

Castle Vale Nursery School & Children's Centre

Head Teacher: Sally Leese

Making a difference. All of our children, all of the time.



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Castle Vale Nursery School and Children's Centre Food Policy

It is the aim of the Governing Body of Castle Vale Nursery School and Children's Centre to support the implementation of policies and procedures which support the vision of:

Making a difference. All of our children, all of the time.

We are a Silver RIGHTS RESPECTING SCHOOL This policy is in accordance with the 1989 United Nations Convention on the Rights of the Child (UNCRC)

We follow the policies and procedures from Birmingham City Council and Birmingham Safeguarding Children Board (BSCB) which includes the government's prevent strategy.

It is the aim of the Governing Body of Castle Vale Nursery School and Children's Centre to support the implementation of policies and procedures which support the vision of: helping every child to achieve their full potential and become the best little person they can be.

RIGHTS RESPECTING SCHOOL This policy is in accordance with the 1989 United Nations Convention on the Rights of the Child (UNCRC)

Rationale

This Policy has been developed as part of our Startwell Initiative and should be read in conjunction with:

'School Food in England' (DFE March 2019)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788884/School-food-in-England-April2019-FINAL.pdf

'Healthy Food for Healthy Outcomes, Food in Schools Policy' (Department of Education Sept 2013)

<https://www.education-ni.gov.uk/sites/default/files/publications/de/healthy-%20food-for-healthy-outcomes---food-in-schools-policy---english-version.pdf>

'The Requirements for School Food Regulations' (School Standards and Framework Act 1998)

<http://www.legislation.gov.uk/uksi/2014/1603/note/made>



At Castle Vale Nursery School and Children's Centre we recognise the importance of food in our lives. We know that 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 knowledge in enriching social development, and in celebrating and increasing our appreciation of cultural diversity. Food given in our school is not only to ensure our children receive the right balance of food groups but also to widen the breadth of food types they experience.

Additionally, we recognise that sharing food is a fundamental experience for all people and that it is an excellent opportunity to be sociable and build friendships. We aim to offer children both social and learning experiences through food, building life skills which allow our children to develop into responsible and healthy citizens. This is evident in our Startwell award and is proof that we appreciate the importance of being healthy with life-long healthy eating habits, along with the necessary skills and 'food education'.

All children have at least one lunchtime meal a week, cooked by our own cook, Bernie but can also access breakfast, after school or lunch club, breakfast in sessions, prepare food in sessions and help themselves to snacks. Full time children receive a lunchtime meal each day. All meals are cooked from scratch and involve the children whenever possible. All meals also adhere to the standards set out by the DFE for the balance of food groups.

We are committed to ensuring all our children have access to a healthy and nutritious diet and have therefore made the decision that children do not bring their own food into school. We will meet any medical or religious dietary requirements but need to protect our children who have serious and life threatening allergies.

All under-fives are entitled to milk free of charge until the end of the term in which they turn five from additional government funding.

Aims

At Castle Vale Nursery School and Children's Centre we aim to:

- Improve the health of our school community by influencing children's eating habits through increasing their knowledge and awareness of a healthy diet and how to ensure the food is prepared hygienically.
- To provide access to tasty, nutritious food and an easily available water or milk supply throughout the school day.
- To increase the children's knowledge of where food comes from, food production, manufacturing, distribution and marketing and how these impact upon their lives and the environment.
- To ensure that food provision in school reflects the ethical and medical needs of staff and pupils e.g. catering for the needs of religious groups, vegetarians and people with specific food related allergies.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices (by all stakeholders) within the school to reinforce these aims. This is a whole school approach.



Objectives

- We will work towards these aims in lessons through a cross-curricular approach, through shared eating times and through social and pastoral activities.
- We will adhere to government guidelines to ensure school lunches meet the necessary standards as well as reflecting the ethos set out in the rationale.

Curriculum

Within the EYFS, healthy eating, food safety and an understanding of where food comes from will be taught.

Opportunities to extend the curriculum will be made through:

1. Visits to local shops, supermarkets etc.
2. Growing, preparing and eating food.
3. Healthy eating projects
4. Startwell
5. Visitors/Cooking demonstrations
6. Cooking activities
7. Purposeful learning about different cultures and festivals and the traditional foods associated with them

Eating Together

- All children can access fruit, breakfast or other healthy snacks throughout the day in the café.
- At lunchtime children sit with others in the café to eat their school dinner.
- The children will develop their skills in using utensils and be expected to use items such as knife, fork and spoon correctly.
- Meals are prepared on site by Bernie.
- The school will endeavour to meet the dietary requirements for all children and can produce a bespoke menu for specific dietary needs.
- Regular meetings are held with Bernie to review provision
- Menus are published on the School doors each day.

Health and Safety

- It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating
- Semi skimmed milk or water are provided throughout the day.
- Fizzy drinks are not permitted in school
- Sweets are not usually allowed in school although children may bring them in for classmates to celebrate their birthday and occasionally as a special treat at the end of term.
- Food will not be offered as prizes
- Food will be stored appropriately and in compliance with legal and cultural directives
- Parents are asked to complete a dietary requirement form when the child starts school and update the school should circumstances change
- Salt will not be provided at the table at meal times and there are strict limits to the amounts used in cooking throughout the school

- Individual children's allergy sheets are displayed in the café, staff room and the school office

Equal Opportunities

- We will endeavour to provide food that caters for each child's individual needs
- The food provided will reflect the diversity of the community which the setting serves,
i.e. Black History Month, Eid, Christmas, Chinese New Year, Saints days etc.
- Vegetarian food is offered daily (vegan on request)
- Children with allergies are catered for as part of their care plan
- When requested or when appropriate, staff will keep parents informed about the food the children have eaten or if there are changes in their child's pattern of eating, such as a loss of appetite

Complaints

- If parents/carers have a complaint regarding the standard or quality of school meals in the first instance, they should contact the Head Teacher or Deputy Head Teacher who will investigate the matter

