



King David Primary School

Whole School Food Policy

1. Background and ethos

At King David School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles.

2. Aims and Objectives

At King David School we aim:

- to ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory nutritional standards for school lunches and food served throughout the school day
- to equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- to ensure equal access for all to healthy food and drink and appropriate nutrition education
- to increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them.

At King David School we will meet these aims by:

1. ensuring that the requirements of the food policy are in the School Development Plan
2. reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages are consistent and up-to-date and that there are no gaps in the curriculum
3. ensuring that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food appropriate to their needs including meals served at the end of lunchtime
4. enabling pupils to have sufficient time in order to eat their food
5. ensuring that the surroundings are as pleasant as possible
6. working in partnership with parents to promote the aims of the food policy including all foods brought into the school by pupils
7. introducing and promoting practices within the school to reinforce these aims and removing or discouraging practices that negate them.

To support us developing this policy we have used guidance from DfES and the Health Education Service including:

- Mandatory nutritional standards for school lunches and for other food
- National Healthy School Status
- Every Child Matters
- Food in Schools

3. Equal Opportunities

At King David School we will ensure that pupils' religious and medical dietary needs are met. We will also try to increase the uptake of free school meals by those pupils entitled to them whilst also making sure that pupils entitled to free school meals are not identifiable by their peers.

At King David School we have a range of medical dietary needs which includes allergies and diabetes.

4. Teaching and learning

At King David School teaching and learning about food occurs across the curriculum, but primarily within Science, Technology, RE and PSHE lessons. All activities comply with the kosher food laws. Mrs Cohen advises on practice regarding the kosher rules in activities taking place in lessons, and often asks as a shomer.

External providers run the My Body Workshops in Year 5, when a morning of activities approach health in many different ways, including nutrition.

5. Food provision other than at lunchtime

At King David School we provide food and drink to pupils throughout the school day, which will all meet the nutritional standards.

5a. Fluid consumption

All pupils are able to bring in clear plastic bottles to fill with water and to use at their desks. Water is freely available at water dispensers around the school and at lunchtime. All teaching and non-teaching staff encourage pupils to drink water and after PE lessons and during times of hot weather there are specific reminders to pupils to drink sufficient water.

5b. After school clubs

Many pupils from Year 1 upwards attend the various after school clubs which take place at the school. Children are encouraged to bring water bottles and have regular and appropriate drinks' breaks.

The main after-school care provision is at the Nest, run by St Pauls Venture. This organisation has its own strict healthy food policies.

6. Food provision at lunchtime

6a. School lunches

At King David School we provide food and drink to pupils at lunchtime which will meet the mandatory nutritional standards. The school meals are provided by Aspens. The menus are devised by the school meals service and are nutritionally analysed. Details of the nutritional analysis is available from Aspens if there is any concern over whether the nutritional standards are being achieved.

The menus reflect the cultural mix of the school and reflect pupils' choices. Pupils are supported to make healthy choices from the selection provided by all catering staff. Menus are discussed at School Council meetings and other strategies are used to gather the ideas and views of the children, e.g. a suggestion box in the dinner hall or written survey. Feedback from these are discussed with the catering manager.

The queuing system is monitored to ensure that no pupil has to queue for more than 10 minutes. The seating arrangements are that pupils are assigned to a table by their year group teacher every year to ensure ease of movement and fluid transitions.

To help create a suitable ambience in the dining room all lunchtime supervisors have been trained on managing pupils' behaviour and support is given by the presence of a member of the SMT during the lunch break.

Within the dining room the menu for the day is prominently displayed so that pupils can decide what to eat before reaching the counter. The menu is also included in the previous week's newsletter.

Around the dining room there are large posters displaying the healthy eating messages and displays of pupils' work on healthy eating are in the dining room.

6b. Kosher menu

The production of meals in the school kitchens is overseen by Rabbi Jacobs. He has set out rules about how the kitchen is run, the ordering process and which products may be used, and he does spot checks that these rules are being followed. If this level of supervision is insufficient for an observant Jewish family, they should speak to Rabbi Jacobs about possible alternative arrangements. In the event of it being agreed that these children can bring a packed lunch into the hall, these meals must be fully Kosher and purely meat or parev.

6c. Packed lunches

All pupils who bring packed lunches to school will be given information on appropriate healthy eating guidelines.

Additionally contact will be made with parents if:

- pupils are not eating the food sent for them
- pupils are regularly provided with unhealthy options
- pupils are still hungry after eating packed lunch
- pupils are unable to eat the quantity of food supplied.

Pupils having packed lunches are supplied with fresh water.

7. Special events

At King David School we will celebrate the major Jewish festivals and will arrange special appropriate meals. The children will also be involved in making and eating special foods linked to these festivals. There are occasions when parties will be held in the classrooms. Due to the strict Kosher rules, and food hygiene and food allergy concerns, information will be sent home to parents outlining the foods that are acceptable for pupils to bring in.

At King David School we do permit pupils to bring in sweets for the class on their birthday as we feel recognising sweets as a treat to be enjoyed on special occasions, promotes a healthy attitude towards making choices. We do not use food as a reward system in class.

8. Reticent eaters

While most children and parents are very happy with the school dinners provided, there are parents who are concerned that their child will not have a healthy and balanced diet, because the child is a reticent eater and will not eat the food provided. Due to Kosher rules at the school, it is not permissible for packed lunches and school dinners to be eaten in the same room. It is not practical for a large number of children to bring in packed lunches, and therefore we restrict this option to Years 5 and 6.

Although it is not possible to provide every child's choice of meal, where a child is identified as repeatedly eating little or nothing, the school will meet with the parents, and discuss a special meal plan. Any agreement to provide special meals for a child must still meet the national nutrition standards. In extreme cases, it is also possible for the parents to send in additional snacks for breaktime and to be eaten with agreement in the classroom. However, as packed lunches are not allowed for the younger year-groups, these snacks are restricted to fruit, raw vegetables or crackers. Sandwiches will not be permitted for this purpose.

Parents have the right to collect their children and take them home for dinner, as long as this does impact on the session times.

9. Working with parents and carers

The partnership of parents with our school is essential and particularly with promoting healthy eating. At King David School we:

- include the following week's menu on the weekly newsletter
- send letters home informing parents of the food policy on children bringing in food and drink from home
- ask parents for their views on changes to the food and drink provision in the school.

10. Working with partner organisations and outside visitors

In order to enhance the food policy and nutrition education at King David School we have worked with the Local Authority Health Education Service, the Healthy Schools advisory service and the school nurse.

11. Monitoring and evaluation

Compliance with nutritional standards at lunchtime will be monitored by nutritional analysis of menus by Aspens (the school meals provider) and reported to the Governors meeting on an annual basis.

Compliance with nutritional standards at times other than lunch will be monitored by the member of staff responsible for food and reported to the headteacher on an annual basis.

Pupils' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by Lunchtime Supervisors, surveys by pupils, the suggestion box, and investigation by the School Council.

Nutrition education in the curriculum will be monitored by SMT with responsibility for the curriculum on an annual basis.