



## Havelock Primary School and Nursery

### Whole School Food Policy

**As a Gold Rights Respecting School we uphold the articles from the United Nations Convention on the Rights of the Child.**

**Many of these articles underpin our Whole School Food Policy:**

**Article 3** (best interests of the child)

The best interests of the child must be a top priority in all things that affect children.

**Article 6** (life, survival and development)

Every child has the right to life. Governments must do all they can to ensure children survive and develop to their full potential.

**Article 12** (respect for the views of the child)

Every child has the right to say what they think in all matters affecting them, and to have their views taken seriously.

**Article 24** (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

**Article 27** (adequate standard of living)

Every child has the right to a standard of living that is good enough to meet their physical and social needs and support their development. Governments must help families who cannot afford to provide this.

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

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

It is written for the benefit of all members of the school community, to allow each one to understand the policy of the school and to apply it fairly and consistently.

This policy needs to be read in conjunction with the following procedures and policies:

- Havelock Packed Lunch Policy
- Havelock Primary School PSHE Policy/ curriculum offer

All of these documents are available on our website:

[www.havelockprimaryschool.com](http://www.havelockprimaryschool.com)

### **The main aims of our school food policy are:**

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

### **These aims will be addressed through the following areas:**

#### **1. Equal opportunities:**

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

#### **2. Curriculum:**

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through:

##### 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.

##### Leading by example and staff training

Teachers, caterers and school nurses 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. To facilitate this, staff participate in CPDs about healthy eating, nutrition and physical education; they are encouraged as role models to demonstrate healthy eating habits.

##### Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We have visitors from the LA who work with Early Years and Year One on dental hygiene and healthy food choices. 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. 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 pupils.

##### Resources

Havelock follows the Ealing PSHE scheme of work which provides age appropriate, engaging resources and lesson plans for teachers to follow. Where possible, hands-on resources and real-life examples will be used. Books discussing nutrition and health are available in the school library as well as classroom libraries. The school works with the Change4Life initiative

that helps educate parents and pupils on healthy lifestyle choices and provides support and contacts to families who need it. We also have connected with the Healthy Smiles programme and have been provided with lesson plans and resources from the LA about dental hygiene and healthy food choices.

#### Evaluation of pupils' learning

Healthy eating work is evaluated through activities, bookwork, pupil voice and surveys.

### **3. Food and drink provision throughout the school day**

#### Breakfast

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

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: cereals, breakfast bars, fruit and milk.

#### Fruit/ vegetables and milk

Children in EYFS and Middle phase are provided with fruit or vegetables on a daily basis. These range from bananas and apples to carrots and tomatoes. In addition children in the EYFS are provided with milk on a daily basis.

#### National Nutritional Standard for School Lunches

All school food should meet standards set out by the Children's Food Trust.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. We work with Harrison's Catering to ensure our pupils who eat school dinners receive a healthy balanced diet low in sugar and fat.

#### 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. These include positive verbal feedback, Dojo points, healthy eating tokens and assembly certificates. Food is not used for end-of-term presents to pupils.

For exceptional events such as class parties, food rules may be relaxed with the consultation with the Headteacher. In these cases, healthy options will continue to be provided and encouraged.

On Children's birthdays, parents can bring in a fruit, fruit kebabs, healthy alternatives, donate a book to the class library or stationary instead of bringing in cake or chocolates.

#### Drinking water

Our school operates a 'water only' policy. 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. Drinking water taps are in all classrooms as well as common areas around the school and playgrounds. Pupils are encouraged to bring a reusable water bottle which they can keep with them in class and lunch time. Single-use plastics are discouraged at Havelock.

#### **4. Food and drink brought into school**

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches.

Havelock is a nut-free school. No nuts are used in any cooking nor are they to be brought into school grounds.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options. Letters have been sent home to parents to inform and remind them of the packed lunch policy which outlines which foods pupils may and may not bring into school. Pupils who bring a healthy packed lunch receive token which is exchanged for a Dojo point and counts towards their class' healthy eating token count. Pupils are not to bring or consume unhealthy items such as chocolate, sweets, fizzy drinks, cake or donuts. Pupils who bring in unhealthy items will have a letter sent home to remind their parents of the school's policies.

#### **5. Special dietary requirements**

The school caters for a wide range of requirements and preferences including:

##### Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices, offering Halal and vegetarian options.

##### Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. The school also provides a vegan or gluten free option.

##### Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Havelock is a nut-free school. No nuts are used in any cooking nor are they to be brought into school grounds.

#### **6. 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.

## **7. The food and eating environment**

The school eating environment is calm and quiet at all times with constant adult supervision. Pupils are spread across two halls and entry times are staggered to allow for smooth transitions between year levels and manageable pupil sizes. Our halls are decorated with bright displays ranging from healthy eating to behaviour to history. Pupils are encouraged to clean up their area by using stations provided to sort out their plates, cutlery and food waste.

### **Rights Respecting and Mindful Ethos**

Children's Rights underpin our expectations of healthy living. The Rights Respecting ethos enables children to grow up being the best person that they can possibly be while respecting the rights of themselves and others. Rights are taught explicitly through assemblies and lessons; implicitly through modelling and are displayed in every aspect of school life (class charters and displays). Children are also taught the benefits of being mindful in all areas of life such as mindful movement and mindful eating.

### **Rights and Responsibilities of Stakeholders**

The responsibility for healthy eating lies with all staff at Havelock. Specific rights, roles and responsibilities are outlined below:

#### **Everybody**

All members of the school community have the right to:

- Access to clean drinking water
- Access to nutritional food
- Access to information about a healthy lifestyle

Each member of our school community also has their own specific responsibilities to ensure that the rights of everybody are maintained.

#### **Pupils**

Pupils work towards the school's aims by taking increasing responsibility for:

- Making healthy choices at the salad bar and from the school dinner options
- Bringing healthy nutritional food in their packed lunch
- Bringing a reusable water bottle
- Informing their parents of the healthy eating rules at school

#### **Parents**

- Provide nutritional food for their child at home
- Provide nutritional food in their child's packed lunch (if applicable)
- Provide their child with a reusable water bottle
- Demonstrate healthy eating choices themselves

- Encourage education about a healthy lifestyle

### **SMSAs**

- Supervise pupils in the lunch halls and playgrounds
- Monitor the food being brought into school and consumed
- Monitor the choices pupils are making with their food
- Reward pupils who make good choices by handing out tokens
- Manage behaviour in the lunch halls to provide a calm and peaceful environment for all
- Communicate with teachers and SLT about concerns

### **Teachers & TAs**

- Monitor pupils' food choices through communication with pupils and SMSAs
- Communicate with parents about healthy food options
- Report concerns to SLT
- Demonstrate healthy food and lifestyle choices
- Teach pupils about nutrition and health

### **SLT**

- Monitor behaviour in the lunch halls and playgrounds
- Demonstrate healthy food and lifestyle choices
- Communicate with all staff and parents about concerns
- Organise and run parent workshops on healthy eating

### **Head Teacher**

- provide a framework for healthy eating in the school
- liaise with parents, pupils, staff and governors regarding policies and implementation

### **Governors**

The Governing Body has the overall responsibility of reviewing the effectiveness of this policy on an annual basis. The Governing Body delegates the day-to-day responsibility for implementing this policy to the Head Teacher.

### **Monitoring and evaluation**

Our cashless system enables the kitchen to monitor pupil's choices and incorporate this into menu planning.

PSHE coordinator and SLT members will review the Whole School Food Policy yearly and monitor its implementation and effectiveness.

Food concerns will be discussed with caterers, pupils, parents and staff as the need arises.

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