

Highbury Quadrant FOOD POLICY

Date of review: March 2021

Date to be reviewed: March 2023

Aims

As a Healthy School we want to ensure that we promote the health and well-being of the whole school community through all aspects of food and nutrition and provide consistent messages to pupils, parents and staff. Through all aspects of school life we aim:

- To promote health awareness
- To give our pupils the knowledge and skills they need to be able to make healthy choices
- To ensure that we are giving consistent messages about food and health across the school day
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message and food brought in are in line with the food provided
- To include the whole school community in the promotion of healthier lifestyle

Responsibility for food in school

Miss Higgins and Mrs Buhorah have overall responsibility for food provision and education, including overseeing that the policy is implemented.

Miss Higgins is responsible for overseeing that school food meets current guidelines (including the statutory guidance) for school meals, the dining room environment and packed lunches and food other than lunch (incl. breakfast club and after school clubs), and maximising take up of free school meal entitlement.

Mrs Buhorah leads on cooking skills.

Mrs Carol Payne and Miss Sam Jones lead on concerns about children's health and weight related issues (within the pastoral care team).

Whole school community

Pupils

- The school council shares their views and raises issues on behalf of their peers with the senior managers and governors. The school council also takes forward initiatives and projects and gets involved in strategic planning and processes such as Improving Dining Hall Environment in the past. After each meeting the information and decisions are shared with the rest of the pupils at a class level. The school council in HQ plays an active role in making their school a better place. A regular school council report is shared with the governing body.
- Any comments from pupils or parents are important to us and we value their feedback. Both the school and Caterlink are open to any suggestions. Parents are encouraged to share their opinions on mycaterlink website (link shared with parents in school newsletters). There is a wide selection of foods and salads available every day for pupils to choose from. We are pleased to adapt the menu for food allergies and specific individual needs.
- School lunch menus are nutritionally analysed to ensure they met and in most cases exceed The School Food Standards. They are available through mycaterlink website or via the school.
- The provision of school meals served in our school was reviewed in December 2016. As a result Highbury Quadrant serves the children a choice of meat (Halal, non-Halal) and a vegetarian option.

Staff

- All staff should be aware of the policy and understand their role within it ensuring that teaching across the curriculum is consistent with the aims of the food policy.
- Staff are role models for pupils and therefore are mindful of their own food choices particularly during lunchtime when they are seen consume healthy food and drink options.

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- There is a regular training and support available for teaching staff to deliver cooking skills and food technology including being up-to-date with concepts of healthy eating (using the EatWell Guide), oral health, and planning. There was an Inset conducted by Health and Wellbeing Team in the Autumn Term where 'You, Me and PSHE 2020' strands and the statutory requirements were explained and highlighted.
- There are opportunities for pastoral care team to receive support around raising the issue of weight with pupils and parents / carers. There are regular drop-in sessions available with the school nurse. Pupils are seen at school with their parents.
- Breakfast club coordinators, lunchtime supervisors have the opportunity to learn about encouraging healthy food choices during separate insets for support staff.
- Staff who lead on cooking, serve food, (including breakfast club and afterschool club) all have level 2 food safety certification.
- Staff always promotes healthy eating by having fruit and vegetable and having healthy drink options including water or herbal teas.
- All staff must be aware of what to do if a pupil has an allergic reaction and anaphylaxis. (see Appendix A).

Parents/Pupils

- Parents are aware of importance having a healthy balanced diet based on the EatWell Guide. The EatWell Guide is promoted during class time discussion which helps strengthen children's ideas around healthy wellbeing.
- Oral health is promoted during PSHE lessons across the school and leaflets are sent out home by a school nurse and her team after dental check-ups.
- Healthy packed lunch guidance is shared with parents/carers.
- If there is a need (especially in Early Years) parents are invited to have school lunch with their child to help develop healthy eating habits. We always value parents' feedback. They are encouraged to share their opinions on mycaterlink website or directly with us at Highbury Quadrant. They have an opportunity to express their opinions about food during consultation meetings/parents evenings or a feedback questionnaire (Early Years). We are happy to adapt the menu for food allergies and specific individual needs.
- Whole School Food policy and healthy packed lunch guidance/leaflets for parents provide specific information about the content of packed lunches or food brought in to school from home.
- The cooking curriculum map (available on the school's website) informs parents how they can support their children at home and what skills to develop further.
- Highbury Quadrant promotes 'Families For Life' who organise workshops with parents on teaching them about healthy eating, packed lunches and how to cook.
- Highbury Quadrant holds events related to food which parents are invited to such as International Evening.

Governors

- **Jessica Woods** – the Healthy School Governor oversees food provision and food curriculum.

External providers

- Highbury Quadrant works closely with local 'Change4Life', 'Families For Life' and 'HealthySchools' representatives from the Islington Health and Wellbeing Team. 'Change4Life' offers healthy eating tips, 'The 10 Minute Shake Up', New Lunchbox Ideas and also informs about local activities available for families. 'Families For Life' offers free fun programme for parents and children aged 2-11 to get fit, active and cook and eat healthy meals together. The Islington Health and Wellbeing Team provide guidance and review to audit practice in Highbury Quadrant.

Food consumed on the school premises

All food served at the school on a regular basis between 8am and 6pm meets the mandatory school food standards and there is a process in place to ensure that the provision is coordinated across all

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food and drink outlets. Food served at breakfast clubs, mid-morning break, after school clubs all meet the statutory food based standards for school food other than lunch. The school has evidence to show compliance (a list/menu of food and drink provided in each outlet operating at the school and evidence of evaluation for example an audit).

Within the catering contract: Islington council ensures that the lunches served by Caterlink meet the statutory nutrient and food-based standards for school lunches.

Outside of the catering contract: the school ensures that the lunches meet the statutory food-based standards for school lunches and is able to demonstrate compliance (dated menu cycle of all food and drink provided and an audit against the food-based standards). See: www.schoolfoodplan.com/standards

Breakfast

- The Highbury Quadrant Breakfast Club is led by Mrs Jane Sharp and Miss Theresa Tegg. The club serves breakfast up to 8.40am and is open Monday to Friday between 7.45am and 8.45am. This allows enough time for breakfast to be eaten and pupils to be ready for the start of the school day at 8.45am ('soft start'). There is an area available for quiet reading and board games and space to do homework or play games. There is also a timetable for activities such as computing and P.E. As a Healthy School we aim to encourage the children to make good food choices and this is reflected in the menu on offer.
- The Early Years Breakfast Club starts at 8am and is led by Early Years Practitioners in Reception classrooms.
- We adapt the menu for food allergies and specific individual needs.
- The Designated Safeguarding Lead has well-embedded mechanisms in place in the situation when a pupil comes into school without breakfast. They ensure the child's primary needs are met and specific procedures implemented by allocated members of the staff.

Snacks

- Snacks are provided during the day (National School Fruit and Vegetable Scheme).
- Healthy packed lunch guidance is promoted during class time discussion through the EatWell Guide and through Healthy packed lunch leaflets shared with parents/carers. The content of the packed lunches is monitored daily by class teachers, support staff and lunch supervisors.
- 2 year old Provision - children are provided with a meal or snack at least 1½ hours but no more than 3 hours apart. Snacks provided are varied with some containing starchy foods such as crackers or bread. Dried fruit and fruit juice are not provided as part of snacks but other forms of fruit or vegetables are provided at some snacks. Water and milk are the only drinks provided between meals and as part of snacks.

School meals

- In Highbury Quadrant **40%** of pupils are eligible for free school meals.
- Children are encouraged to make healthier choices during class time discussion through the EatWell Guide which helps strengthen children's ideas around healthy wellbeing and healthy eating.
- The dining hall in Highbury Quadrant is a pleasant and sociable environment. The school encourages social interaction and good table manners in the dining room by letting children sit with their friends at lunchtime. Both Nursery and Reception children have their lunch first and they are assisted and served by the Early Years staff in the dinner hall (Nursery -12o'clock and Reception - 12.20).

Equal opportunities and inclusion

- School food caters for relevant religious and cultural food requirements (e.g. halal meat available).
- Pupils with disabilities within the school are adequately catered for in the dining room. These pupils have access to adapted cooking equipment where required.

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- The school checks with parents whether the perspective pupil has any allergies. Children with allergies have a care plan provided by the school nurse. This information is shared both with catering and relevant teaching staff and it is taken into account when serving food or during cooking lessons and parties/celebrations. Parents are reminded to keep school informed of any changes in food allergies. (Please see Highbury Quadrant Allergy Policy for more information).
- The school works with parents and catering to ensure that pupils who have allergies or are diabetic can still access school lunches.

Packed lunches

- The school works in partnership with parents to encourage healthier options being included in packed lunches brought from home.
- Healthy packed lunch guidance is promoted during class time discussion through the EatWell Guide. Highbury Quadrant shares Healthy Packed Lunch leaflets with parents. Class teachers discuss it with individual parents during parents evenings or consultation meetings if necessary.
- In case of school trips the kitchen staff prepares packed lunches which meet The School Food Standards. If parents opt to send a child with their own packed lunch prepared at home, teachers/support staff make sure it is in line with our healthy packed lunch guidelines.

After school clubs

- There is no food or drinks served (apart from water) during after school clubs.
- If children stay in after school club, the school ensures that the food provided is in line with the school's healthy eating principles and meets the DfE food based standards for school food other than lunch.

Drinks policy

- EY – jugs of water and cups are available throughout the day. All pupils independently access drinking water and are encouraged to bring their own water bottles to school;
- Y1-Y6 - Water bottles are used by the rest of the school;
- Trays for water bottles are available in all classrooms – pupils get a drink when they like. They are allowed to have them on their desks during hot days;
- Water fountains – available outside;
- Teachers act as role models and drink water with children.
- Water is drunk at Highbury Quadrant throughout the whole day including lunchtime. The drink guidance for lunch meets the School Food Trust list of drinks permitted in schools including milk which is also served during lunchtime.
- The drinking fountains are situated away from the toilets.
- The school encourages the use of water bottles or cups with spouts for exclusive use of water only.
- The school teaches children about the impact of energy drinks¹ and have rules about energy drinks not being consumed on school premises.

Food before and after school

- The food guidance at Highbury Quadrant is exactly the same for the food prepared at school as well as the food brought and eaten within the school grounds (including food eaten on arrival of the pupils to school and at collection time at the end of the day).

Bake stalls

¹ Visram, S. and Hashem, K., Energy drinks: what's the evidence?, 21st July 2016. Food Research Collaboration Policy Brief: <http://foodresearch.org.uk/wp-content/uploads/2016/07/Energy-drinks-final-19-July-2016.pdf>

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- Cake/bake sales before, during or after the school day, for pupils and parents happen infrequently (not more than one every half term) and often have healthy options such as smoothies, oat biscuits or fruit. They are always part of a fundraising event e.g. Winter Extravaganza, Spring Fair or International Evening.

Birthdays, festivals, celebrations, and events

Food served at birthdays and other celebrations is consistent with whole school food messages about healthy eating.

To celebrate their children's birthdays at school, parents are encouraged to:

- bring in healthy snacks, fruit or vegetables instead of sweets;
- provide age-appropriate non-food items such as pencils, bookmarks, little notebooks or stickers in goodie bags instead of cake or chocolates;
- bring in a game, book or craft materials to share with the class (please check with the teacher for suggestions);

Class teacher provides the birthday child with a special birthday outfit e.g. a sash and crown, a hat, or badge to wear on the day. A birthday child is offered to sit on a special chair.

Rewards and prizes

- Highbury Quadrant does not use food as a reward or for prizes as this would give these items a special value. Other items are used instead such as stickers, certificates, pens, balloons, or pupils are involved in deciding what non-food rewards are valuable to them.

Primary food and cooking skills education

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It is a perfect tool to captivate and stimulate pupil's interest and enjoyment of food as well as building self-confidence. Every child in each year group has a minimum of 3 cooking opportunities. The school provides the ingredients for the cooking skills lessons.

- The cooking curriculum includes at least three cooking opportunities for each pupil in each year group. PSHE and Food Technology Lead monitors and evaluates cooking and nutrition education to ensure the quality of teaching and learning takes place regularly.
- Termly cooking sheet is completed for each year group.
- With regards to what they are cooking pre-arranged drop in sessions take place during cooking lessons (photos are taken).
- Cooking skills lessons are generally taught and organised using whole class, half class, small group or carousel arrangements.

Primary curriculum

- Relevant staff have up to date knowledge and skills, and appropriate professional development is provided in healthy eating including cooking and nutrition skills.
- Staff attended Inset conducted by a member of the Wellbeing Team in the Autumn Term. 'You, Me and PSHE 2020' was shared with all the teachers by Mrs Buhorah in September 2020.
- All staff are clear about what recipes to use to cook or bake with pupils – Get Cooking recipe book was shared with staff during 2 hour inset for teaching staff and 2 hour inset for support staff.
- Chosen recipes are age appropriate and allow for progression of skills.
- Each year group and all pupils are taught all aspects about food: a balanced diet (using the eatWell Guide), oral health, food safety and importance of hygiene.
- Pupils learn about where food comes from, how it is grown, and seasonality of ingredients. E.g. Pupils learn food growing skills from a class teacher; pupils learn about where food comes from during farm visits; pupils learn about how food is grown and where it comes from also during 'Healthy Eating Week' which takes place in June.

Teaching and learning

All cooking skills lessons enable pupils to develop food and cooking skills alongside safe and hygienic food practices and consumer awareness. Understanding the principles of healthy eating

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are a central part of learning within our cooking skills curriculum. We use a variety of recipes and ensure that each lesson provides ample opportunities for pupils to develop practical skills. We have carried out risk assessments and have clear procedures for the use of knives, cookers and hobs, and electrical equipment.

Monitoring and evaluation

- The quality of teaching and learning is monitored through drop-in sessions.
- Pupils are provided assessment sheets to record the progress.
- Photos of cooking sessions and EatWell Guide is displayed in the classrooms.

Food safety and cooking facilities

- Cooking lessons take place in classrooms as there is no dedicated kitchen in our building. Special adjustments are made to ensure that suitable food safety and hygiene is taken into account. Teachers are encouraged to do risk assessments before each session on how to handle sharp instruments safely or how to exclude any possible hazard (e.g. so there are no cords hanging around where children can trip and fall).
- Each class teacher has a list of utensils available in the cooking cupboard. The cupboard is locked at all times and the key is kept by PSHE Lead.
- It is requested from class teachers to thoroughly wash and dry all utensils used before they are put back to the cupboard, so that they are ready to be used by next class.
- Our portable stoves can be easily moved to the classrooms and used during cooking sessions.

Other areas of the curriculum

- When food is taught / used in other areas of the curriculum, consideration is given to ensure that teaching and learning is consistent with the aim of the food policy, for example during Science week.

Supporting more vulnerable pupils

Supporting pupils who are entitled to free school meals

- We are working towards all pupils who are entitled to free school meals taking up that entitlement and the pupils choose a balanced meal (see section on school meals as part of food consumed on the school premises).
- HQSA liaise with Inclusion Manager to support families in need.

Supporting pupils with health issues which impact on their food consumption

- The school staff are aware of children with allergies. This information is shared with catering staff and relevant teaching staff. It is taken into account when serving food or during cooking lessons and parties/celebrations. Parents are reminded to keep school informed of any changes in food allergies.
- The school works with parents and catering to ensure that pupils who have allergies or are diabetic can still access school lunches.

Supporting pupils and their parents to make healthy living choices

- The whole school environment is supportive to pupils to make healthy lifestyle choices around healthy eating and being physically active.
- There is information available for pupils and parents on where to get support if they are concerned about their weight or feel their child is a fussy eater.
- The school has a system in place to identify and raise the issue of weight. The pastoral care team is involved in referring pupils to healthy living and weight services. The pastoral care team is aware of the full range of services available and families are followed up.

Other aspects of school life

Informal curriculum / extra-curricular activities

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- Highbury Quadrant has themed events linked to food, such as Chinese New Year which always promotes a balanced diet.
- Parents are encouraged to take part in workshops such 'Family Kitchen' which is a free fun programme for parents and children aged 2-11. It offers ideas around how to get fit, active and cook and eat healthy meals together.
- The topics related to Healthy Eating are covered during assemblies (e.g. speakers from Change4Life or Assembly during BNF Healthy Eating Week which takes place in June).
- Healthy food options (water, fruit) are provided at parent workshops so they promote consistent messages around food.
- **Edible Playground** (created in 2017) offers a lively, engaging, multi-sensory way to teach children about growing and eating healthy food. It has a positive impact on pupils' attitude towards healthy eating. Our school received a **Royal Horticultural Society Award**. It has become 'RHS School Gardening Champion' of the year 2019.
- Our school celebrates **BNF** (British Nutrition Foundation) **Healthy Eating Week**. It promotes healthy eating, as well as food provenance, cooking and being active. It is a dedicated week in the year to encourage staff and pupils to focus on healthy eating and drinking and physical activity, and celebrate healthy living.

Breastfeeding

- Highbury Quadrant is registered and recognised as a Breastfeeding Welcome School (www.breastfeedingwelcomescheme.org.uk). As such, mothers are facilitated to breastfeed comfortably and provided with a private space, should they request it.
- Breastfeeding mothers returning to work in school after maternity leave will be given help to enable them to continue to breastfeed, such as having access to facilities to express and store breastmilk. For more information, see 'Breastfeeding after returning to work or study' booklet - <https://campaignresources.phe.gov.uk/resources/campaigns/2/resources/1365>

Toilets

All toilets are cleaned twice a day – during lunch time and after school hours. In case of accidents within the time the cleaner is not present at school, the School Premises Manager gets access to the cleaning products and refreshes the toilets. In very rare occasions when SEN children do not wish to use pupils toilets for various reasons, they are allowed to use adult toilets under staff supervision.

When concerns arise, they are addressed quickly (assembly, regular spot checks and feedback to children).

Sponsorship and fundraising

- The school does not use nutrition education materials with corporate logos or advertising.
- The school will only use vouchers or other reward schemes if the company involved promotes healthy lifestyle in line with the school's food policies.

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Appendix A

