



# Chiltern Food Policy

February 2023



This policy is subject to ongoing change and will be updated as and when required



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## **1. INTRODUCTION**

Chiltern primary school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so we support a whole school approach where pupils receive consistent messages about healthy eating across a formal curriculum, food provisions, school practices and staff acting as role models. The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school.

The policy was formulated through consultation between members of staff, governors, pupils, including the school council (SNAG group), the school nurse and Thrive (our catering suppliers). Parents' views and feedback from coffee mornings and parent/carer workshops have been taken into consideration for the formulation of this policy too.

Chiltern recognises the importance of supporting children to be a healthy weight for their long term health to reduce the risk of type 2 diabetes, heart disease and certain cancers in later life, and that food choices can have an impact on levels of tooth decay. The school recognises the importance of balancing healthy eating to address these issues, and that it has a role to play to help children and families develop the skills, attitudes and knowledge they need to make healthier food choices. The school promotes Food for Life, the Change for Life campaign and also Eat them to Defeat them!

The policy is available on the school website and is therefore communicated to the entire school community. It is adhered to by all groups involved with the teaching/serving/cooking of food/drink in school during the day.

## **2. FOOD POLICY AIMS**

The main aims of our school food policy are:

- (i) To enable pupils to make healthy food choices through the provision of information and development of appropriate cooking skills and attitudes.
- (ii) To provide healthy food/drink choices throughout the school day.
- (iii) To improve the health of our school community by ensuring that we provide opportunities for food education and encourage healthy eating habits which are also friendly to the



environment.

- (iv) To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school including consideration of food allergy sufferers/children with specific dietary needs.
- (v) To promote the drinking of water and ensure availability of drinking water.
- (vi) To achieve the Bronze, Silver and Gold Awards from the Food for Life organisation backed by the Soil Association. To do this the school must provide evidence of four aspects covered under the headings: food leadership and school food; food education; community partnerships and food quality (for which we rely on our catering service to provide quality ingredients, locally & organically produced food, and meat and fish from responsibly sourced producers.)
- (vii) To maintain our Healthy School status by being proactive. The school identifies areas where children's health can be improved and works towards these goals.

### **Leadership**

Our goal

Ensure senior managers and governors prioritise family health and sustainable food and farming practices.

How we will achieve it

- Ask the whole community for its views on food issues
- Work with the whole school community to put together and review the school food policy and action plan
- Keep everyone informed about food issues in school that change
- Build confidence in school food and raise the number of children who have school meals
- Ensure staff have up to date knowledge, skills and resources to educate pupils about food

### **Equal Opportunities**

In school we value all individuals and strive to provide equal access of opportunity for all people.

## **3. CURRICULUM**

- Nutrition and healthy eating is taught at an appropriate level throughout each key stage by incorporating teaching into subject areas such as Physical Development and Understanding



the World in the EYFS, Design and Technology (D&T) and Personal, Social and Health Education (PSHE) in Key Stage 1 and Key Stage 2. No child will be excluded but we rely on parents/carers to advise us of any allergies/special dietary requirements, religious or cultural beliefs that prevent them from handling or tasting certain foods.

- There are whole school healthy eating assemblies which aim to transform school food culture. We are currently working towards the Bronze certificate for Food for Life to help improve school meals using more fresh food and increasing uptake, improving the dining room experience, and promoting food education.
- We offer regular extra-curricular activities to complement classroom learning, e.g. A gardening club where children grow vegetables and plants, e.g. potatoes, onions, strawberries, pumpkins and herbs, some of which are used in cookery sessions or shared with our school kitchen to be included in school meals. We also run a weekly cooking after school club to promote healthy eating. We have a community garden run by the families, they take care of what they grow and also can cook with what they grow. This community garden is open to all in the community, parents/carers and the wider community. The children in school and parents are involved in what is grown in the garden

#### **OUTSIDE THE CLASSROOM**

##### **After-School cooking clubs**

Cooking clubs are popular at Chiltern Primary School and represent an important opportunity to help children develop understanding of what foods contain and important skills in food preparation. Staff work with the children to produce for example: fruit kebabs, fruit salad, smoothies and vegetable dishes.

##### **After-School Gardening Club**

Chiltern will be launching an after-school gardening club later in the year. In conjunction with the cooking club and curriculum-based learning this provides an opportunity for children to understand the whole cycle of food production, from seed to plate. The aim of the gardening club is to promote an interest in growing fruit and vegetables and learning about various herbs from this country and abroad. Produce may be used for cookery e.g. by the after-school club.

Nutrition education is embedded in the curriculum and it remains consistent with the Whole School Food Policy.

There are numerous opportunities within the curriculum for pupils to develop knowledge of health. This is addressed through:

#### **4. TEACHING METHODS**

- (i) All children have access to cooking lessons during their time at Chiltern which covers three main themes: Diet and Health, Cooking and Food Safety. Lessons are planned



accordingly to link in with current learning within the classroom. For example; a topic in science is based around the digestive system, pupils have the opportunity to extend their learning by making a probiotic recipe. Healthy lifestyles are a focus in cookery lessons and are based on the Eatwell Guide which is used as a direct teaching resource along with the websites <https://www.foodforlife.org.uk/> [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) and [www.change4life.co.uk](http://www.change4life.co.uk). All children are encouraged to eat the food they cook and take part in food tasting sessions. The children visit a farm to learn where food comes from and how it is processed. This is currently Densholme Farm (fruit picking & dairy herd). Chiltern also has annual visits from Ians farm to enable all year groups to experience what farming involves. We also have links with Pickering Road Orchard, we receive apples weekly during the warmer season and then catch up during the winter months of what is happening at the orchard like preparing for the next growing season or looking after the bee houses etc.

- (ii) As part of the curriculum children take part in practical outdoor gardening lessons where they learn about growing plants and vegetables and harvesting them for food. The school has raised growing beds, composting bins, water butts and an outdoor classroom. We have growing calendars which the children produce so they know what to plant and when.
- (iii) Food and nutrition is also taught in art, e.g. healthy balanced diet; in maths, e.g. through data handling; in RE as part of religious celebrations; in science, e.g. discrete lessons on teeth and healthy eating/balanced diet. In PE fitness includes discussing eating foods for energy.
- (iv) Children actively discuss food issues in class and learn how to make informed decisions.
- (v) Our whole school Healthy Eating initiative 'Eat them to Defeat them' promotes healthy eating choices and attitudes towards a healthy active lifestyle including special assemblies and cooking healthy meals.
- (vi) Through the Creative Curriculum children learn about food through the ages. E.g. world food, cultural differences and food used to celebrate religious events eg mince pies and gingerbread.
- (vii) Children are currently planning to hold a School Farmer's Market in the Summer Term. They will organise stalls involving cooking, growing, preparing, promoting the event to the wider local community.

## **5. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

The Nutritional Standards for School Lunches and Other Food and Drinks in Schools were developed in keeping with government guidance on healthy eating in 2007. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Chiltern Primary School follows the School Food Standards (Jan 2015) covering all aspects of school food offered and eaten in school throughout the school day. (Full details and the documents and guidance relating to this are available from the School



Food Plan [www.schoolfoodplan.com](http://www.schoolfoodplan.com) and Nutritional Standards for School Food <https://www.education-ni.gov.uk/consultations/update-nutritional-standards-school-food>

### 5.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Chiltern provides a free breakfast club for all pupils. The children are provided a choice of healthy food and are encouraged to limit food waste.

### 5.2 Break time Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school has a fruit only policy for mid-morning snacks. Fruit is provided through the Hull City Council which is free for KS1. Exelby provides fruit for KS2, so all pupils throughout the school have access to fruit each day.

### 5.3 School Lunch

Food prepared by the school catering team meets the School Food Standards for School Lunches (Jan 2015). Check lists are available to look at these standards. [www.schoolfoodplan.com](http://www.schoolfoodplan.com). The school kitchen provides almost 330 meals a day. Food tasting is usually offered at Parents' Evening and on induction days for new starters. We cook healthy budget meals with parents for our family events and share this food amongst the families whilst having an activity to do.

As a school we actively encourage pupils to have a school lunch provided by our Thrive catering service, and free school meals are provided to all those pupils who are entitled to them. We take part in special themed lunch days e.g. World Food Day to promote school meals. Parents may qualify for free school meals and are encouraged to do so if in receipt of the qualifying benefits.

Information is available from the school office and regularly promoted in newsletters and on the school website.

Healthy options are promoted at lunchtime by dining supervisors and reward stickers offered. Children/young people are consulted about food choices, e.g. through surveys conducted by the School Council (SNAG group).

School dinner menus (3 week rota system) are available on the school website and copies can be obtained from the school office. Themed days are also included and children can put ideas forward for these occasions. The school takes part in annual themed dinners for



example Hull Fair, Bonfire night and traditional Christmas dinner.

#### 5.4 Packed Lunches

Through our food ethos and using the principles of the Eatwell Guide the school encourages parents and carers to provide children with healthy packed lunches. Guidance is available from the leaflet entitled *Packed with Health?* which shows healthy ways to fill a lunch box and children are given the information during cookery lessons.

<https://www.nutrition.org.uk/putting-it-into-practice/make-healthier-choices/healthy-packed-lunches/>

Information around packed lunches and other topical food issues are conveyed to via the school prospectus, school newsletters and notices.

Chiltern Primary School aims to be a nut-free environment. This is due to a number of children suffering from severe, potentially fatal, nut allergies. No nuts should be brought into school including nuts in food snacks such as cereal bars, or packed lunches like peanut butter and sesame seed bars. Staff are aware of these children and there are signs around school stating no nuts should be brought into school. In addition Chiltern does not allow sweets or fizzy drinks like cola and lemonade, and discourages snacks high in salt and fat being included in packed lunches.

#### 5.5 Use of Food as a Reward

The school actively discourages the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school such as certificates, praise and stickers. (Refer to the school's Behaviour Policy for more details.)

#### 5.6 Birthday & Celebration Occasions

We positively **encourage** pupils and parents to consider bringing alternatives to sweets/chocolate for children's birthdays and celebrations. We ask them to consider bringing healthy alternatives, like small whole fruit such as grapes/strawberries or larger fruit such as melon/pineapple that can be cut up in school.

#### 5.7 Drinking Water

The School Food Standards for Healthy School Lunches recommend that drinking water should be available to all pupils every day, free of charge. The school agrees with this recommendation and provides a supply of drinking water in school and in the dining hall. Pupils are encouraged to drink at frequent intervals throughout the day. Water is provided free for all pupils at the lunchtime meal service. Pupils are encouraged to bring their own water bottles daily to school and should be clearly named with secure lids to prevent spillages.

### 6. SPECIAL DIETARY REQUIREMENTS





### 6.1 Special Diets – Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices as required. Fasting is recognised and taken into account during lessons. A halal option is available every day.

### 6.2 Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. Vegetarian numbers are given to the school kitchen.

### 6.3 Special Diets – Medical / Food allergy and intolerance

Chiltern primary school requests that we are advised of any food allergies/intolerance/special diet requirements giving emergency contact details together with any particular food requirements. Individual care plans have been created for pupils with special dietary needs/requirements. These document symptoms, adverse reactions and actions to be taken in an emergency. Epipen training has been given to all school staff. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted to the catering manager. A Medical Diet Request Form can be obtained from the school office, must be completed by parents and signed by a health professional: the form is then handed into the office and sent to Thrive Catering in order for the dietitian to provide a suitable menu.

## 7. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored in school. These vary depending on the food on offer and include: ensuring that adequate cold storage and washing facilities are available; that all food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas. Staff involved in food preparation are encouraged to take part in Food Safety Level 2 training and have the appropriate certificates, this training is on-going. All children learn about food safety and hygiene in Cookit cooking lessons.

## 8. THE FOOD AND EATING ENVIRONMENT

The school provides a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment. The dining hall has anti-bullying displays on walls along with up to date nutritional information and lots of other healthy eating posters. 'Menu choices' are displayed by the food hatches.



Picnic tables and rugs are used in fine weather to enable all children (hot dinners and packed lunches) to eat outside in the fresh air if they choose to do so. This has proved very popular. Children in the same year group eat together at the same time.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating. Supervisors receive nutritional training to help encourage healthy lunch eating choices (hot and cold food). They also have stickers to give out to encourage children to make healthy choices at lunchtime.

## **9. Leading by Example and Staff Training**

Teachers, caterers, lunchtime supervisors and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this there is a staff noticeboard in the dining hall and other information displayed in school and toilets, e.g. hand washing posters.

## **10. Food Related Action Plans**

As a school we are aware that we need to ensure healthy and nutritious food is available across the school day. Chiltern Primary School is currently working towards achieving Bronze, Silver and Gold awards for Food for Life (Soil Association).

### **10.1 Action Plans**

Continued consultation with the whole school community about school food issues will be used to make improvements and review the policy. The policy will be reviewed by the School Council, the Parents' Forum, the Catering Manager, SLT, teachers and the governing body. The policy will be available on the school website. The school will continue to constantly promote healthy eating/lifestyle choices both in the classroom and at lunchtimes.

## **11. Consultation, Monitoring and Evaluation**

This policy has been developed through consultation with the whole school community. The policy and impact is reviewed on an ongoing basis to reflect current Government standards.

The policy is communicated to the entire school community via the website and new families/staff to our school are made aware of its importance. Regular evaluations take place through discussions with SLT, Thrive Catering, Teachers and the School Council.



## 1. Review

Date policy implemented: February 2023  
Review Date: February 2025

Signed .....Mrs J Marshall (Headteacher) Date 28.2.23

Signed .....Mrs E Newby (Chair of Governors) Date 28.2.23

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