

OUR WHOLE SCHOOL FOOD POLICY



INTRODUCTION

Agreed July 2017 Review July 2019

Barnes Farm Junior 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. This was achieved through informal interviews, staff training and specialist advice from 'Provide'.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY AIMS

1. To ensure we are giving consistent messages about food and health.
2. To enable our pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
3. To contribute to the healthy physical development of all members of our school community by providing them with healthy choices throughout the day.
4. To promote health awareness.

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. FOOD ACROSS THE CURRICULUM

Food and nutrition is taught at an appropriate level throughout key stage 2, across a wide range of subject areas including Design and Technology, Science, PSHE and PE. In accordance with the national curriculum, we provide our pupils with a number of opportunities to develop knowledge and understanding of nutrition and healthy eating issues as well as teaching the appropriate skills to assist them to make informed decisions. Where possible, children are taught practical skills to understand where our meals come from such as buying, preparing and cooking food.

Children also have access to different extra-curricular opportunities, such as Change 4 Life club and gardening in our school garden where we are growing fresh fruit, vegetables and herbs. In addition to our usual curriculum provision, each year we have a dedicated 'Healthy School' week where the children participate in a variety of fun activities which are designed to promote knowledge of leading a healthy lifestyle, including healthy eating.

Evaluation of pupils' learning

The healthy eating aspects of the Science National Curriculum are assessed through SATs at the end of Year 6. Other aspects of healthy eating work, such as those taught in D&T and PSHE, are evaluated through end of unit evaluation activities.

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating. These include:

- ◆ Discussion of the suitability of resources and methodology at team meetings
- ◆ Simple tick sheets for completion by the teacher at the end of a session
- ◆ Consultation with pupils through the School Council about existing programmes of study and special events
- ◆ Questionnaires for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources
- ◆ The formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future.

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 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. The school's code of practice for visiting speakers is adopted.

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 their vitamin and mineral requirements.

The school operates a daily breakfast club that provides a nutritious meal for pupils before the school day. The food and drink offered is healthy and consistent with a healthy diet and may include: toast, low fat spread, fruit jam, eggs and a selection of healthy cereals. Children can also choose from water or no added sugar fruit squash.

National Nutritional Standards for School Lunches

National Nutritional Standards for school lunches became compulsory in April 2001. All our school meals are provided by a contract with Ashlyns, a mobile catering company. To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH. All food prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches. **See Appendix 2 for an example menu with nutritional information.**

DRINKING WATER

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. There is a drinking water tap located on the Hill playground as well as taps in each classroom where children may fill up their own water bottles during the day.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

BREAKTIME SNACKS

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. Instead, we suggest parents provide a healthy snack of fresh fruit or vegetables.

PACKED LUNCHES

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 using the principles of the BOGH.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices.

VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan 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. Ashlyns catering have confirmed that our school menu is 'nut-free' and we send regular reminders to the school community to encourage parents to comply with this aspiration when sending in packed lunches and other items of food.

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

We have recently invested in additional heat lamps to both display the hot food being served as well as to retain its core temperature.

Since September 2016, the children are allowed to sit together with their class to eat (regardless of their food choice). We have purchased additional benched seating outside to allow for more capacity for packed lunches in the Barn Playground. In addition, BFJS Radio streams into the dining hall during broadcasts to enhance the eating environment.

ACTION PLANS

- We intend to share more detailed examples of suggested packed lunch menus that fit the BOGH standards (Summer 2017)
- Greater consultation with key stakeholders (pupils especially) into the school dinner menus (Autumn 2017)
- Consultation with catering providers on how to utilise the recently enhanced 'Garden' area and its resulting products (fruit, potatoes etc) (Autumn 2017).

MONITORING AND EVALUATION

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

This will be in the form of a questionnaire and consultation through Parent Voice.

REVIEW

Date policy implemented: April 2017

Review Date: April 2019

Appendix 1 Balance of Good Health (BOGH) Guidelines attached to policy

Appendix 2 Example catering menu and nutritional specifications (please note our bread is baked on-site in a nut-free environment and Tuesday 'all-day breakfast' is therefore nut-free).



Scan this QR code to view nutritional and allergen information for this menu



Barnes Farm Spring Week 1 2017

Monday

Main

Beef Bolognese (432kcal)

served with tri-colour pasta spirals and broccoli

Contains:

Gluten, Milk

Vegetable and Lentil Bolognese (285kcal)

served with tricolour pasta and broccoli

Contains:

Celery, Gluten, Milk

Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked

Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide

Dessert

Freshly Cut Fruit (86kcal)

Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk

Chocolate Brownie (247kcal)

Contains:

Eggs, Gluten, Soya



Tuesday

Main

All Day Breakfast (358kcal)

served with bread and butter

Contains:

Eggs, Gluten, Milk, Nuts, Soya, Sulphur Dioxide

All Day Vegetarian Breakfast (267kcal)

served with bread and butter

Contains:

Eggs, Gluten, Milk, Nuts, Soya

Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked

Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide

Dessert

Freshly Cut Fruit (86kcal)

Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk

Shortbread (266kcal)

Contains:

Gluten, Milk, Soya



Essex Spring 2017 - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	All Day Breakfast served with Hash Browns, Scrambled Egg and Baked Beans	Beef Bolognese served with Tricolour Pasta Spirals and Broccoli	Roast Gammon and Pineapple served with New Potatoes and Roasted Seasonal Vegetables	BBQ Chicken Thigh served with Turmeric Rice, Green Beans and Sweetcorn	Battered Fillet of Cod served with Oven Chips and Garden Peas
Option 2	All Day Vegetarian Breakfast served with Hash Browns, Scrambled Egg and Baked Beans	Vegetable and Lentil Bolognese served with Tricolour Pasta Spirals and Broccoli	Caramelised Onion, Mozzarella Cheese and Cherry Tomato Tart served with New Potatoes and Roasted Seasonal Vegetables	Quorn & Mixed Peppers in a Black Bean Sauce served with Oriental Rice and Green Beans	Spinach & Ricotta Omelette served with Oven Chips and Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt or Jam Tart	Freshly Cut Fruit or Organic Fruit Yoghurt or Marble Cake and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly

Week commencing - 17th April, 8th May, 5th June, 26th June, 17th July, 18th September and 9th October

Available Daily ...
 Jacket Potato with filling
 Wholemeal bread
 Choice of salads
 Water

ASHLYNS
 High Laver Hall, Ongar, Essex, CM5 0DU
 Tel: 01277 890411/821 Fax: 0871 431 0608
 E-mail: info@ashlyns.co.uk www.ashlyns.co.uk