



NEWBOLD SCHOOL

Food Policy

It is recognised that a healthy diet, with the consumption of fruit and vegetables, is needed both for healthy growth and to prevent chronic disease, and that too many sugary foods and drinks cause tooth decay.

Seventh-day Adventist institutions promote a healthy vegetarian diet. Therefore, following these principles, school events such as bake sales, fetes and other functions that involve catering will serve only vegetarian foods. It would therefore be helpful for everyone to take note of this policy whenever foods are brought for such events as these.

We do recognise that some children in our care are allergic to particular foods and must follow a specific diet. In such cases, the school needs to be informed so that members of staff are aware of the food allergies of the pupils concerned. For this reason, we do not allow birthday cakes, biscuits or sweets to be brought into school for sharing. This is in order to avoid the distress it may cause some children who may be unable to take part in these treats. We kindly request, therefore, that these types of celebrations are held off school premises.

Our staff are trained in the use of Epi-pens and we have first aiders in the school. Before any activity involving food, permission slips will be sent home for parents to indicate any allergy risks that may apply to their children.

Although staff may make their own choices about their food consumption in the staff room, they are encouraged to be healthy role models when eating or drinking with the children.

To help the children develop awareness of the need for a healthy diet, we will take part in the Berkshire Food Awareness Week. This will be held in June. It is an event that aims to promote healthy food choices; the safe handling of foods and experiencing foods from different cultures. The

children's Science and PSHE lessons will also look at food groups and the functions of food and healthy eating.

Pupils from Foundation 1 and 2 are encouraged to bring one piece of fruit and a drink for their mid morning break. However, the school recognises that younger children may not yet be into a school routine and we will therefore be flexible regarding their needs.

Children have access to drinking water all day and for the children from Year 1 upwards, it is recommended that they have their own bottle of water with their name on it which is kept in the classroom and which is taken home at the end of each week so that it may be cleaned or replaced to ensure a state of proper hygiene.

A healthy lunch box should contain low sugar, low salt foods that are nutritious for young growing children. Sweets, cakes and biscuits should ideally be avoided as they contain high levels of sugar. Snacks such as crisps generally have a high salt and high fat content and should be kept to a minimum. The recommended salt intake for a school child is 3-5 grams per day. An easy way to avoid a higher intake of salt is to avoid salty snacks.

Cereal and fruit bars are often promoted as healthy alternatives to chocolate bars; however, these can be as damaging to teeth and are also high in fat and calories; we therefore suggest that these be treated as confectionery.

A lunch time meal should provide a child with approximately a third of their daily nutritional requirements. It is therefore very important to make the contents of your child's lunch box as healthy as possible.

Food Safety Management System for Handling Food in School

In January 2006 several new food hygiene regulations came into force in the UK. These include: Regulations EC No 853/2004 on the hygiene of foodstuffs and the Food Hygiene (England) Regulation 2006.

The food safety management procedures are based on HACCP (Hazard Analysis Critical Control Point). These procedures are in place with documentation and record keeping which are kept up to date.

Food is bought from reputable stores/suppliers.

Use of a coolbag/box with ice-packs to carry high-risk foods to school in hot weather.

Ensure that raw and cooked / ready to eat foods are carried in separate bags to prevent cross contamination.

Store eggs in the fridge.

Decant food from open cans into other containers.

Check the temperature of the fridge to ensure that it is less than 8°C.

Clean fridge once a week using anti bacterial spray.

Check the temperature of the freezer to ensure that it is -18°C or below.

All work surfaces to be cleaned and disinfected regularly i.e. counter tops, chopping boards and sink areas.

Always wash hands before handling any food and if possible use gloves to serve.

No food to be used after its 'Use By' date.

Wherever possible use different chopping boards and knives to keep raw and cooked foods separate.

Always ensure that food is cooked thoroughly to a minimum of 75°C.

Always follow the cooking instructions on the package carefully.

Never dip fingers into food to taste it; always use a clean spoon.

Do not use a tea towel to dry your hands; always use a separate towel.

Cover all burns and cuts with a waterproof dressing.

Dish cloths can harbour bacteria; it is good practice to use paper towels to clean surfaces.

No one who has had diarrhoea, vomiting, stomach cramps, fever, nausea and headaches within the last 48 hours should be in contact with food preparation.

It is recommended that if you prepare or handle open, high-risk foods, you need to be trained to a level equivalent to the Chartered Institute of Environmental Health (CIEH) Level 2 Award in Food Safety in Catering.

Date of last review: 22.12.09

Signed: (P J Eastwood)

Position: Acting Headteacher