

# **ST.CHAD'S C.E.(C) PRIMARY SCHOOL**

## **FOOD POLICY**

### **"Building Together for a better future"**

#### **Background:**

Legislation applies to food provided in schools in England as follows:

- The Education Act 1996
- The School Standards and Framework Act 1998
- The Requirements for School Food Regulations 2014.

Statutory school food standards apply to local authority maintained schools, including nurseries. The school food standards are to ensure that food provided to pupils in schools is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour. The revised standards came into force on 1 January 2015. The regulations set out the requirements for school lunches provided to registered pupils, whether on school premises or not, and to any other person on the school premises.

The requirements also set out the requirements for food and drink other than lunch, provided to pupils before 6pm.

#### **Aims:**

At St Chad's Primary School we have always prided ourselves in providing the best education possible to our children and we work hard to ensure that we promote health awareness in all members of our school community.

Our aim is:

- 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;
- The school and its caterer meet the nutritional standards for school meals and 'non-school meal' food provided in school.
- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

#### **Organisation-Curriculum**

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

Healthy eating and healthy lifestyle education forms an important part of our school's curriculum. The importance of balanced nutrition, exercise and healthy food choices is explicitly taught through the P.E., Science, D.T. and PHSE/Character curriculum and can be included in our topics.

We also have a cookery after-school club and our 'School Ranger', who has gained the food hygiene award, works with small groups of children in health, hygiene and food related activities, in a vocational approach to learning. We also have a gardening club, who grow their own fruit and vegetables.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum

### **Organisation- Foundation Stage and Key Stage 1**

All our under 5s are entitled to free milk under the 'Nursery Milk Scheme' which is operated by the Department of Health, which provides free milk to children under the age of 5, at participating schools.

Pupils in EY and KS1 benefit from the free Fruit and Vegetables Scheme. Four to six year old children in state funded primary schools throughout England are eligible to receive a free piece of fruit or vegetable every school day outside of their school lunch through the 'School Fruit and Vegetable Scheme (SFVS)' administered by the Department of Health. These pupils are encouraged to eat their piece of fruit as part of their daily break time.

### **Organisation- Key Stage 2**

KS2 children are also encouraged to eat only fruit or vegetables at break time and have a drink of juice. This incurs a charge to parents, paid on a weekly basis, if provided by school. Children can, however, bring their own fruit or vegetable snack.

### **Organisation- Whole school**

All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.

Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises at any time or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.

The contents of pupils' lunchboxes are monitored regularly by the Lunchtime Supervisors and any concerns about the content are discussed with the class teacher.

Parents are advised if their child is not eating well.

Birthdays, fundraisers and special events such as Christmas parties in class are times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered or brought in to school, but the staff will remind the children that this is an "occasional" treat and not "every day food".

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, meet with our First Aider/ Medical Conditions manager and are asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information is displayed in the staff room, classrooms and in the school kitchen and is shared with all staff.

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the newsletter.

### **School Meals Service**

School meals at St Chad's are provided through a Service level Agreement with 'Compass' and the school works very closely with the cook and the kitchen staff on a daily basis.

Every child in Reception, Year 1 and Year 2 in state-funded schools receive a free school lunch, an initiative which was started by the government in September 2014. However, children can still bring their own packed lunch to school if they wish.

School provides meals free of charge if the pupils and/or parents meets eligibility criteria set out within the Education Act 1996 and a request is received for free meals to be provided.

There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the School Food Standards (Revised January 2015). These standards aim to ensure that the food provided to pupils in school is nutritious and of high quality.

The weekly school lunch menu is displayed in the front entrance for parents and on our school website.

The serving kitchen staff advise the children in making balanced and healthy choices.

Children are encouraged to eat their main meal before eating any desert so that they get a balanced diet.

Younger children ask permission before clearing away their tray, so that Lunchtime Supervisors can ensure that they are eating an appropriate amount of food.

No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day.

School recycles its waste food.

Our School Council and our Parent Forum meetings give our community members the opportunity to discuss and feedback on school meals and the provision of food in school.

### **Water for All**

Water is freely available throughout the school day to all members of the school community. Every child has been encouraged to bring in a water bottle to store their water in. Children may drink their water at any time except during the 30 minute assembly. FS and KS1 children are also reminded to drink water at their snack time. There are several water coolers available in the school.

### **Roles and Responsibilities:**

The Headteacher and Deputy Head are responsible for supporting colleagues in the delivery of the Food Policy. Compass is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

### **Equal Opportunities:**

A school lunch is provided for every child where requested, at a charge to parents, unless meeting criteria for free school meals.

### **Monitoring and evaluation:**

Governors monitor and check that the school policy is upheld and in working effectively.

Approved: Spring 17

Review: Spring 2018