

Our school is a Rights Respecting School whereby all respect the United Nations Convention on the rights of the child and the responsibilities that come with those rights.

St Michael in the Hamlet School Food and Nutrition Policy (2018 – 2019)

Background information to the school

St Michael in the Hamlet is a Nursery and Primary School for children aged 3 to 11. It is situated in Aigburth, Liverpool. There are currently 471 pupils on roll.

As part of the commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in Science and personal and social education about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, local authority and other external agencies to extend healthy eating patterns into the wider lives of our learners.

Policy formation and consultation

This is a working policy and the consultation process consists of the Head teacher, the Healthy school co-ordinator and the chair of governors of the School.

Rationale

- We believe that every adult at St Michael in the Hamlet can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long term health and development.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.

- We want the children to enjoy cooking and learn certain core skills by the time they leave the school
- We believe that food has a place across the curriculum and has a role in developing young people's social skills.

Aims

St Michael in the Hamlet recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to -

- 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, and hygienic food preparation and storage methods.
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils and staff.
- Ensure the provision and consumption of food is an enjoyable and safe experience.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils, staff, for example, medical allergenic, religious, ethnic and vegetarian needs.
- Involve the whole school community in improving eating habits and knowledge and skills surrounding healthy eating
- Present consistent, informed messages about healthy eating within school through all school practices.

Objectives

- To educate children about healthy eating and drinking.
- To help the children identify healthy foods and drinks and encourage them to eat a balanced diet.
- To provide children with healthy food and drinks in school.
- To encourage parents and children to support our work by bringing healthy lunches and snacks when they provide their own.
- To alert children to the dangers of an unhealthy diet.
- To ensure the school food provision is compliant with the current legislation.

Food Through the School Day

Breakfasts

Currently the school provides a breakfast club service. We recognise the importance of eating a balanced diet and realise that it is essential to concentrate on learning with a healthy breakfast in order for the children to maintain energy levels to achieve their best. We encourage the children to eat breakfast and educate them on the positive effects this meal has on their well-being and education.

School Meal Provision

St Michael in the Hamlet provide an in house catering service which enables school to provide high quality lunches for our pupils and staff. Our catering manager is Carol O'Farrell. CMC consultants support our school; please see the link below for further details about their service.

www.cmcschoolfood.co.uk/

Free School Meals

- The school promotes application for Free School Meals for those families that may be entitled to this benefit.
- This message is reinforced at parent's inductions and events.
- The uptake of Free School Meals is monitored termly.
- There is no stigma to Free School Meals as only those children entitled are known to adult staff.
- Those entitled to Free School Meals have the same entitlement as those who pay.
- Liverpool has an online system to register for free school meals.

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/>

From September 2014 all Infant aged children receive funding to be provided with a School lunch. The governing body have decided that in order to comply with the statutory requirements under food school regulations, we will offer all the children a school based meal with no packed lunch from home alternative. The school menu has been devised with the school food regulations in mind. The children are offered a 'cold' option consisting of a sandwich choice, a 'hot' option consisting of a hot meal.

'Vegetarian' option, a 'special requirement' option, or a children with a specific dietary need. All children are provided with a daily option of salad, fruit, sliced bread, a dessert, milk and water to supplement their meal. The lunchtime catering team encourage the children to try new foods over the week so the children are not only choosing a cold option. The lunchtime menu is on a three week rota which can be viewed on the school website www.stmichaelinthehamletschool.com/ Any changes to the menu will be posted on the website. We also host 'themed days' and the lunch menu will be specific to the cultural celebration or event being celebrated through food. The school works closely with the catering manager and CMC consultants to ensure the menu complies with statutory guidelines before it is sent out to parents.

Packed lunches

Children from Years 3 to 6 can choose to have a packed lunch option

- Children who eat packed lunches eat in the dining hall alongside children who have 'hot' dinners.
- We are currently encouraging the children to eat a healthy packed lunch which consists of fruit, yoghurts and starchy items such as sandwiches, baps or wraps.
- The school send out letters at the beginning of the year, reminding parents that no fizzy drinks or chocolate are allowed in their children's packed lunch.
- We aim to support parents in making healthy choices when preparing packed lunches
- Children's eating is monitored by lunchtime staff, supervisors and teaching staff whilst in the hall.
- Children are asked to take home all food that has not been eaten to allow parents to monitor their child's consumption.
- Parents are encouraged to report any concerns with the class teacher, and likewise teachers may discuss any concerns or issues with parents.

Dining Room Environment

The school dining room is located in the junior building and is used by all KS1 and KS2 children. Children who have a packed lunch sit with hot dinners. Early Years Children are catered for in a smaller room located in the Infant building.

We endeavour to make the dining room experience a positive one. Staff ensure that the coordination of access/queues and behaviour is well managed throughout

each year group. Healthy messages are displayed in the hall and there is a chance for children to guess the mystery fruit or vegetable each day. Lunchtimes are staggered so that all children are not waiting at the same time. This reduces waiting time and makes the lunchtime experience much calmer and smoother for the children, particularly the younger children. When children finish their lunch they go straight to the playground with a member of staff, as a result noise levels are significantly reduced.

Snacks

- All EYFS and KS1 children have free fruit provided daily.
- Children are encouraged to eat a healthy snack.
- Children in KS2 have 'Fruity Fridays'.

Drinks and Water

All pupils and staff have access to drinking water at all times, at a number of points around the school. The school recognises that hydration plays an important part of development and we encourage children to drink water throughout the day.

Milk is available to children in EYFS and KS1 at a small cost. If your child is entitled to free school meals then they will be able to have milk at no additional cost.

Special diets, allergies, 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 are aware of pupil allergies a whole list of key stage health problems is displayed on a staff noticeboard and in the office.
- Pupils with specific dietary needs are also identified on photographs on the kitchen noticeboards.
- All efforts are made to ensure an all-inclusive policy to children with specific dietary needs
- Our catering staff have been trained up to the Food Information Regulation 2014 - Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make an appointment through the school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption.

Food bought in for special occasions (birthdays religious celebrations etc)

As a school we recognise the benefit of birthday celebrations for children. If a parent wishes to send in cakes or sweets for their child's classmates, we will distribute them accordingly. However, children are not permitted to consume these in school; they will be asked to take these home where parents can make the decision on consumption of such food items.

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 members are encouraged to consider healthy options and are able to access the school kitchen for a meal if required. Fresh cooled water is available from a dispenser. All staff members demonstrate a healthy attitude to food in school ensuring that only healthy food is visible to the children.

Curriculum

Learning Opportunities

The food and nutrition element of the formal curriculum will be co-ordinated by the co-ordinators for Science, PSHE, and DT.

Delivery will be :

- As topics
- Through planned aspects of PSHE, Science, D&T, Geography and RE
- 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
- Through extra-curricular activities e.g. sessions with sports specialists, cookery clubs, gardening club
- Through special projects e.g. healthy eating sessions, tasting sessions, competitions

The food and nutrition element within the spiral curriculum for PSHE focuses on the four strands of the NC framework:

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

Rewards and Celebrations

- Under no circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.
- The school allows some less healthy food to be consumed in the event of an annual class Christmas party and/or end of year class party. This is at the discretion of the class teacher.

Extra Curricular Activities

At St Michael in the Hamlet we run many extra-curricular activities, some of which are food/healthy living based and many form part of our Children's University:

- 'Let's get cooking'
- Multi-sports
- School/community garden

Participation in national and local events and initiatives

Food may be the medium used to celebrate international and local events such as Chinese New Year, Great British Bake Off, Diwali and national Scouse day.

Monitoring and Evaluation

- The Healthy school co-ordination will develop the policy accordingly

- The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.
- This policy will be reviewed annually to take account of new developments
- The policy will be accessible to everyone, including children, parents and extended staff, online and by request of hard copy.

Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and well-being while also educating the children to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their lives.

Reviewed: October 2018

Next Review Date: October 2019