



**ROBSON HOUSE**

# **Food Policy**

**Approved: June 2019**

**For review: June 2022**

## **Introduction**

In relation to children this policy covers all food provided and consumed in school including before, during and after school on school trips and in extra-curricular events. In relation to staff, this means when the children are present.

## **Mission Statement**

At Robson House, 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 children, staff and visitors to our school.

## **Our approach to improving Children'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 children 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
- Monitor healthy choices, including packed lunches
- 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 to implement the food policy and to act as role models to demonstrate positive attitudes to healthy eating and to develop children's awareness and understanding of how to make healthy food choices.

Senior members of staff and PSHE coordinator lead on the development and monitoring of our Food policy 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.

Caterers, kitchen and school 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, children and staff have also been consulted for their views in the drawing up of this policy.

### **Key Contacts:**

**PSHE and Citizenship lead:** Heshan Fernando

**Science lead:** Heshan Fernando

**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, Social Worker 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. Children 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.

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 children.

### **Mentoring**

Children have a weekly session with their Learning Mentor. Cooking is one of the strategies used to develop a range of skills as part of a planned programme to meet a specific target on the child's integrated plan. The food prepared and cooked is predominantly a savoury healthy dish. However, there are rare occasions when children will be allowed to bake a cake e.g. a parent/carers birthday.

### **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 and reception area. Staff monitor food choices and encourage children to taste new foods with a variety of healthy snacks available to taste daily. There are 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 children 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 use this to monitor and encourage healthy eating as well as

develop their personal and social skills. The children are only offered yoghurt and fruit for pudding.

## **Packed Lunches**

Appendix A: Packed Lunch Policy

## **Snacks**

All classes include a morning snack of fruit and vegetables. As part of promoting healthy eating children and adults 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 who haven't eaten breakfast 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. 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.

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

We inform and involve parents and carers about healthy eating through parent/ carer workshops and individual work. The partnership between 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 should be consumed throughout the school day.

Our school nurse monitors children's weight and discuss with parents/carers about a healthy lifestyle. Advice is given about weight management where applicable by the school nurse. If it is felt that the child is not maintaining a healthy weight and the nurse may refer the child to the Healthy Lifestyle programme.

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.

### **Rewards**

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

### **Events and Celebrations**

We teach the children about treats as part of a balanced diet. We celebrate every child's birthday by purchasing a small cake which is shared in that child's class. To reduce the amount of high fat food, sugar and salt the children eat, we ask that parents/carers do not send additional birthday cakes or sweets which don't comply with our food policy.

We participate in the annual British Nutrition Foundation Healthy Eating Week. Twice a year we hold charity cake sales and a healthy alternative is always available for purchase.

### **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 children. 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

- 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 children with healthy, safe and nutritious food.

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

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 children

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

- An appropriate area where children are able to sit together with adults and other children in the dining hall to encourage and develop their personal and social skills.
- A storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible.
- Drinking water for children

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 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)

- Cereal bars

- 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)

**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
- Cakes and biscuits
  
- Nuts or nut products because of the danger to other children with allergies

**Special Diets**

The school recognises that some children 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.

We may have to accommodate children with specific feeding issues. However, we will address these issues with individual children and their parents/carers through mentoring and family work.

