

ST AIDAN'S

Voluntary Controlled
PRIMARY SCHOOL

Albany Road
London N4 4RR

T: 020 8340 2352

F: 020 8341 2320

T: (Nursery, direct line) 020 8341 6703

E: staidan'sprimary.school@haringey.gov.uk

Headteacher: Mrs Rosetta Dyer B.Ed (Hons), NPQH



Whole School Food Policy

Introduction

Schools have a major influence on children's knowledge and understanding of health and nutrition and have a key role to play in helping children to adopt healthy eating behaviour. They can help to minimise the risk of disease and other problems that may be associated with a poor diet, including hyperactivity and poor concentration. Unhealthy diets, which include too many fatty foods, too much salt and sugar, and not enough vegetables and fruit, are linked to the risk of heart disease, stroke and some cancers. In 2007, 23% of Year 6 children at St Aidan's (7 children) were classed obese or overweight. Although this compares favourably with the overall figure for Haringey (37%) we are determined to play our part in reducing this number.

At St Aidan's we believe that by promoting a varied and balanced diet, essential for the proper growth and development of children and for protection against illness, we will be helping our children to improve their concentration and fulfil their potential both inside and outside school. Healthy eating habits established early in life are more likely to be sustained long term.

In 2007 we received our 'Healthy School' status. In part, this award acknowledges our efforts to promote healthy eating in our school community.

Contents

1 Aims and Objectives	3
2 Food in School	3
3 School meals provision	4
4 Special dietary needs	4
5 Healthy eating in the Curriculum	4
6 Sustainability	5
7 Training for Staff	5



Healthy Schools



8 Healthy eating Initiatives

5

9 Monitoring and Review

6



1 Aims and Objectives

In the middle of the 2006/7 academic year the proportion of children having school meals had fallen to 34% with 66% having packed lunches. Around 17% of pupils were entitled to free school meals (FSM). The following year, while the number of FSMs remained largely the same, the ratio of those having school meals and those taking packed lunches had been almost completely reversed.

- 1.1 The Governors and staff were concerned about the small number of children eating school meals and aim to increase the uptake of school meals to around 75 %. To this end we will put in place measures to:
 - improve the quality of the meals and the lunchtime experience;
 - develop consistent and co-ordinated approach to teaching and learning about food;
 - involve the catering staff in talking to the children about the food they prepare, to get the children more engaged in the food they eat in the school;
 - set up a School Nutritional Action Group (SNAG) which will have regular meetings with catering staff and parents and, through monitoring the lunchtime eating habits, recommend ways for possible improvement;
 - improve the health and well being of pupils and staff;
 - ensure that appropriate messages about food and nutrition are reinforced and that the whole school is engaged in promoting healthier eating.
- 1.2 We aim to get all those entitled to FSMs to claim for them. We do this through written reminders in our fortnightly newsletter and by providing a confidential application support service in English and in the community languages of our school.

2 Food in School

We promote the message that there are no 'bad' foods, but that some foods are only eaten sometimes. Our children cook and work with food in the Science, D.T and PSHEE curriculum. Good hygiene is always stressed and reinforced in these sessions.

- 2.1 We are very aware that some people suffer from a nut allergy but recognise that it is not possible to eradicate all traces of nut products from the school site. Children are taught that nuts are an important part of their diet but that in our school, they are dangerous for some children. Nuts and nut products, eg. Nutella spread and biscuits containing nuts, are not allowed in areas that children use, this includes consumption at lunchtimes, class parties, school events and extra curricular activities (this does not include serving nuts when the hall is hired for private occasions).
- 2.2 We discourage children from bringing sweets and fizzy drinks into school and do not use sweets to reward our children's achievements; children are rewarded with stickers and certificates.
- 2.3 Class teachers monitor the amount of sweets and cakes given out in their class for children's birthdays (only one treat per child).
- 2.4 Cake sales take place on a half-termly basis. These sales are intended to engage children in raising money for class activities and resources, or for charity.



3 School meals provision

We are committed to ensuring that healthier food and drink options are available and promoted throughout the school and to ensuring that the National Nutritional Standards for school lunches are adhered to.

- 3.1 Whilst promoting our view that 'no foods are bad foods', we also encourage children to eat healthier options to maintain a balanced diet.
- 3.2 School meal supervisors encourage school dinner children to try new fruit and vegetables on offer.
- 3.3 The children are consulted about the school menus on a termly basis. Children's opinions are conveyed through the Leadership team who regularly liaise with the LA catering team.
- 3.4 We also maintain our partnership with Haringey catering services through their role in judging our healthy school meal menu competitions.
- 3.5 Due to the high proportion of children bringing packed lunches to school, we actively promote and reinforce messages about healthy choices by displaying examples of and making positive statements about healthy packed lunches.

4 Special dietary needs

St Aidan's and the catering service are committed to providing alternative food for pupils with medically proven food allergies. Parents/carers must inform the school of any food allergies in writing and provide evidence, eg. letter from GP or hospital.

- 4.1 First aid procedures in the event of a child being taken ill due to a food allergy are referred to in the Health and Safety policy.
- 4.2 If staff have any other concerns relating to a pupil's health and eating habits, such as those pupils who are over-weight or concerns about a child not eating, the matter will be discussed with the parents/ carers. The Medical Needs Teacher will also refer all concerns to the school nurse.

5 Healthy eating in the Curriculum

The Science, Design & Technology and PSHEE subject leaders monitor and evaluate learning and teaching and the curriculum content of the medium term plans, children's work, assessments and assemblies to ensure that children:

- develop increased understanding of the importance of a balanced diet and the consumption of vegetables and fruit (using the 'Balance of Good Health' model);
- develop increased understanding of the need to avoid over consumption of foods high in salt, sugar and fat;
- have opportunities to be able to plan and prepare a balanced nutritious meal (wherever possible using real foods, not ready mix products);
- have an understanding of food hygiene and safety;
- are empowered to make healthy choices about food both in and outside school;
- participate in local and national food awareness events;



- gain an understanding about food production, where food comes from, sustainability and the idea of 'fair trade'.

6 Sustainability

This policy is closely linked to the government's 'Sustainable Schools' guidelines on how schools can achieve the long-term goal of sustainability.

- 6.1 In order to develop aspects of sustainability and 'fair trade' within the school:
- a. A Green team, comprising both children and adults, has been established to help oversee green issues in the school. This includes organising small groups of children to help grow foods that can be eaten.
 - b. We have recently begun to compost our non-cooked food waste from play times and lunchtimes.
- 6.2 Our future plans include:
- providing all classes with access to areas in which they can grow food;
 - using the compost we produce on our vegetable and flower beds;
 - applying good food practices from the international schools that we visit.

7 Training for Staff

- 7.1 As part of the School Improvement Plan (SIP) staff (as appropriate) are involved in a cycle of training to increase their understanding of the importance of food hygiene and how to promote healthy eating in the curriculum.
- 7.2 Currently 2 members of our teaching staff hold Food Hygiene Preparation certificates. All catering staff have appropriate food-handling certificates.

8 Healthy eating Initiatives

St Aidan's promotes healthy eating attitudes through the following initiatives:

- a. Fruit and vegetable scheme (primary)
We give KS1 and Foundation stage children fruit and vegetables daily through the fruit and vegetable scheme.
- b. Eating environment
We have painted our hall to make it a welcoming eating environment and displays are prevalent that affirm good manners, positive social interaction and encourage healthy eating choices.
- c. Water provision
Sufficient hydration is essential for effective learning. Staff encourage pupils to bring a water bottle to school every day and to drink water regularly throughout the day. There is a water dispenser in the staff room and two drinking fountains in the playground.
- d. Packed lunches
Packed lunch guidelines have been sent to parents and highlighted in the newsletter. The school has held 'Healthy Packed Lunches' competitions. The lunchtime team monitor the content of packed lunches and relay any concerns about inappropriate food to staff and parents.
- e. Cookery club
A weekly cookery club takes place during one term of the school year for parents and



children. The aims of this club are to promote healthy eating options and to raise standards in Literacy.

f. Healthy Schools Week

The school holds an annual Healthy Schools Week in which we encourage children to participate in activities that benefit their health. Healthy food messages are promoted strongly during this week.

g. Creativity Week

The school holds an annual creativity week where pupils engage in a series of art and technology activities including cookery. Many classes cook at other times during the year and demonstrate good food safety practice and use the food safety posters displayed in all classrooms.

9 Monitoring and Review

- 9.1 We seek the views of pupils, parents and staff through discussion and surveys and monitor the uptake of school meals, food choices, packed lunches and the healthy eating curriculum.
- 9.2 **The** PSHEE subject leader, **Melonie Stennett**, is the coordinator of this policy and is responsible for ensuring that this policy is implemented and maintained.
- 9.3 It is the responsibility of a named governor, **Nick Buzzard**, to ensure that this policy is monitored and reviewed annually.

Date of Policy: **OCTOBER 2008**

Policy ratified: (Signature) (Date)

Review date: **OCTOBER 2009**