



Coopersale Hall School

Food Policy

Rationale

We recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity. We recognise that 'Being Healthy' is one of the outcomes of 'Every Child Matters'.

Aims

The general aim is to provide a stimulating, purposeful, educational environment enabling pupils to develop academically and socially in a cheerful atmosphere preparing each pupil for the opportunities, responsibilities and experiences of life. More specifically – through our food policy – we will endeavour:

- to maintain or improve the health of the whole school community through education – increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely;
- to ensure that pupils are well nourished at school – that we practise what we preach! – with every pupil having access to safe, tasty and nutritious food and water during the School day;
- to increase pupils' knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and environment;
- to ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g., catering for the needs of religious groups, vegetarians, people with specific food-related allergies.

Objectives

These aims will be met in lessons through a cross-curricular approach; shared eating times and through social and pastoral activities.

Curriculum

Within the PSHE curriculum healthy eating, food safety and an understanding of where our food comes from, will be taught. Where possible this will be linked to other curriculum areas for example:

Art	observational drawing of fruit, healthy eating posters;
DT	recipes, food preparation and cooking;
English	instructions – recipes;
Maths	weights and measures;
PE	healthy eating and exercise;
Science	healthy lifestyles, effects of heat on food, bacteria, how plants grow;
RE	the rich diversity of other cultures and times;
Geography	where food comes from, sustainability;
History	How people used to eat, Tudor explorers – scurvy, Victorians – rich and poor.

Opportunities to support and extend the curriculum will be made through shared eating.

Breakfast Club

Any pupil can opt to come to Breakfast Club until all places are taken and enjoy a nutritious breakfast consisting of cereals of their choice, bread/toast with a variety of spreads, fruit and seasonal cooked specials including scrambled eggs and cheese toasties. Milk, water and fresh orange/apple juices are offered as drinks. There is a charge for this food. All food is stored in appropriate places.

Break time

In the EYFS, there is time allocated daily to sharing water/milk or fruit. Pupils will be encouraged to participate fully and the opportunity will be made to talk about what they are eating, how it is prepared and why they are eating it. Opportunities will also be made from time to time for the pupils to be involved in handing out the fruit.

Junior pupils are provided with fruit snacks for morning break. Senior pupils are able to access a small tuck shop with a selection of goods they can purchase.

Lunch time

This is seen as a pleasurable time, a social occasion in which the pupils are encouraged to sit down together and to enjoy their meal.

Children are provided with meals, snacks and drinks, which are healthy, balanced and nutritious. The school employs a contract catering company to provide all food. Lunches are prepared in the school kitchens, which are adequately equipped to provide healthy meals, snacks and drinks for children. Lunch is served in the school hall and in Lower Kindergarten. Children are not permitted to bring packed lunches from home.

Fresh drinking water is available and accessible at all times from the inside and outside drinking fountains and water machines. Children may also bring a water bottle to school each day.

The school ensures that those responsible for preparing and handling food are competent to do so. All EYFS staff involved in preparing and handling food receive training in food hygiene.

To meet the National Nutritional standards, lunches for pupils at Coopersale Hall School will contain at least one item from each of the following food groups:

- starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than three times a week;
- fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week;
- milk and dairy foods;
- meat, fish and alternative sources of protein. Red meat must be served at least twice a week. Fish must be served at least once a week. Cheese may be included in the meat/fish protein group for primary pupils.

National nutritional standards apply to all lunches provided for pupils during term time, hot and cold food, including packed lunches provided by the School for pupils on school trips.

Dietary Requirements

Before a child is admitted into the school, the school obtains information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. These are passed to the key workers, teachers and Catering Manager.

Food Poisoning

The school will notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification would be made as soon as is reasonably practicable, but in any event within 14 days of the incident.

Safer Eating

The school ensures that those responsible for preparing and handling food are competent to do so. All EYFS staff involved in preparing and handling food receive training in food hygiene. All food is consumed under supervision by staff members. At each mealtime and snack time, lunchtime supervisors and EYFS staff are responsible for checking that the food being provided meets all the requirements for each child.

Before a child is admitted into the EYFS, the school obtains information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. These are passed to the lead/ key workers, teachers and Catering Manager.

The school will have ongoing discussions with parents and/or carers and, where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information is kept up to date and shared with all relevant staff. The school will refer to the British Society for Allergy and Clinical Immunology ([BSACI allergy action plan](#)). The school ensures through first aid training that all staff are aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods which is sometimes called complementary feeding or weaning.

Staff should refer to the NHS advice on food allergies: <https://www.nhs.uk/conditions/food-allergy/> and treatment of anaphylaxis: <https://www.nhs.uk/conditions/anaphylaxis/>.

The school has ongoing discussions with parents and/or carers about the stage their child is at in regard to introducing solid foods, including to understand the textures the child is familiar with. Assumptions must not be made based on age. Food is prepared in a suitable way for each child's individual developmental needs, working with parents and/or carers to help children move on to the next stage at a pace right for the child.

The school prepares food in a way to prevent choking. This guidance on food safety for young children: [Food safety - Help for early years providers - GOV.UK \(education.gov.uk\)](#) includes advice on food and drink to avoid, how to reduce the risk of choking and links to other useful resources for early years providers.

Children are always within sight and hearing of a member of staff whilst eating. Choking can be completely silent, therefore, it is important for providers to be alert to when a child may be starting to choke. Where possible, staff sit facing children whilst they eat, so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.

When a child experiences a choking incident that requires intervention, the school records details of where and how the child choked on CPOMS and ensures parents and/or carers are made aware. These records are reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action should be taken to address any identified concerns.

Teatime Club

We recognise that pupils booked into Teatime Club are hungry and provide a nutritious snack for them. Any EYFS and junior pupil can opt to come to Teatime Club until all places are taken and enjoy a nutritious snack consisting of sandwiches with a variety of spreads and fillings. There is a charge for this Club. All food is stored in appropriate places.

Health and Safety

It is part of our normal school procedure that the pupils will be reminded to wash their hands after using the toilet and before eating. Food will be stored in appropriate places.

Bringing Treats from Home

All lunches and snacks are provided at school. We appreciate that during each academic year there are certain times when food might be brought in from home, for example for children's birthdays.

According to Allergy UK, the leading national charity that supports those with allergies, the UK has some of the highest rates of allergic conditions in the world with over 20% of the population experiencing reactions to certain foods. 1 in 40 children develop peanut allergies and 1 in 20 develop egg allergies. These children, who are perfectly healthy and 'normal' in every other way, must watch every bite they eat or risk suffering a severe or even life threatening reaction. We are seeing more and more children with allergies to a particular ingredient, such as eggs, wheat, milk or peanuts, and who are then inadvertently excluded from participating in sharing some of the special birthday treats.

The safety and well-being of all pupils is our top priority. Allergy UK's advice is to manage the process of any food being brought into school.

Please do not feel obliged to send treats into school for the children. However, if you would like to do so then our staff will do their best to distribute them as long as you follow the following measures:

1. Ask your child's teacher first if there are any children with specific food allergies (you might find it easier to email).
2. Only send in commercially bought food that is still sealed and in its original packaging so that we can check all ingredients ourselves.
3. Do not send any food that contains nuts, traces of nuts or that is made in a factory where nuts are/may be present as we will not be able to give it out as we are a 'nut free' school.
4. Ensure there is enough for the whole class and that treats can be divided easily.
5. Bring an alternative for those children who can't eat a 'main' treat.

We will not be able to distribute home-made food as we cannot check the ingredients for allergens.

Further information from the website www.allergyuk.org.

Links with Home

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the pupils and why, as well as keeping them up to date with national and local health information and initiatives.

Monitoring and Evaluating

We will continue to monitor and annually review this policy. We create opportunities for discussion with the pupils in School Council meetings, which are attended by the Chef.

If parents have any concerns about lunchtime food, they are invited to come into the School to view the offer and chat with the Chef. The school newsletter and questionnaires sent to parents are used to help update and keep informed about food issues.

Other Relevant Documents

PSHE and Citizenship Policy.
Health and Safety.