



**ROBSON HOUSE**

# **Food Policy**

**September 2017**

## **Introduction**

This policy covers all food provided and consumed in school including before, during and after school on school trips and in extra-curricular events.

## **Mission Statement**

At Robson House Pupil Referral Unit, we are committed to a broad, balanced curriculum and to meeting the spiritual moral, cultural, emotional and physical needs of every child.

We believe that effective learning will take place when children can work in a calm, purposeful and stimulating environment. We seek to achieve high academic standards as well as nurturing children's social and emotional development and teaching them more appropriate ways to manage their behaviour. Children are taught individually and in groups we encourage children to become independent learners and responsible for their own actions.

At Robson House we recognise the important part a healthy diet plays in a child's wellbeing and their ability to learn effectively and achieve to the best of their ability. The staff at Robson House have an important role in partnership with parents/carers in promoting healthy eating. Our food policy sets out to ensure all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

## **Our approach to improving Pupil's health through healthy eating**

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
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- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

## **Responsibility:**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupil's awareness and understanding of how to make healthy food choices.

Senior members of staff lead on the development and monitoring of the Whole School Food Plan and liaise with the lunchtime meals supervisor, cook, kitchen staff, and food contractor (where relevant).

The PSHE lead is responsible for what is taught about healthy eating and practical food education in the curriculum.

The PSHE coordinator is responsible for developing and monitoring the whole school food policy (WSFP). This is done in consultation with the Head of School, Cook, Kitchen staff and Food contractor.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

Parents, pupils and staff have also been consulted for their views in the drawing up of this policy.

### **Key Contacts:**

**PSHE and Citizenship lead:** Alice Totten

**Science lead:** Alice Totten

**Head of Management Committee:** Alan Chesters

**Senior Leadership Team Member with responsibility for food in schools:**

Alyson Dermody Palmer

**Catering Contact:** Kevin Cover, Caterlink

### **This Policy will contribute towards other policies in the following way:**

<b>Behaviour</b>	<b>We use non-food related rewards for positive behaviour</b>
<b>PSHE</b>	<b>Healthy food and choices and practical food education is included in the curriculum</b>
<b>Science</b>	<b>Healthy eating and nutrition is part of the science curriculum</b>
<b>Equality</b>	<b>We take account of the needs of all our children, including those with disabilities and allergies</b>

### **Developing healthy eating across the curriculum**

This policy was drafted by the Head of School and PSHE lead, following advice from the Camden School Improvement Service and discussed. We have also taken account of the national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from Department of Health and NHS to develop this policy.

Food, its production and preparation is an important part of the curriculum for all children. In science, children study a range of topics including healthy bodies, ourselves, health and growth, teeth and eating and keeping healthy, in line with the new curriculum. The topics provide an opportunity to learn about the types of food available, their nutritional composition, digestion and

the function of different nutrients in contributing to health and how the body responds to exercise.

Maths supports many of the cookery activities through calculating quantities for recipes (including ratio and proportion), weighing and measuring.

English is used to develop children's reading and research skills on a range of food topics as well as providing opportunities for writing in a range of styles, including persuasion, report and recount.

The Humanities Curriculum provides opportunities to explore the role of certain foods in the major religions of the world. Children experience different foods through celebration of a range of religious festivals as well as the Food Technology Curriculum.

ICT is used to research food issues using the internet and other electronic resources. Pupils use word processing and publishing packages to promote healthy food choices.

Food Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. The children are taught basic cooking skills and how to prepare and cook food safely. Health and Safety is an important part of the Food Technology Curriculum.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Children learn about the balanced plate and it is part of their individual lunch mats which they use daily.

Physical Education encourages children to develop physically and to understand the health benefits of sport, exercise and other physical activity such as dance and walking in combination with a balanced diet.

### **Curriculum assessment and monitoring**

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and food technology. A review of what is taught includes feedback from staff and pupils.

### **School Lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards and has achieved a Silver Food for life Partnership award. A copy of the weekly menu is on display in the dining area, reception area and staff room, it is discussed with the children and a copy is sent home on weekly basis. Staff monitor food choices and encourage pupils to taste new foods, there is also water jugs on each table and each child is encouraged to have water with their meal. The school council regularly gathers the views of pupils and gives feedback to the cook. We work with families who are eligible for free school meals to encourage them to take this up. Staff sit with the children for meal times and uses this to monitor and encourage healthy eating as well as develop their personal and social skills.

## **Packed Lunches**

Appendix A: Packed Lunch Policy

### **Snacks**

All classes include a morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and helping to clear it away.

### **Additional activities to promote healthy eating**

#### **Breakfast**

Children can have Breakfast at Robson House when they arrive in the morning. Wholegrain Toast, cereal, porridge and fruit are all available for breakfast.

#### **Water**

Children have access to drinking water throughout the school day. A jug of water and plastic cups are kept in each classroom. Children are encouraged to take water breaks on a regular basis. We always take bottled water out on trips and to offsite physical activities. Cooled water is available for staff and visitors in the kitchen.

#### **NUT allergies and additives**

As much as possible we are a nut free zone. Parents/Carers are asked to refrain from providing food products, which may contain nuts and with artificial additives in. Parents are asked to refrain from providing food products.

#### **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through coffee mornings, school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and Carers are regularly updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drink which conflict with our food policy and remind them that only water or milk may be consumed throughout the school day.

A number of practical and information sessions are delivered to parents/carers from both outside visitors and Robson House staff on healthy eating and cooking. Parents are also given information about the annual national weight measurement programme that children in reception and year 6 take part in and we give information to parents about Camden's weight management services where applicable. Children are also referred to the schools nurse if it felt that they are not maintaining a healthy weight.

During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu being displayed in reception.

## **Rewards**

We reward children for healthy eating with stickers. We do not give children sweets or chocolate as rewards.

## **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt food children eat, we ask that parents and carers do not send in birthday cakes or foods that do not comply with our food policy. If parents want to bring something in to celebrate birthdays we ask that healthy foods such as a fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternative options, instead of cakes or sweets.

## **Monitoring and evaluating:**

Camden is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

The PSHE Co-Ordinator and Head Teacher monitor the quality of the food provided by the caterer.

School council will monitor food choices made by pupils. Their Data will be used to evaluate the impact of the whole school food policy.

This policy will be reviewed annually to take account of new developments.

## **Disseminating the policy**

Key information from this policy will be incorporated into the following documents

- School Handbook/ Prospectus
- Staff Handbook
- School Website

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

## **Appendix A: Packed School Lunch Policy**

### **Rationale**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupils with healthy, safe and nutritious food.

Schools are required to positively promote the health and well-being of their pupils.

The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.

Packed lunches should provide a nutritious, balanced diet to support the child's learning and development.

### **Aims**

- To ensure that packed lunches (brought in from home) reflect the standards for school meals introduced in September 2006.  
(Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information)
- To encourage a high nutritional quality of packed lunches in schools and healthy eating habits of children at lunchtimes, that can influence health and well-being.
- To further raise the profile of healthy eating throughout the school.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils

### **What the school will provide:**

- An appropriate area where pupils are able to sit together with adults accompanying to encourage their personal and social skills.
- A storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.
- Drinking water for pupils who request it

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

## **Guidance**

### **Suggestions for food to include in a healthy packed lunch**

- At least **one** portion of fruit and vegetables every day

*These foods provide vitamins, minerals and fibre.*

- Meat, fish, eggs or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap, roll or salad)

- Oily fish such as pilchards, tuna or salmon

*These foods provide protein for growth*

- A starchy food such as bread, pasta, rice, potatoes or other types of cereals every day

*These starchy foods are a healthy source of energy.*

- Dairy food such as milk, cheese, yoghurt or fromage frais

*These foods provide calcium for healthy bones and teeth.*

- A drink – water is best followed by milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, drinking yoghurt or dairy based smoothies.

- Cereal bars rather than cakes and biscuits

- Pretzels, seeds, fruit, crackers and cheese and vegetable or bread sticks with a dip.

### **Suggestions for food less often in a healthy packed lunch**

- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas
- Crisps (once a week on Fridays)

- Biscuits

**Packed Lunches should not include:**

- Fizzy / highly sugared drinks in cartons, bottles or cans
- Sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Energy drinks
- Nuts or nut products because of the danger to other children with allergies
- Hot food – due to the health and safety concerns relating to food poisoning and scalding. Hot food must be kept at a temperature of not less than 75 degrees Celsius in order to prevent the development of dangerous bacteria. The school has no facilities to maintain or monitor required temperatures for hot packed lunches. Staff and other children are at risk of scalding if hot foods/soups are spilled in the dining room.

**Special Diets**

The school recognises that some pupils may require special diets due to verified medical conditions. In this case, parents are urged to inform the school and be responsible in ensuring that packed lunches are as healthy as possible.

For these reasons, children must eat their own and no-one else's packed lunch.