



# CUBITT TOWN JUNIOR SCHOOL

[www.cubittown-jun.towerhamlets.sch.uk](http://www.cubittown-jun.towerhamlets.sch.uk)

## WHOLE SCHOOL FOOD POLICY

Headteacher signature:

A handwritten signature in black ink that reads 'Robin Bence'.

Chair of Governors signature:

A handwritten signature in black ink that reads 'M. E. Davies'.

Review date:

January 2017

ONLY THE BEST IS GOOD ENOUGH



## OUR VISION

For everyone in the Cubitt Town Community:

- We will **CARE** for each other - ensuring our community remains happy at all times. We will treat each other with respect and use language that shows this.
- We will **COLLABORATE** with each other. We work as a team. We enter Cubitt Town ready to learn and support each other in our learning journeys.
- We **COMMUNICATE** with each other. We ask for help and use words of support and listen.
- We **CHALLENGE** ourselves. We don't give up even when things seem hard. WE have a can do attitude!
- We are **CURIOUS** - we try new things and learn from our mistakes.
- We are **COMMITTED** - to learning, to each other, to our environment.
- We know that **ONLY OUR BEST IS GOOD ENOUGH** and so we aspire to be the best that we can be academically, socially and creatively.

## OUR VALUES

We **CARE** about ourselves and learning.

We **COLLABORATE** with all.

We **COMMUNICATE** because it is important.

We **CHALLENGE** ourselves.

We are **CURIOUS** people and learners.

WE are **COMMITTED** to lifelong learning.

*We aspire to be 'ONLY THE BEST' that we can be!*





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## **1. AIMS**

- To ensure all aspects of food & nutrition in school promote the health and well-being of pupils, staff & visitors to the school.
- To promote healthy eating habits that lead to lifelong health and well-being.

## **2. RATIONALE**

A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

## **3. OBJECTIVES**

- To improve the health of pupils, staff & families by helping to influence their eating habits through increasing knowledge & awareness of food issues, including what constitutes healthy eating.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious food, and safe, easily available water supply during the school day.
- To ensure the food provision in the school reflects the ethical, cultural & medical requirements of staff & pupils, e.g., religious, ethical, vegetarian, medical & allergenic needs.
- To make the provision & consumption of food an enjoyable & safe experience in a pleasurable and dedicated environment.
- To monitor menus and food choices to inform policy development and provision.

## **4. PROVISION**

- At Cubitt Town Junior school we have a Breakfast club available to all pupils from Year 3 – Year 6. Pupils have a choice of toast, cereal, and fruit with either fruit juice, milk or water to drink. No white bread, sugar or additionally sweetened items are served at our Breakfast Club. Pupils food intake is regularly monitored by staff and healthy fruit choices are encouraged.
- All children have a variety of fruit to snack on and constant access to water throughout their time in the After School Care. This is offered to all children from year 3 to Year 6.



- The whole school has access to a fruit at playtime. This tuckshop only offers a variety of fruit for children to choose. We do not serve crisps, sweets or chocolates as snacks.
- Food prepared by the school catering team meets the National Nutritional Standards for School Lunches and is regularly monitored by the Head teacher in consultation with the Head caterer and the Borough catering team. School meals and their uptake are regularly monitored by the catering team and the lunchtime supervisors with a daily verbal review between the teams informing future menus. Pupil choices and requests are regularly sought, observed and catered for along with any specific dietary needs for culture, religion, allergies, medical restrictions etc. A school menu is sent home to parents on a termly basis and verbal feedback is actively sought from Parents by staff.
- Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches. The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the BOGH. A child's lunch should include only the following:
  1. A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
  2. Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
  3. A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
  4. Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
  5. A drink - water is provided by the school.

Parents are consulted about these requirements on entry into school and lunchtime supervisors monitor lunch boxes and teachers discuss healthy choices with parents/carers/children throughout the school year at regular intervals.

- Children are offered the opportunity to join the *Let's get Cooking* after school club on a termly basis.
- All children have access to drinking water all day. There are water fountains in the playgrounds and each child has a water bottle provided by the school for use during the day in class. The importance of drinking enough water is regularly discussed and encouraged.

## **CURRICULUM**

- Food and Nutrition are covered as part of the National curriculum in Science, D&T, PSHE and PE. There are a variety of resources available to do this for all Key



stages in the Science resources cupboard including the Eatwell plate and Healthy food pyramid.

- The school has a number of ovens available for classes and each class is encouraged to have hands on experience with cooking in order to learn practical food skills e.g., planning, budgeting, preparing and cooking meals.
- Staff are offered training and support in delivering this subject in a variety of ways – peer mentoring, buddy teaching, staff training.

## **REWARDS**

- We do not use sweets, chocolates or any other unhealthy food as a reward, treat or a prize.

## **PARENTS**

- Parents play an active part in the provision and modelling of healthy eating at all school parties and events. The school runs workshops for parents in collaboration with the PCT to support parental understanding of balanced diets, healthy eating menus and recipes and healthy lunches.
- The School Council instigate and promote healthy eating within the school and throughout each year group. They are actively involved in all healthy eating decisions within school and consult with all pupils as their representatives. The School Council were the initiators of the Fruity Friday tuckshop.
- Staff and Governors have been actively involved in the schools healthy eating ethos and support and model healthy eating habits within the school. The school relies on external agencies to complement the already existing internal staff development that occurs. Visitors are a key part of our development and training and include regular contact with the school nurse, dentist and the PCT Nutritionist.
- All work done within the school by pupils, parents, staff and governors has contributed to and supported the writing of this whole school food policy during the consultation period.