



## **Shapla Whole School Food Policy.**

**School Name:** Shapla Primary School

**Consultation that has taken place:**

School Council survey of children: December 2010

School Council menu consultation: March 2011

School Cook: December 2010

Senior Meals Supervisor: December 2010

School staff: December 2010

School Nurse: February 2011

Governors: February 2011

**Date policy was approved:** February 2011

**Review date:** February 2014

**Person(s) responsible for overseeing policy implementation and monitoring:** Tim Barnes (Head teacher)

**Introduction**

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this school food policy. We actively seek to support 'Every Child Matters' and promote the five outcomes.

<b>Aims:</b>	<ul style="list-style-type: none"><li>• To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.</li><li>• To provide healthy food choices throughout the school day</li></ul>
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<b>Rationale:</b>	<p>Shapla is a healthy school. We believe that an active lifestyle and a well balanced diet can enhance the health of children. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.</p> <p>Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.</p>
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<b>Objectives:</b>	<ul style="list-style-type: none"> <li>• To promote the links between healthy balanced diet and the ability to concentrate, learn and achieve</li> <li>• To ensure that children have access to water throughout the day</li> <li>• To ensure that children have access to a healthy balanced diet at lunchtimes</li> <li>• To encourage parents and carers to provide a healthy packed lunch for their children</li> <li>• To educate children through the curriculum, so that they can make informed eating choices</li> <li>• To promote healthy fruit or vegetable snacks at break times</li> </ul>
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### 1. Food provision across the whole school day

<b>Activity</b>	
<b>Breakfast club</b>	Shapla does not currently offer a <b>breakfast club</b> as there is insufficient uptake of places to make this viable. We will review this provision annually, dependent on parental interest and funding available.
<b>Snacks (inc tuck shop)</b>	Healthy fruit and carrots are provided free every day for all children in Nursery, FDN and KS1 classes. Nursery and FDN classes have a snack time, and KS1 take their fruit out at <b>morning playtime</b> . There were insufficient children using our fruit tuck shop to make it financially viable so we no longer run it. KS2 children are encouraged to bring in fruit from home to eat at <b>morning playtime</b> . We will review this provision annually, dependent on parental interest and funding available. No sweets or crisps are allowed at playtime.
<b>School Meals</b>	Our school meals won a Silver Award from Tower Hamlets meals service in October 2009. All aspects of the school meal conform to healthy standards set by the borough. The hall is well staffed and organised at lunchtime, and consequently meal times are calm. Children sit on circular tables of eight, usually with their friends. Meat is halal. Children are always encouraged to eat vegetables with their main meal, and are given time to finish the majority of their food before they leave the hall. Fresh fruit is available every day, and there is a water trolley. All eligible pupils take up their FSM entitlement, except one child who prefers to bring a packed lunch. <b>NB 69% have school meals. 10% have home dinners.</b>
<b>Packed Lunches</b>	We encourage children and parents to provide a healthy packed lunch and guidance is sent to parents and available on the notice board. Parents usually include a cooked meal with rice or pasta. Sandwiches must have healthy fillings i.e. not chocolate spread, jam etc. Children are not allowed to bring in fizzy drinks, cakes, chocolate or crisps. Packed lunches are monitored by the Senior Midday Meals Supervisor every day. The school will discuss any issues, such as children not eating their meals or unhealthy food provision, with parents as they arise. <b>NB 21% have packed lunches.</b>

<b>After School Clubs</b>	We do not provide snacks for after school activities, as our clubs run for only for an hour after school, and finish by 4.15pm. Children do not bring snacks from home.
<b>Water Provision</b>	Children in Nursery and FDN classes always have a jug of fresh water for the children to self serve. Children can bring in bottled water to school which they can access freely in the classroom during the school day. They are also encouraged to use the water fountains throughout the day.

## 2. Curriculum

<b>Curriculum</b>	<p>At Shapla we follow the International Primary Curriculum, and children learn through cross curricular topics.</p> <p>Children in Early Years and Foundation cover units on 'Food', and 'All about Me'. They learn about a healthy diet and have a healthy eating snack shop / fruit and veg shop as role play areas.</p> <p>Children in Yr 1 &amp; 2 cover the International Primary Curriculum topics: <b>'We are what we eat' (Food)</b> and <b>'Saving Water'</b>. They learn that some foods are healthier than others and that we need a balance of different kinds of food to stay strong and healthy. They learn that water is needed for living things to survive</p> <p>Children in Year 3 &amp; 4 cover the International Primary Curriculum topics <b>'Food and Farming'</b> and <b>'Health and Fitness'</b>. They learn about the effect of a healthy or unhealthy diet on the human body; the function and care of teeth in humans; that people have different outlooks regarding diet and food; the principles of nutrition and growth.</p> <p>In addition, children in Year 6 cover nutrition through revision. Many other topics also include practical tasks which involve making healthy food from around the world.</p>
<b>Links to other policies</b>	<p>IPC curriculum (see above)</p> <p>PHSE:</p> <ul style="list-style-type: none"> <li>• Developing a healthy, safer lifestyle</li> <li>• Make real choices</li> </ul>

### 3. Messages given by the school.

We believe it is important that children understand that less healthy food can be eaten in moderation as part of a balanced diet and we therefore allow occasional treats.

<b>Activity</b>	
<b>Rewards</b>	We do not reward children with food.
<b>Events</b>	We actively promote healthy choices throughout the year. In addition we celebrate Eid with an annual party in each class. Parents are invited to bring in celebration food of their choice to share with others. We also celebrate Christmas with a KS2 visit to our business partners, Clifford Chance. FDN and KS1 children are provided a food pack that includes fruit with some treats too. All children receive an Easter egg from our business partners.
<b>Sponsorship</b>	We do not have any financial / commercial sponsorship in our school.
<b>Fundraising</b>	We offer a balance of snacks at the school summer fair and other events, and avoid unhealthy food and drink. Where food is used for fundraising purposes (e.g. making cakes) a healthy option is chosen.
<b>Welfare Issues</b>	All children eligible for FSM are encouraged to take them up through discussion with our Office Manager, with support available to complete forms. We have both an extended schools social worker and a school nurse who are able to work with individual families where there are concerns around food / health. All children with food allergies are highlighted for kitchen staff with a visual poster describing foods to avoid.
<b>Waste</b>	Food waste is no longer recycled, due to issues with hygiene and smell, following a recent trial period. Composting will be explored this year through a feasibility study.

### 4. Partnerships – the whole school community.

<b>Activity</b>	
<b>Children</b>	<b>School Council</b> is involved in monitoring the choice of school meals and has conducted a whole school survey about school meals. They give feedback to our school cook. She will also frequently ask the children informally for their feedback about school meals. She then adapts and changes the menu so that meals

	<p>appeal to the children. Each class has a copy of the 4 week menu planner so they know what they can choose every day. This generates an interest in food, and discussion about favourite meals. Children have an opportunity to make a choice in advance. School Council will be working this year on a child friendly food leaflet to reflect this policy.</p>
<b>Parents</b>	<p>We offer practical healthy food workshops for <b>parents</b> (such as how to make a healthy packed lunch) through our Parent Support Partner and also the Healthy Lives Team. Parents can share their own ideas about healthy meal options and develop their own awareness of foods to avoid or to eat infrequently. Parents can also see the menu choice available for the children each day. A visual poster is in the parent's notice board, showing what can be included in a healthy packed lunch. Regular parent meetings with the head teacher offer an opportunity to consult about a range of matters, including school meals. Parents do not currently have an opportunity to try the school meals, except midday meals supervisors who are also parents.</p>
<b>Staff</b>	<p>Many <b>staff</b> eat a school meal at lunchtime. The WSFP has been written in consultation with school staff and governors. Staff training is available through LBTH in relation to preparation of healthy food. The school staff is aware of the benefits of a healthy diet, and the importance of modelling this within school.</p>
<b>Governors</b>	<p>A <b>governor</b> attends the school weekly and has a school meal with the children. One of the parent governors is also a meals supervisor and they both give feedback about the quality of meals to the Governing Body.</p>
<b>Wider school community</b>	<p>The <b>School Nurse</b> attends weekly and staff can refer children as necessary if there is a concern about a child's health (eg obesity, dietary concerns, eating disorder, teeth etc).</p> <p>The <b>PCT</b> run dental screening and teeth varnishing programme for children in Nursery, Reception and Year 1, and parents are informed of any necessary dental work as part of the 'Fluoride Healthy Teeth in School Programme' . They also meet with parents to explain the programme and give dental advice.</p> <p>The Healthy Lives team, in partnership with the NHS, deliver Healthy Eating workshops to KS2 children and their parents.</p>

## 5. How will you know if the objectives are being met?

<b>Activity</b>	
<b>Monitoring and</b>	<p>The Head will monitor the effectiveness of this policy ensuring that training &amp; resourcing are appropriate &amp; up to date. This will be</p>

<b>Evaluating</b>	achieved in consultation with SLT, staff, children and parents. The policy is formally reviewed every three years by the Governing body, and updated as necessary.
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**This Policy was contributed to by:  
Staff - Feb 2011**

**Named Governor: Maria Albadalejos**

**Review date: February 2014**

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