

St Cecilia's Catholic Infant & Nursery School

Food and Nutrition Policy



Background information to the school

St Cecilia's Catholic Infant & Nursery School presently has 215 girls and boys aged 3-7 on roll who come from Tuebrook. Within each year group there are identified pupils with special education needs. Our catering provider is the LA and at present we have approx 62 hot dinner and 90 packed lunch children. We were audited by Bernie Lee –School Food Programme Manager on 17.05.13 and were judged to have outstanding provision.

Rationale

Other school policies which have relevance to food and nutrition are:

- PSHE and Citizenship
- D&T
- Science
- Behaviour & Discipline
- Special Educational Needs
- PE
- Geography
- RE
- Drugs Education
- Medical
- Health and Safety
- Anti-bullying
- Early Years
- Equal Opportunities
- Teaching and learning

Aims

At St Cecilia's Catholic Infant & Nursery School we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also recognise the significant role the school can play, as part of the wider community, to promote family health.

Objectives

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygienic food preparation and storage methods.
- Ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Improve the dental health of pupils through the inclusion of dental health education within the planned PSHE programme.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff for example medical, allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

The school will work towards these objectives in partnership with the parents.

Food through the School Day

We aim to comply with food based standards across the whole school day.

Breakfasts

The school provides a breakfast club, which is run by an independent provider who works closely with the school. Fruit and vegetables are offered alongside healthy items such as cereal, milk, fruit juice, water and toast.

School Meal Provision

School meal provision meets the 14 Government nutritional standards and we have graphical evidence to support this. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils. The school encourages all families entitled to free school meal provision to access this assistance. Monitoring of uptake is undertaken confidentially. Information is regularly given to parents as to how and who to contact regarding FSM's.

Sandwiches, salads, jacket potatoes, fruit and vegetables are readily available for all from the salad bar. The school has worked with the school meal providers to increase the number of healthier school dinner options. Menus are on display in the school hall and in classroom windows. Children can choose a hot or cold selection for lunch.

Themed school meal weeks are also provided throughout the year, which do not have to adhere to nutritional standards as these do not take place on a regular basis. These are used on occasion as a focus for work in class and also provide a showcase for those who do not usually take a school meal.

The School Council is asked to report on school dinner provision. They also consider the organisation of the dining experience and the food provided.

Hot meals are served on an informal rolling programme, which means each class has an opportunity to choose first. A two course meal is always provided and the current charge is £1.80 per meal. Supervisory assistants and some teaching staff have their meal from the kitchen and the children are aware of this.

Kitchen staff are all trained to adhere to food regulations and hold Level 2 Food Safety in Catering certificates. Dining room supervisors are supported with an in-service training programme, which includes sessions on food and nutrition awareness (including allergies), hygiene and behaviour strategies. Many are classroom workers so they are familiar with the children and the ethos of the school. They are also aware of any problems/special needs the children have. All of this ensures a positive lunchtime experience for the children.

Catering staff monitor the temperature of food daily. Regular meetings are held between the catering manager, the Headteacher, staff and pupils, to ensure a good working relationship where the catering environment and the food provision are reviewed.

Packed lunches

Parents are encouraged to provide healthy packed lunches for their children. Fizzy drinks are not permitted in packed lunches, as water is provided. Healthy packed lunch suggestions are encouraged through curriculum activities eg Year 1 'Eat more Fruit and Vegetables' and Year 2 'Healthy Eating' topics. A member of the Healthy Schools team attends school each year to raise awareness of healthy packed lunch options with children in whole class sessions and parents at Transition meetings. Lunchtime assistants also use praise and healthy eating stickers for children who bring healthy options. 'Thank you for a healthy lunch' vouchers are placed in healthy lunch boxes to reward and encourage parents. All packed lunches are stored away from direct sunlight at a cool temperature in boxes. Pupils are encouraged to bring packed lunches in a cool bag. Any waste is taken home so parents/carers are aware of what their child has consumed.

Dining Room Environment

The school dining room is a multi-function room and is also shared with the Junior school for lunches. We endeavour to provide the children with a comfortable dining experience whilst also providing information through displays, talking to SA's about their food and mixing hot dinners with packed lunches so all are valued. Lunchtimes are now also staggered so that all children are not waiting for their lunch at one time. This has reduced queuing time and has made the lunchtime experience much smoother more comfortable for all children, particularly the younger children. Children are not waiting around once they have finished their lunch; when their class has finished eating they can leave the hall together. This means that all classes are not trying to leave the hall at once, as a result noise levels have also significantly reduced.

Snacks

Nursery

Milk is supplied for pupils at a reduced cost. A cool place/fridge is provided for its safe storage. A piece of free fruit/vegetable is provided daily for each child. No other snacks are brought in to school.

The school ensures that healthy options are available at special events.

If a pupil brings a birthday cake to school the pieces are divided up for distribution at home time, as are any sweets.

A fruit bowl in the staffroom is regularly filled for use by the school staff.

Sweets are not used to reward good behaviour or work.

Drinks and Water

All pupils and staff have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and consumption is permitted both in the class, and during break and lunchtimes. Water is also available during sport activities and children are aware of the importance of staying hydrated. Children are aware that juices and fizzy flavoured water are not permitted.

Special diets, allergies and diet related disorders

Parents inform the school if a pupil suffers from an allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction. To ensure that all staff, including supply staff, are aware of pupil allergies a list of class health problems is attached to every class register. Meetings with the Headteacher and Cook take place and the menu is changed /altered as far as possible.

Pupils with allergies are also identified with a photograph on kitchen notice boards. All efforts are made to ensure an all inclusive policy to children with specific dietary needs.

All staff members are aware of the school's medical and health and safety procedures.

Lunchtime staff inform the class teacher at the end of lunch if there have been any problems with eating/not eating, which can then be directly related to parents.

Staff Room

The staff room provides a welcoming and relaxing place where staff can enjoy their lunch. Facilities are provided to keep food chilled/frozen and two microwaves are available for use. Staff are encouraged to consider healthy options and are able to access the school kitchen for a meal if required. Fresh cooled water is also available from a chilled dispenser.

School Food Ethos

Outside agencies will be used to support and assist the teachers in the development of the classroom based work. If the school or a parent has any concerns regarding a specific pupil the Headteacher will initially seek advice from the school nurse.

In the event of a food poisoning outbreak advice will be sought from the LA Health and safety department and the local environmental health office.

Curriculum - Learning Opportunities and Organisation

The food and nutrition element of the formal curriculum will be co-ordinated by the co-ordinators for Science, PSHE and Citizenship, D&T and in close co-operation with the Deputy Headteacher and other members of staff.

Delivery will be:

- as topics
- through planned aspects of PSHE, Science, D&T, Geography and RE
- addressed occasionally in assembly time
- through special performances
- through pastoral time e.g. circle time
- through story time

- through the personal, social and emotional development area of learning in the foundation stage e.g. snack sacks
- through extra-curricular activities e.g. Sessions with sports specialists, cookery clubs, gardening clubs
- through special projects e.g. healthy eating sessions, tasting sessions, competitions

Active learning methods which involve pupils' full participation will be used.

At present all members of staff are committed to delivering elements of food and nutrition education supported by an in-service training programme.

Liaison procedures which facilitate the spiral curriculum are already in place.

Food and nutrition education forms part of the formal curriculum through Science, RE, Geography, PSHE and Citizenship, and D&T.

The food and nutrition element within the PSHE and Citizenship programme focuses on the four strands of the national curriculum framework:

- Personal development - developing confidence and responsibilities and making the most of their abilities
- Active citizens - preparing to play an active role as citizens
- Health and safety - developing a healthy, safe lifestyle
- Relationships - developing good relationships and respecting the differences between people

Rewards and Celebrations and Events

All staff recognise the need for consistent messages about healthy eating within school.

The school has promotes healthy living through focus weeks; 'Health week' and 'Active Week' concentrate on healthy lifestyles, exercise and sensible life choices. A wide range of professionals such as Dental Nurse, Healthy eating team, leisure centre, Cardinal Heenan Sports College etc. are involved in supporting these weeks.

The school ensures that healthy options are available at special events. If a pupil brings a birthday cake to school the pieces are divided up for distribution at home time, as are any sweets. Sweets are not given as a reward for good work or behaviour, stickers are given as an alternative. At the school fair/Christmas, sweets and hot dogs etc are on sale but this is an annual event and parents are aware of this.

Extra Curricular Activities

At St Cecilia's we run many extra curricular activities on a rolling programme, some of which are food/healthy living based and many form part of our Children's University;

- Funky food –Cookery club
- Little Chefs-Nursery cookery club
- Multi skills club
- School/Community allotment
- Dance and drama
- Team-building

In all of these activities healthy options and the importance of hydration are consolidated.

The school participates in national and local events and initiatives

- Healthy Schools status
- Enhanced Healthy schools status
- Nursery cooking with parents course
- Extended schools provided food workers to work alongside parents
- "Pack it in" for new Reception parents
- Yum Yum Yummy- cooking with children
- Food accreditation Food in Schools team – Mary Campbell
- The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit.
- The school uses the dental health resources provided jointly by the LA and the Directorate of Community Dental Health.
- Pupils are encouraged to wash their hands after going to the toilet and before handling food.

Monitoring and Evaluation

Food and nutrition elements within the Science/D&T curriculum will be formally assessed. Class teachers complete an evaluation sheet for each lesson. Feedback will be provided and analysed by the Science/D&T co-ordinator.

The policy will be reviewed on a 3 year cycle using a consultative process which identifies staff, pupil and parent feedback on food and nutrition provision and education within the whole school community. However any major changes will be reflected in the policy.

An annual report will be made by the HS Co-ordinator to the school governors.

A nominated governor will have a link role between the school and the Governing Body.

Copies of this policy will be held in the Policy File and by the HS co-ordinator.

C.L Thistleton

HealthySchools/PSHE Co ordinator February 2013

Ratified by Governing body.....

Review Date –

Signed.....

Review Date -

Signed.....