of chips.
Food temperatures are taken daily to ensure that cooked food is at least 75 degrees and the holding cabinet is above 65 degrees.

No salt is added.

Fresh green salad and jacket potatoes are always available.

A pudding is provided. Low fat yoghurt and fresh fruit are also offered daily as an alternative.

Chilled water is available daily. Sometimes milkshakes are offered as part of the menu to ensure calcium intake.

Children with food allergies and intolerances will generally be accommodated by prior arrangement with the school cook. A record of the children with food allergies/intolerance (including photographs of relevant children) is provided for the kitchen staff and is posted in the kitchen for easy referral. This information is also shared with staff, posted in the staffroom, recorded on SIMs and is kept on file with other medical information. See Managing Medical Needs Policy.

The school accommodates the dietary requirements of children from different faiths and cultures.

School lunches are cooked on the premises and are served in the hall.

School meals should be paid for in advance, on a Monday, for a week or longer period, with money sent in a named envelope. Cheques should be paid to South Gloucestershire Council.

Free School Meals are available for all children in Foundation and Key Stage 1 as part of the Universal Free School Meals Government Scheme, although **all parents** are encouraged to ask the school office staff if they feel their child may qualify for Free School Meals as this provides additional funding which is used to support their child's learning.

7. Packed Lunches

Parents of children who stay for a packed lunch are encouraged to provide an appropriate balance of foods over a period of time. Information about healthy eating is given to parents as part of the new Reception induction procedures.

Healthy options include cucumber, carrot sticks, cherry tomatoes, mange tout, dried fruit and fresh fruit.

No nuts or kiwi fruit must be brought to school, as we have children with allergies to these. They have severe reactions, even if not eaten.

No more than one chocolate biscuit is recommended.

No sweets should be included in lunchboxes.

Lunchbox food is never shared with friends for reasons of hygiene and allergies.

Packed lunches should be in a box which is clearly named on the outside and which children can open themselves.

A spoon should be sent with yoghurts.

A cold block is useful all year round to help keep food fresh.

Any empty wrappers or uneaten food will remain in the lunchbox and be sent home, so parents can see what their child has eaten.

A drink of water is made available to all children staying for a school lunch. Research has shown that drinking water aids concentration.

8. Food Technology Activities

We have a garden in school and we encourage children to grow their own fruit and vegetables. These are often harvested and prepared in school for children to try.

Parents will be informed when children are undertaking food activities in school and children's food allergies will be taken into account.

9. Birthday / party food

We do not encourage children to bring food into school for their classmates on their birthday due to food allergies.

Children are asked to bring a plate of party food, to include healthy options, for their Christmas party for their own consumption.

10. Conclusion

As a 'Healthy School', Alexander Hosea School actively supports healthy eating throughout the school day.

Parents are informed of the contents of this policy through the school prospectus, website and at the annual New Reception year Parents' meeting.

This policy will be reviewed in line with the school's rolling programme.

Equalities Impact Assessment (EIA)

This policy has been screened to ensure that we give 'due consideration' to equality of opportunity and has been agreed and formally approved by the appropriate reviewing and ratification Committee.

Author	V Quest	Date Written	January 2017
Position	Headteacher	Date ratified	24 February 2017
Document Status	Ratified	Next Review Date	January 2020
Version	Final	Reviewing Committee	Health, Safety, Welfare and Premises

