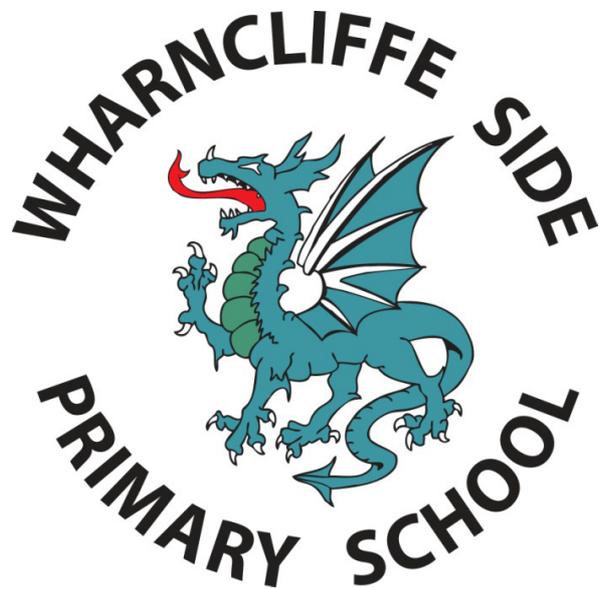


WHOLE SCHOOL FOOD POLICY
HEALTHY EATING POLICY JANUARY 2017



POLICY TO BE REVIEWED: JANUARY 2018

HSS CO-ORDINATOR: A LOGAN

HSS HEALTHY EATING WORKING PARTY:

A Logan (HSS Co-ordinator),
V Hill (Nursery Nurse)
Mrs Scott (TA)
Kelly Beamont (School Cook)
Kevin McHugh (Building Supervisor)
Michelle Rowett (Whole School Assistant)
Liz Wood (Parent)

POLICY STATEMENT AND AIMS

Member of Senior Management responsible for food in school: Headteacher; Mrs A Leach.

- All messages about food and drink at school will be consistent and developed and by a whole school approach. It aims to ensure that all aspects of food and nutrition in school promote the health and well-being, of pupils, staff and visitors to our school.
- At Wharnccliffe Side School we aim to equip pupils with the knowledge to make informed choices about food throughout their lives.
- Food studies will be covered in the curriculum.

HEALTHY FOOD CHOICES

- At Wharnccliffe Side School we believe that healthy eating should be promoted as an enjoyable activity, as well as one that contributes to good health. We believe that it is the schools role to develop pupil's abilities to make informed food choices, in a way which acknowledges and respects the eating habits of individuals and families.
- Children will be encouraged to make choices based on their understanding about the importance of diet for maintaining good health and adopting a healthier life style. Healthy drink/food choices will be available throughout the school day.

LUNCHTIMES

- Governors and staff will work with the service providers to monitor and ensure that all food provided by the school complies with the food and nutritional based standards set out by the School Food Trust (January 2015).
- All dietary requirements will be catered for.
- Pupils with additional needs re eating are supported by the lunch time staff e.g. by cutting food up for pupils as necessary to ensure food will not cause choking in venerable pupils.
- KS1 pupils are entitled to a free school lunch regardless of means testing.
- KS2 pupils pay current rates for lunch. Parents can apply for means tested free school meals.
- Parents are given a menu informing them of changes to meals. Order forms are sent home and returned to the school office on a Monday morning requesting meals for that week (current menu below).
- A coloured band system is in operates daily to facilitate the choices made by families. This is supervised by Mrs Rowett.

- Sitting at a good eating “special table” with tablecloth is reward for good behaviour at lunch time.
- Packed lunches: opportunities are made to share with parents/carers accurate and up-to-date nutritional guidance gained from the Food Standards Agency website (www.food.gov.uk) to support them to plan healthy packed lunches for their children.

MORNING BREAK TIME SNACK

Nursery – Foundation – Key Stage 1

- Free milk is provided for children to age 5 years, and for KS1 and KS2 pupils receiving free school meals. Pupils are given the option of purchasing milk as desired.
- The Government’s free healthy fruit and vegetable scheme ensures all key stage 1 children are given a free fruit/vegetable snack. All allergies to fruit/vegetables are noted on school admission forms and these are catered for.
- Children are reminded to wash hands and fruit if necessary before consumption.
- Children are encouraged to try different fruits/vegetables.
- Staff eat snack with pupils to provided positive messages.
- Children are encouraged by ‘Good fruit/vegetable eating’ stickers.
- A compost bin for natural refuse supports recycling. The compost available will be used in our gardening projects.

Key Stage 2

- Healthy food choices are available to be purchased at morning break. A variety of fruit/vegetable/milk or unsweetened fruit juice are on sale for 20p, also cheese (non processed) and bagel.
- The snack bar is provided by our school cook and sold by children.

CONSISTENT MESSAGES

- Teachers provide a whole school approach by ensuring that only healthy snacks are consumed.
- Whole school policy ensures that the school staff preparing and cooking food with or without pupils, has basic food hygiene training.

WATER COOLERS

- Fresh water is available in all classroom bases and the staff room.
- Water bottles/containers are allowed in classrooms and children are actively encouraged to drink water throughout the school day.
- The PACE brain gym activity which promotes drinking water is a focus for improving learning.

PUPILS VIEWS

At Foundation/KS1 Children are been given the opportunity to record their views on the healthy fruit/vegetable snack.

KS2. School council representatives are encouraged to obtain pupils views on the healthy eating choices, by a variety of methods.

VISITING SPEAKERS AND OUTSIDE AGENCIES

We welcome the contributions of other workers and have guidelines to ensure best practise.

FOOD ACROSS THE CURRICULUM

In Foundation Stage, Key Stage 1 and 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns. Practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food are reinforced. Links will be developed where appropriate to support the cross-curricular focus and themes.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food including preparation and cooking. Food safety and good hygiene procedures e.g. keeping food in a clean fridge at appropriate temperatures will be highlighted. Regular training will be provided for staff, parents, helpers and pupils to ensure good hygiene.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

Out of hours learning includes cookery and gardening clubs from time to time.

The school is part of the Sainsbury's Taste of Success Scheme.

RESOURCES

HEALTH PROTECTION SERVICE (Providing hand washing machines)
2-10 Carrbrooke Hall Road. Telephone 0114 2734 637.

Julia Roberts 01142930175 NHS Healthy Schools

FRUIT SUPPLIES G.W.PRICE

Tel: 01246 432818

Fax: 01246 439 204

Email: sales@gwprice.co.uk

CHANGE 4 LIFE pamphlets/resources/website

Whole School Food Policy presented to new parents during reception year open evenings. This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus.

Policy adopted: This policy was produced in consultation with the entire school community, including pupils, parents, school staff, governors, and local Healthy Schools representative.

HSS Co-ordinator: Ann Logan

POLICY TO BE REVIEWED: January 2018

HSS CO-ORDINATOR: A LOGAN

Chair of Governors Approved 29th March 2017

WEEK ONE

WHARNCLIFFE SIDE PRIMARY MENU - FROM NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Posh Hot Dog with Onions, Jacket Wedges and Tomato Sauce	Spaghetti Bolognese with Homemade Garlic Bread	Bacon Loin with Roast Tomato, New Potatoes and Gravy	Baked Chicken and Rice Casserole	Fish Fingers with Chips and Tomato Sauce
(v) Posh Quorn Hot Dog with Onions, Jacket Wedges and Tomato Ketchup	(v) Macaroni Cheese with Homemade Garlic Bread	(v) Quorn Roast with Roast Tomato, New Potatoes and Gravy	(v) Vegetarian Tortilla Layer with Wholegrain Rice	(v) Roasted Vegetable and Mozzarella Tart with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna
Tuna, Ham or (v) Cheese Sandwich	Tuna or (v) Cheese Sandwich or Pulled Chicken & Sweetcorn Wrap	Tuna, Ham or (v) Cheese Sandwich	Tuna or Ham Sandwich or (v) Cheese Savoury Wrap	Ham or (v) Cheese Sandwich or Fish Finger Wrap
Sweetcorn and Peas	Carrots and Green Beans	Cabbage and Mixed Vegetables	Broccoli and Carrots	Baked Beans and Peas
(v) Jam Shortbread with Custard	(v) Oaty Fruit Crunch with Custard	(v) Treacle Syrup Sponge with Custard	(v) Ice Cream with Fruit	(v) Chocolate Muffin
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt



Seasonal salad selection, bread and drinking water will be available daily

= **HOMEMADE**

WEEK TWO

WHARNCLIFFE SIDE PRIMARY MENU - FROM NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salmon Sub Melt with Half Jacket Potato	Sausages with Creamed Potatoes and Gravy	Roast Turkey with Roast Potatoes, Stuffing & Gravy	Chilli Con Carne with Wholegrain Rice and Homemade Nachos	Fish Fingers with Chips and Tomato Sauce
(v) Margarita Pizza with Half Jacket Potato	(v) Quorn Sausages with Creamed Potatoes and Gravy	(v) Quorn Roast with Roast Potatoes, Stuffing & Gravy	(v) Cool Mexican Wrap with Wholegrain Rice	(v) Cauliflower and Mozzarella Slice with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna
Tuna, Ham or (v) Cheese Sandwich	Tuna or (v) Cheese Sandwich or Pulled Chicken & Sweetcorn Wrap	Tuna, Ham or (v) Cheese Sandwich	Tuna or Ham Sandwich or (v) Cheese Savoury Wrap	Ham or (v) Cheese Sandwich or Fish Finger Wrap
Carrots and Sweetcorn	Cauliflower and Green Beans	Peas and Carrots	Green Beans and Sweetcorn	Baked Beans and Peas
(v) Marble Cake with Custard	(v) Chocolate Pinwheel Shortbread and Chocolate Sauce	(v) Fruit and Jelly	(v) Cornflake Tart with Custard	(v) Chocolate Oaty Bites
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt



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WEEK THREE

WHARNCLIFFE SIDE PRIMARY MENU - FROM NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Chicken and Sweetcorn Pizza with Half Jacket Potato	 Beef Meatballs in Tomato Sauce with Wholegrain Rice	Roast Chicken with Yorkshire Pudding, New Potatoes and Gravy	 Beef Lasagne with Homemade Garlic Bread	Fish Fingers with Chips and Tomato Sauce
 (v) Roasted Vegetable Pizza with Half Jacket Potato	 (v) Beandillas With Savoury Rice	(v) Savoury Vegetarian Mince with Yorkshire Pudding, New Potatoes and Gravy	 (v) Vegetable Lasagne with Homemade Garlic Bread	 (v) Bean Bake with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna
Tuna, Ham or (v) Cheese Sandwich	Tuna or (v) Cheese Sandwich or Pulled Chicken & Sweetcorn Wrap	Tuna, Ham or (v) Cheese Sandwich	Tuna or Ham Sandwich or (v) Cheese Savoury Wrap	Ham or (v) Cheese Sandwich or Fish Finger Wrap
Baked Beans and Sweetcorn	Carrots and Broccoli	Cauliflower and Green Beans	Mixed Vegetables and Peas	Baked Beans and Mushy Peas
 (v) Apple Flapjack Finger with Milkshake	 (v) Fruit Cobbler with Custard	 (v) Tootie Fruity Ice Cream	 (v) Chocolate Shortbread with Custard	 (v) Lemon and Coconut Cupcake
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt



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