

CAMPHILL PRIMARY SCHOOL

FOOD IN SCHOOLS POLICY

INTRODUCTION

At Camphill Primary School we are acutely aware of our role in helping pupils to develop a healthy lifestyle and to encourage healthy eating. We as a school, along with parents, carers and family members have a huge role to play in children's physical, social and emotional health and well-being.

What a child eats and drinks, how active they are and how they feel about themselves has a big effect on their health now and in the future.

Article 24 of the UNCRC states that '*Children have the right to....nutritious food....so that they will stay healthy.*' As a 'Rights Respecting School' we want to encourage healthy eating among pupils and staff.

We have consulted with parents and staff in the 2014/15 school year and as a result have adopted this policy. The Board of Governors is committed to this policy. By working together with all stakeholders, we can make a real difference to a child's health by giving them good advice and helping them to have a healthy lifestyle.

AIMS & OBJECTIVES

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupil and staff in our school.

At Camphill Primary School our objectives are to:

- Create an environment, which promotes health and well-being of all staff and pupils
- Ensure that all aspects of school life promote positive health messages
- Encourage the active involvement of parents, community and health service agencies to advise, support and contribute to the promotion of good health
- Assist pupils to make informed choices about what they eat and drink.

NUTRITION

We believe that pupils should be given the information and skills to enable them to make responsible decisions about their diet. They should know and understand the contribution of food to growth and health.

PROMOTING HEALTHY EATING IN OUR SCHOOL

We believe we are a 'Health Promoting School', working with a wide range of partners where we aim to:

- Provide a happy, safe, supportive and secure learning environment
- Encourage pupils, parents and staff to become involved in making healthier choices about lifestyle
- Review the formal curriculum to ensure information relating to food and nutrition is consistent and up-to-date
- Teach children about a wide variety of health topics such as healthy eating, physical activity, relationships, drugs, smoking and alcohol issues that can really affect their lives
- Encourage pupils to eat a balanced lunch, containing fruit and/or vegetables
- Encourage pupils to drink water during the school day. (Water dispensers available in Resource Areas)
- Liaise with the School Cook re: Breakfast Club, Breaktime and Lunchtime choices
- Display lunchtime menus in classrooms (Primary 3 - Primary 7) and on the school website
- Send menus home in Primary 1, 2 & 3 so that parents will be encouraged to assist their child(ren) make informed food choices
- Host Health Promotion Initiatives - through theme days/weeks, clubs, displays, posters, leaflets etc.
- Link with Outside Health Agencies eg. Action Cancer- 'Wally & Wise' Show, NI Dairy Council, NI Children Cancer Foundations- Care in the Sun programme etc....
- Send home information to parents on Food eg. Related topics including Healthy Breaks, Drinks etc.
- Regularly remind pupils via Assemblies, Notice Boards etc. -about making informed healthy choices



OUR SCHOOL POLICY

As part of our 'FOOD IN SCHOOL' policy and after consultation with both pupils and parents along with staff and governors **from MAY 2015** our policy will be:-

AT BREAKTIME ONLY :-

Pupils:-

- *Will bring a healthy break to school each day*
- *Will eat only fruit, vegetables, yoghurt, cheese and bread based products at break time. (The eating of crisps/biscuits/sweets will not be allowed at breaktime)*
- *Will drink only milk, water or unsweetened fruit juice at break time*

(Please note:- From the parental questionnaire (Nov'14) 97% of parents agreed that the current list of 'Healthy Breaks' were suitable - but after taking into consideration parents 'additional comments' school is now allowing cheese, yoghurts and breadsticks (as part of the bread based products) as healthy breaktime snacks.)

From September 2015 school milk will also be available to purchase as a mid-morning drink. - information will follow in June 2015. (Please note 88% of parents supported 'Statement 8' on the Food in Schools questionnaire regarding the option of offering pupils milk at breaktime)

School Catering Staff :-

- *Will only supply foods that are permitted (Fruit, vegetables. Yoghurt, cheese and bread based products at break time)*
- *Will only supply milk, water or unsweetened fruit juice at break time*
- *Will use butter/spread sparingly*

AT LUNCHTIME:-

During consultation with parents the majority of parents agreed that 'sugary snacks - biscuits, crisps etc. should not be allowed at breaktime but felt at lunchtime these types of foods should be allowed - therefore at Lunchtime:-

Pupils:-

- Will eat a school canteen meal

Or

- Will eat a packed lunch containing what the parent/carer of the child prepares

Children however should not bring to school foods in a hot flask or foods that require boiling water/heating.

DRINKS

Children will be encouraged to drink water at school - this can be filled up during the school day from the filter water taps in the resource areas.

Fizzy drinks are not allowed in school (at both break and lunchtimes). Glass bottles should also not be brought to school.

At Breaktime & Lunchtime pupils will only be allowed to drink:-

- *milk, water or unsweetened fruit juice*

TREATS & REWARDS

To ensure consistency, and after a positive response from consultation (82%) with parents sweets will only be allowed on 'special occasions'. Sweets will not be used as a reward from teachers however they may be considered as treats when associated with 'special occasions' such as Christmas, Easter, PTA Fun events etc..

ALLERGIES

Each year in school we have children who suffer from allergies - some are so serious that a reaction is likely to be in the form of anaphylactic shock, a condition requiring emergency medication. Annual update training is undertaken by staff responsible for children at risk of anaphylaxis.

The most common allergy is to NUTS. In order to minimise the risk of allergic reaction among children and staff, all nuts and obvious nut-products are banned within the school premises and on educational visits outside school. Items prohibited for example include bags of nuts, hazelnut chocolate spread, snickers bars etc..

For reasons such as the above children are not allowed to swap food items.

PARENTAL INVOLVEMENT

Children's birthdays - Some parents like to send in a birthday cake/buns/sweet treats to mark their child's birthday - however after consultation on this matter with staff and governors it is felt that this should not be allowed. Once again this is due to allergy concerns and also so that that no child/parents feel under pressure to do so.

School Council Elections/other similar events - Also in recent years when children have been involved in 'Class Council' elections and other class activities buns/cakes/sweets etc. have been brought in from home however in line with this policy this is now no longer deemed appropriate.

Parent Teacher Association (PTA)/Charity Events may include a barbecue, sandwiches, tray-bakes, cake stall, selling of buns etc.... with the generosity and talents of parents and pupils being greatly appreciated - therefore as long as it is made clear that;

'Our food stalls contain homemade items and items which may include gluten, nut traces, soya or wheat.'

we can continue to operate these events as normal.

FOOD & DRINK WITHIN THE CURRICULUM

Looking at, feeling, cooking and tasting foods are all important aspects of the human learning experience and children will be given opportunities to do this from time to time in school or on class trips. This might include lessons working with fruit, vegetables, milk, butter, pancakes etc... There will be an emphasis on hygiene and where children are offered the chance to sample foods it will be under the supervision of a teacher or classroom assistant - no child will be forced to sample a food.

HOW CAN CHILDREN BENEFIT?

At Camphill Primary School we feel that if children get the same messages at home and at school they are much more likely to make healthier lifestyle choices. With a balanced diet, regular physical activity and the confidence to make good lifestyle choices, children will:

- have more energy
- have a more positive happy outlook
- be able to concentrate better
- stay at a healthy weight
- get fewer illnesses
- feel less stressed
- not get bored so easily
- sleep better at night
- increase their chances of academic success

ROLES AND RESPONSIBILITIES

Staff

All staff will actively support, contribute to and be involved in the promotion of good health. All staff will participate in staff development as and when necessary.

School Catering Staff

As part of our 'FOOD IN SCHOOL' policy we will liaise and cooperate with the school catering staff. The school canteen will offer pupils healthy options at our Breakfast Club, Breaktime and Lunchtime.

Governors

The Governors will monitor the implementation of this policy and evaluate and review regularly.

Parents

Parents are asked to support the school in the promotion of good health, particularly in encouraging children to eat healthily and participate in physical activity.

MONITORING & EVALUATION

We will monitor and evaluate progress through:-

- Reports from catering staff on the uptake of breakfast, breaks and school meals
- Audit of breaktime snacks
- Pupil input through Class and School Council meetings related to Health, Food and Nutrition
- Questionnaires to all Stakeholders
- Use feedback to inform further planning

CONCLUSION

The effects of this policy will be monitored and evaluated regularly and amended as required.

(April 2015)