

Yeadon Westfield Infant School

Whole School Food Policy 2020 Review 2023

This school is committed to safeguarding and promoting the wellbeing of all children, and expects our staff, governors and volunteers to share this commitment. This policy should be read in conjunction with all other school policies.

This is to be read in conjunction with the school's Packed Lunch Policy, Physical Activity Policy, PSHE Policy and SEND Policy.

Introduction

We recognise the need for ensuring every child has access to a healthy and well-balanced diet and supporting them in leading a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school has Healthy Schools Status and is a supporter of the Change4Life campaign. We also hold the Silver Food for Life Award. Pupils, parents, governors, catering and school staff have worked together to develop this policy as a shared document.

Aims and Objectives

Our aim is to ensure that the school is giving a consistent message about food and health throughout the school day and to ensure food and healthy eating messages are embedded in the school's ethos and across all food provision and classroom activities.

Objectives:

- To ensure that all food and drink available throughout the school day meets with government standards and make the provision and consumption of food an enjoyable experience.
- To promote the consumption of locally sourced, sustainable food and engage pupils with where their food comes from.
- To teach children the necessary skills to prepare healthy food and make good choices.
- To encourage the school community to organically grow and eat their own produce.

FOOD PROVISION AND CONSUMPTION ACROSS THE SCHOOL DAY

Breakfast Club/morning provision

Hopscotch is a private provider that runs the before and after school club. They offer a healthy breakfast that is compliant with the school foods standards. Their aim is to send the children to school ready to learn.

We do however have some specific children that we target in school who we know will need breakfast before they can start to learn. We offer either wholemeal toast or breakfast cereal.

Tuck shop/mid-morning break/vending/snacks

The only snack children have in the mid-morning break is fruit or vegetables from the school fruit and vegetable scheme. We do not have a tuck shop or vending machines in school.

Drinks & access to water

The only drink allowed in school other than morning milk is fresh drinking water which is available all day and served at lunchtimes. The children have access to two water coolers based in year 1 and 2 to get water whenever they want. They are encouraged to drink water throughout the day. Water bottles are available in school at cost. Milk costs £15 a year for over 5's.

School meals

We are a self-catering school, with its own catering team. They are led by the Cook-in-Charge and the School Business Manager who does their performance management. All the school meals are fully compliant with the school food standards and we use a software package called a la calc to ensure this. The meals are prepared and cooked on the premises using locally sourced, sustainable and high-quality ingredients where possible. The catering team cater for a variety of tastes, diets and allergies. Our menus are varied and include a range of meals from different cultures and countries and are available to view on the school website. Our current percentage of uptake on school meals is 92%.

Free school meals

We encourage all families to claim the FSM entitlement, they are supported by the Learning Mentor and School Business Manager when applying. No-one would know which of our children are FSM as we do family service and only have one choice, except for dietary requirements. Our current percentage of pupils taking FSM is 8%. All children receive the same packed lunch on school trips unless they choose to bring their own.

Universal infant free school meals

Except for our Nursery children all our children are entitled to a Universal Infant Free School Meal as we are one of the few remaining Infant Schools in Leeds.

Dining environment/procedures

We use our main school hall for lunches, which start at 12noon for all our pupils except Nursery who eat in Nursery. We have large fold away tables that seat 20. Lunch is served using Family Service and the children are served by the Year 2 servers.

Packed lunches

We have a separate packed lunch policy which reflects the School Food Standards. It was written to reflect 'The Eatwell Plate'. We do not allow any confectionary such as sweets, chocolate bars, cereal bars or anything coated in chocolate, no flavoured or fizzy drinks and no products containing nuts as we have children with nut allergies. If these are found in lunchboxes we contact the parent directly. The policy states what healthy foods should be in a packed lunch, all uneaten food is sent home.

Packed lunch pupils eat in the main hall with the school dinner children and have access to fresh drinking water. The policy is available on our website.

After school club

Hopscotch provide our after-school club and all food they serve is in keeping with the food standards.

Cultural, age appropriate, and special diets

Any children who have special dietary requirements e.g. allergies, intolerances, vegetarian/vegan are catered for by our in-house team. We

have lists available in the kitchen for the catering staff. We do not sit all these children together. We support children with any cultural and special dietary requirements and this is reflected in our menus; they provide a vegetarian and if required a Halal option every day.

We send out a lunchtime survey annually and take onboard feedback about favourite and least favourite lunches and any other issues raised around lunchtimes, not just food related ones.

Special occasions, birthdays and rewards

We promote healthy eating on school trips and make all the children a balanced healthy packed lunch.

Staff bring cakes/fruit for the other staff when it is their birthday.

Children bring sweets to give out when it is their birthday. We do not let the children eat the treats in school as we feel it is the parents' decision to let them eat the sweets.

We will also work with parents to encourage them to bring a healthy snack for the children at the end of the school day.

Snacks at fundraising events are juice and biscuits but we also give the children an option of water and fruit

School holds a bun fair

School holds a Christmas fair

FOOD EDUCATION AND THE CURRICULUM

Healthy Eating in the Curriculum

Food and healthy eating are linked to all areas of the curriculum and some examples of this are:

Science teaches children about growing, we cover different types of diets and foods in RE and we follow the Leeds Primary PSHE scheme of work.

We have a healthy school fortnight with guest speakers and lots of activities around taking care of ourselves through exercise and diet.

All classes cook using healthy recipes and teaching children the core skills needed to cook and bake.

Cooking in the curriculum

We have a designated area for cooking which enables all pupils to learn the basic skills required for preparing food and cooking.

Our school is meeting the statutory requirements for all pupils to learn cooking skills as part of the D&T curriculum.

We provide all ingredients through either our self-run kitchen or use produce from our fruit and vegetable beds. We work hard to source local/sustainable produce wherever possible.

A number of staff have attended courses and cascaded what they have learned to other staff through training.

Growing, sustainability, and farming

All our food is locally sourced, as much as possible and all our meat is Red Tractor assured and comes from the 3 Dales. We use a local greengrocer for our fruit, vegetables and eggs. All fish is sustainable MSC. When possible, we use produce from the growing beds in school lunches and have installed a polytunnel so we can grow more produce. We have a gardening club at lunchtime. We have strong links with None-go-Bye farm. We compost around school.

Extra-curricular activities

We do not provide anything but water to the children at afterschool clubs.

Pupil involvement

We have a SNAG/Eco council which has 6 members from Year 2. They work closely with Mrs Middleton the School Business Manager and Food for Life co-ordinator, School Council members, Mrs Elsworth the Cook-in-Charge and Mrs Lewis to monitor food in school.

They ensure we follow the Food for Life principles.

They take care of the fruit and vegetable growing and have ideas for what to plant and how to use the produce in school lunches. They gather the other children's thoughts on our lunches and feed back to Mrs Elsworth and Mrs Middleton.

Parent/carer involvement and communication

We send out a survey asking the children what they enjoy and dislike about our lunches and for any other comments they may have. We hold regular parent voice meetings where parents can raise any issues. All parents are invited in once a year to eat with the children. We have the menus on the website. We also have a blog on the Food for Life website and regularly put information in the weekly newsletter.

ACTION PLAN

Objective	How we will achieve our goal	Timescale	Who
Increase uptake of school meals	To continue to listen to children's and parents' opinions via the survey and implement any changes to encourage children to have a school meal	Continuous	Mrs Middleton & Mrs Elsworth