

Rush Green



Rush Green Primary

Primary School

Food Policy

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At Rush Green Primary School we understand the importance of healthy eating and the pupils' education. We are 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 the whole school approach to food and nutrition which is documented in this food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

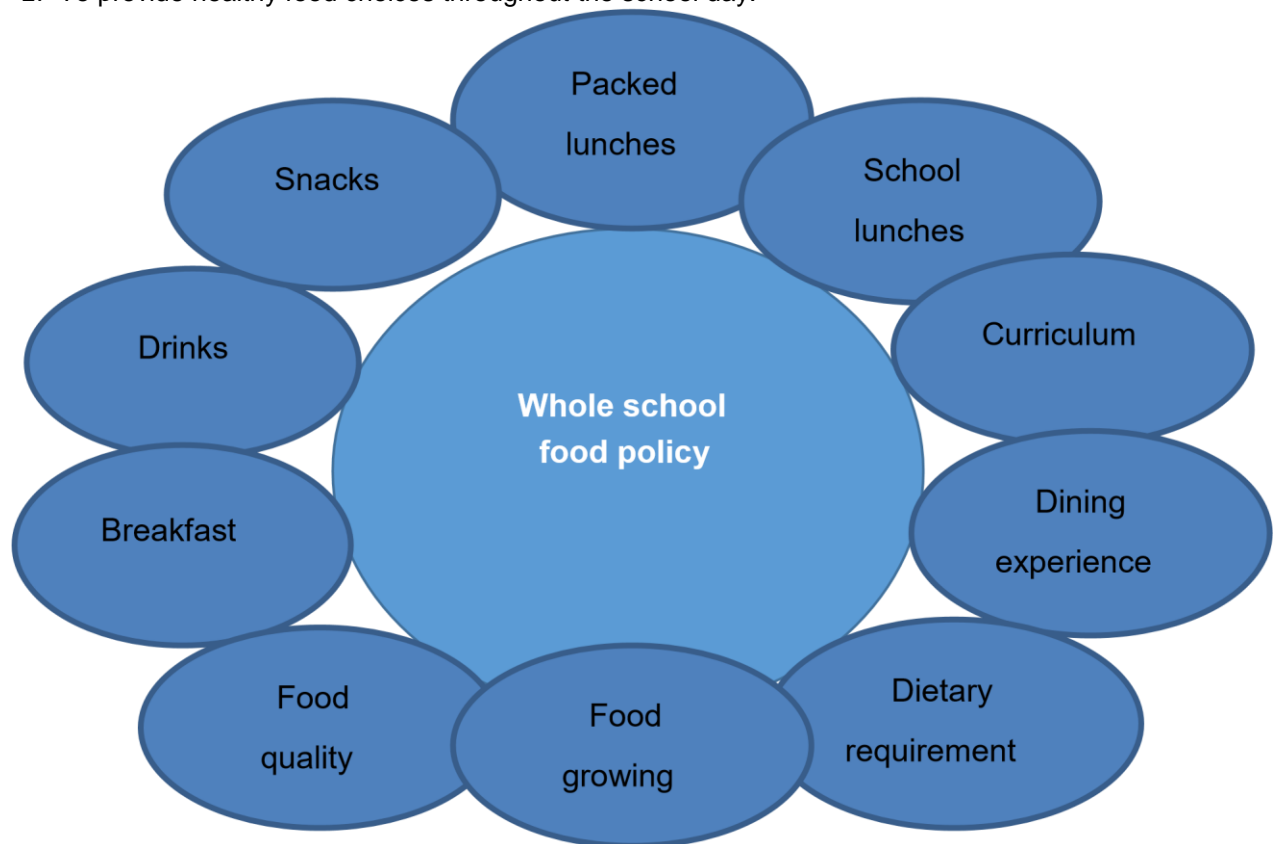
KEY CONTACTS:

Teaching Staff: Miss S Dunne and Miss A Mc Donagh

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.



1. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

BREAKFAST

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals. At Rush Green Primary School we offer a breakfast club.

RGPS Healthy breakfast menu:

- a variety of different fruits and vegetables;
- a variety of different breakfast cereals; -
brown bread for sandwiches or toast; -
water, apple juice and orange juice.

SNACKS

We understand that snacks play an important part of the diet of young people and can contribute positively towards a balanced diet.

Reception and KS1 children

The National fruit and vegetable scheme entitles all children in Reception and KS1 to one piece of fruit and/ or vegetable per day. There is also water available at all times throughout the day. Children in Reception, Year 1 and Year 2 are not allowed to bring in a snack, or any drink unless it is still bottled water.

KS2 children

Children in Years 3 to 6 are advised to bring a snack into school. There are strict rules on what this snack may consist of. The following has been agreed by a working party involving pupils, staff, parents and governors.

Children are allowed to bring in;

- fruit
- vegetables
- bottles of water

This has been agreed to ensure that all snacks are healthy and well balanced and that this approach is consistent across the school.

SCHOOL DINNERS

Food prepared by the school catering department meets the national nutritional standards. At Rush Green Primary School we ensure the quality of the ingredients and that the choice of meals are not only appealing but that they also reflect the needs of the pupils. In September 2014 the Government introduced universal free school meals for all children from Reception to Year 2. We try our very best to encourage parents/carers to opt for school dinners for their children, as it can be an easier way of ensuring they get a nutritionally balanced meal. The school receives additional funding for children who are entitled to free school meals, however some parents will still need to apply.

Next Steps: Improve the number of children opting for school dinners.

2. FOOD AND DRINK BROUGHT INTO SCHOOL

PACKED LUNCH

Parents are responsible for providing their children with a healthy well balanced packed lunch. Below is what we believe should be inside a packed lunch. Packed lunches are monitored by the dinner ladies during lunch time. A balanced child's lunchbox may include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

INCLUDE:	
-	Minimum of 1 portion of fruit and 1 portion of vegetables everyday
-	Meat/ fish eggs and non-dairy protein e.g. pulses everyday
-	Oily fish at least once every few weeks
-	Starchy food such as bread, pasta, rice, potatoes
-	A dairy product milk, cheese and yoghurt
-	Water or milk (semi-skimmed or skimmed).
LIMIT:	
-	Meat products sausage rolls, pies, sausages etc
-	Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
-	Fruit juice 150mls per day
DO NOT INCLUDE	
-	Salty snacks such as crisps , nuts etc
-	Sweets and chocolate
-	Sugary soft drinks

Drinks

Water is available for all pupils throughout the day, free of charge. We have a milk scheme available that parents can opt into for their children. There is a charge of £10.00 per half term for this.

Other drinks should be limited e.g. squash, smoothies due to the sugar content.

Next Steps:

Increase the number of water fountains around the school.

SCHOOL EVENTS

Where children are exposed to food which is prepared outside of our school a full risk assessment is carried out prior to the event.

3. COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 and KS2.

- Food and nutrition is taught at an appropriate level throughout each key stage.
- Monitoring of the pupils learning to be carried out by the subject lead.

Next Steps:

Provide extra-curricular activities that provide continued learning around leading a healthy lifestyle for example gardening clubs/cooking club.

4. SPECIAL DIETARY REQUIREMENTS

Religious and ethnic groups

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

Vegetarians and vegans

Our 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.

5. THE DINING EXPERIENCE

We are aiming to be a Gold Flagship School. We are hoping to set up an additional service area in the exterior dining hall to help with the speed issues. We have discussed offering the option of packed lunches eating in the KS2 hall at lunchtime to help with the seating. We want this to be an option so it does not seem like they are segregated from those having school meals. The lighting has been upgraded to LED.

Next Steps:

- Improving the displays in the canteen.
- A sound system to play background music to try and help lower the noise levels.
- A quieter eating area for those that find it too loud in there.
- Introduce a snack area in the playground where children are seated.

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.

MONITORING AND EVALUATION

All staff are expected to ensure this policy is implemented and upheld by parents and children. They are also expected to direct parents to our school policy if any challenges arise. Subject Leads, Year Group Leaders and teaching staff are responsible for monitoring and evaluating lessons. Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

Please note that in cases where snacks are brought into school which do not coincide with our policy they will be confiscated by a member of staff and returned to your child at the end of the day.

Sharing the policy

A copy of this policy has been sent out to all parents and it is also available on the school website. Parents new to the school are expected to read this document before their child starts.

Review

Review date: March 2020

Next review 2024

Signed: Miss Mc Donagh

Signed: Miss Dunne
