KERR MACKIE PRIMARY SCHOOL

Food Policy

Adopted by Kerr Mackie Primary School Governing Body on

May 2016

To be reviewed by Governors on May 2019

Signed by Chair of Teaching and Learning Committee

Dated 10th May 2016
Food Policy

Article 24

Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.
Kerr Mackie’s Food Policy

Mission Statement
We will provide good quality, affordable, healthy food in school whilst respecting the environment. We will encourage all food brought into school to be good quality and healthy too.

Through education, we will equip pupils and their families with ways to maintain healthy eating habits.

Our Goals
The school recognises the important role that healthy food and drink, in a pleasant dining environment, at lunchtimes plays in the good health and learning potential of our pupils. The school will therefore make healthy school lunches and dining experience a priority.

Food provided by the school at any time, will also be healthy and nutritious.

Food education will play a fundamental part in our curriculum. Staff will be well equipped to educate our pupils about food.

The whole school community will be consulted and updated on school food issues.

We will attempt to increase the confidence in school food and increase school meal uptake.

Lunchtimes
A nutritious and tasty meal will be available to pupils and staff at lunchtimes in a pleasant environment.

We will achieve this by:

- Aiming for 75% of food to be freshly prepared, considering the dietary requirements of all pupils and addressing issues of seasonality, animal welfare and sustainable fishing.
- Ensuring lunchtime supervisors are well trained and familiar with Kerr Mackie’s food policy.
- Providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current government’s food regulations. Please see our packed lunch policy (below) for further information; e.g. food should be wholegrain whenever possible, contain no additives, be low in sugar and provide at least one portion of fruit and vegetables.
- Providing an enjoyable lunchtime experience and environment, in part through promoting our Happy Healthy Lunchtimes Guide (see below).
- Ensuring that reception pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes and to learn about our Happy Lunchtimes Guide.
- Involving parents and guardians in an ongoing healthy packed lunch campaign. (Please see attached our Healthy Packed Lunch Guidelines).
- Offering extra support and guidance to families on the benefits of healthy eating if appropriate.
Drinks

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration.

We will achieve this by:

- Providing pupils with access to free, clean and palatable drinking water throughout the day. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.
- Ensuring that when other drinks are provided by school, they should be fruit or vegetables juices, milk or milk/yoghurts based drinks. Drinks provided by school should not contain added sugars or sweeteners.
- When pupils bring drinks into school we will encourage them to bring similarly healthy drinks.

Breakfast Club

Food provided at breakfast times will be similarly nutritious.

We will achieve this by:

- Setting our standards for breakfast as high as at lunchtimes. An ideal school breakfast should consist of one portion of fruit (this can be fruit juice), some form of complex/wholegrain carbohydrate, some dairy produce and be low in sugar and salt.
- Pupils will be able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

School Trips

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

We will achieve this by:

- Including a brief reminder of what constitutes a healthy packed lunch in the school trip letter sent out to parents.

Parties

Pupils will be encouraged to realise that fun party food can be healthy too.

We will achieve this by:

- Encouraging a wide variety of food to be brought into school through a class rota. This may include cakes and biscuits as well as healthier savoury snacks such as sandwiches and bread sticks and fruit such as strawberries, grapes and sliced apples.
- Fizzy drinks and sweets will not be permitted.
Learning

A well planned curriculum, including practical sessions that cover nutrition, food hygiene and ethical food production will be provided.

We will achieve this by:

- Helping pupils to understand the importance of a well-balanced diet.
- Giving pupils the opportunity to plan, prepare and cook healthy, tasty meals.
- Giving pupils the opportunity to learn about the growing and farming of food and its impact on the environment.
- Encouraging pupils to eat and cook with vegetables that they have grown at school.

Happy Healthy Lunchtimes

- Have a seat whilst you’re eating at the dining table. Take your time, enjoy your food and eat as much as you can.
- Enjoy a chat with your friends but please don’t shout.
- A knife and fork should be used to eat school dinners and a spoon to eat puddings.
- Try to eat one portion of fruit and one portion of vegetables every lunch time to help you to be healthy and to reach your ‘five a day’.
- Make sure you have a drink every lunch time. Never pour water back in the jugs.
- Be kind and polite to everyone. Always say please and thank you when necessary.
- Try to keep the hall a nice place to be. Eat carefully to avoid spillages and let the lunchtime supervisors know if a spillage does happen. Make sure any rubbish goes in the bin or back in your lunch box.
Packed Lunch Guidelines for Kerr Mackie Primary School

For a balanced packed lunch please try to include one each of these healthy food types and drinks. You will see that there are five components, plus a drink, which make up an ‘ideal’ lunch:

Fruit
Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit (fruit juice can count as one portion).

Vegetables
Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables.

Protein
Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.

Starchy foods/carbohydrates
Starchy foods are great for energy. These include bread, rice, chapattis and pasta. Unprocessed types are best such as wholemeal bread rather than white.

Milk and dairy foods
Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

Please try to avoid:
Crisps, chocolate and snacks which are high in fat, sugar or salt.

Drinks

Water
Fresh cooled water will be freely available for your child on the table at lunchtime.

Healthy drinks
If you would like to put a drink in your child’s packed lunch please try to include water, milk, fresh fruit juice or fruit smoothies.

Please try not to include any drinks sweetened with sugar or artificial sweeteners (such as aspartame).

Packed lunches should not include fizzy drinks or sweets