



WHOLE SCHOOL FOOD POLICY

**Whole School Food Policy
for
St. Mary's CE Primary School**

**Approved by Safety and Community Committee
Date of next review:**

**Autumn 2016
Autumn 2019**

Whole School Food Policy

Aim

To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to St. Mary's CE Primary School (St Mary's).

Contents

The Whole School Food Policy is a shared, evolving document for all stakeholders that interact with our school. It expresses a common vision of the ethos, status and role of all aspects of food at St Mary's. It encourages all aspects of food to be brought together, clearly, coherently and consistently. It should include:

- The formal curriculum eg. subjects (design and technology, science, personal, social and health education, citizenship), equipment and resources, ingredient provision (where possible) and continuing professional development for staff.
- Extra curricular activities, eg. cookery club, school gardens and the after-school club, Daisy Roots.
- School cooking, particularly using the Middle Site for Creativity.
- Participation in national events and initiatives eg. National School Fruit Scheme, and meeting standards, as advised by the department for education and the School Food Trust (www.schoolfoodtrust.org.uk), a national charity and specialist Government advisor.
- Provision of all food at school eg. breakfast clubs, , school lunch, , fluid consumption and use of food as a reward.
- Consumption of food at school eg. eating environment, service style, time, pupils bringing food to schools and packed lunches (including information to parents).
- Events and lettings at school eg. school fairs.
- Pastoral care and welfare issues eg. behaviour, free school lunches.

Introduction

The Government introduced new food and nutrient-based standards for school food in 2013 following advice from the School Food Trust. The standards cover all food sold or served in schools: breakfast, lunch and tuck, vending, mid-morning break and after-school clubs.

In the London Borough of Richmond upon Thames (LBRuT) the responsibility for school meals is fully delegated to the governing body of each school. St Mary's made a variation to the contract with the PFI provider to opt out of their school meals provision from July 2011. The school, after months of involvement with the Borough's School Meals Working Party's goals in improving school meals, decided to "opt in" to the Borough's new contract with ISS who cook from fresh on site everyday. Currently, despite the small kitchens at St Mary's that were previously deemed unsuitable for fresh food preparation, school lunches are freshly prepared daily, and we are delighted they surpass the Government's standards for nutrition and meet the higher level, Food for Life's Silver Standard of Nutrition.

The Food for Life Partnership is a network of schools and communities across England committed to transforming food culture. To do this, the Partnership brings

together the expertise and enthusiasm of four food focused charities – the Soil Association, Focus on Food Campaign, Health Education Trust and Garden Organic. But more importantly, it empowers innovative schools, teachers, caterers, food producers, pupils and health professionals to work together to create a better food culture for our young people and to involve their local communities all across England. This means a school meal service serving healthy and sustainable food, practical food education and engaged pupils.

Therefore, under this arrangement It is understood by the Safety and Community Committee of the Governing Body that ISS is fully responsible for compliance with government regulations around 'final' food-based and nutrient-based standards for our school lunch meals. Government nutritional standards state that at least two portions of fruit and vegetables are served each day and oily fish once every three weeks. ISS is also fully responsible for catering on all three sites. The Middle Site now offers cooking from fresh with the possibility of delivering this food to the other two sites. This subsequently will allow the school to contract the best caterer for supply of school lunches without the limitations of having insufficient food storage, preparation and cooking areas.

Rationale

This policy has been formulated to enable St. Mary's to develop a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school. It has been developed in conjunction with our Every Child Matters and other relevant policies.

Our school supports the 'five a day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life threatening conditions as well as being helpful in tackling childhood obesity. However, successful implementation of most of this campaign rests with ISS as provider of our school meals.

Definition

Our school defines healthy eating as providing the body with well-balanced, nutritional food which will ensure good health and well-being. We aim to give children the skills they need to make healthy choices which will stay with them throughout their lives.

Objectives

To ensure:

- All aspects of food and drink in school promote the health and well-being of pupils, staff and visitors.
- Pupils have the basic knowledge to formulate life-long skills eg. cookery classes workshops on healthy lunchboxes, gardening club.
- Our pupils have the information they need to make healthy choices

To promote:

- A well-balanced and healthy lifestyle.

- A welcoming eating environment to encourage the positive social interaction of staff and pupils. The school recognises that sharing food is an excellent opportunity to build relationships and promote good social skills.
- A healthy physical development of all members of our school community.
- The important connection between a healthy, balanced diet and a child's ability to learn effectively.

Specific Aspects of Food in Schools

Water

Children are actively encouraged to bring their own bottles for water and are given free access to these, as well as water fountains located on all three sites. Water is freely available throughout the day to all members of the school community. Regular opportunities are given to drink water and children are regularly reminded and encouraged to drink water at break times.

Nut-free school

Due to the risk to those who have an intolerance to and / or serious allergic reactions to nuts, St Mary's makes every effort to be a nut-free school. This is enforced, as well as possible, in school through a ban on nuts and nut products. However, the practicalities of policing all food on the premises make this very difficult. Off the premises, on a school trips for example, pupils with these allergies must take their EpiPens with them and be supported by a teacher who is capable of helping to administer it. Teachers who accompany children on school trips have all had training in the use of EpiPens.

Allergies

Lunchtime staff are aware of children who have allergies and this is recorded on the 'Allergy sheet'. Those serving children hot lunches must refer to the sheet, ensuring all children are catered for.

School Lunches

School lunches are provided by ISS and all meals must meet the new nutritional government guidelines for school catering as well as the Food For Life Silver standard. ISS only uses red Tractor meat, Marine Stewardship Council fish, locally produced fruit and vegetables, free range eggs and organic milk and bread in its menu. All food is cooked from fresh, daily, on site.

Dining Environment

The school is committed to providing a welcoming eating environment to encourage the positive social interaction of pupils and teachers. It is recognised that the physical constraints mean we operate a number of sittings, limiting the time available for serving and eating school dinners and packed lunches. Despite this constraint, the school will aim to provide a calm, ordered environment - conducive to enjoyable eating and good manners.

The school is also committed to:

- Helping children where necessary eg. opening of packets, carrying trays.
- Encouraging children to eat as much of their dinner as is appropriate with a focus on eating their fruit and vegetables before dessert.
- Monitoring wasted food.
- Supervising children having school dinners and packed lunches
- Providing water jugs and clean cups on every table.
- Encouraging children to wash their hands before eating.

Packed Lunches

The Food Standards Agency survey of packed lunchboxes showed that in general children's lunchboxes contained too much salt, fat and sugar and too little fruit and vegetables. Our School encourages parents and children to pack healthy lunchboxes and provides information and guidance on balanced meals with plenty of fruit and vegetables, bread and protein. Food not eaten in a packed lunch should be sent home to ensure parents are aware of how much has been eaten.

Morning Snack

Pupils are allowed to have a snack during the morning break. While difficult to monitor, parents are asked to pack fruit or a healthy snack bar. Chocolate bars, crisps and sugary drinks are strongly discouraged. Children in Key Stage 1 get one piece of fruit provided by school as part of the National School Fruit Scheme. Milk is provided for Pupil Premium or those who purchase it through the school office.

Birthdays

We are aware that many parents like to celebrate their child's birthday in school as well as at home, however, we do not allow any cake or sweets into school for this purpose.

Celebrations and Festivals

The school recognises that food plays an important role in the celebration of different cultures and religious festivals. As part of our curriculum children will have the opportunity to experience foods significant to different countries and belief.

Food in the Curriculum

The significance of food in our lives means it can and should be used to enrich the curriculum. In turn, the curriculum can enrich pupil's experience of food and healthy eating. The curriculum offers opportunities for children to experience food from different countries, historical periods and cultures as well as reinforcing the need for a healthy, balanced diet. Children will each year study a unit on Healthy Eating and are encouraged to use what they have learnt to make informed decision about what they are eating.

Out of School Activities

On special occasions eg. Christmas Fair, we accept that a wider range of confectionery, drinks and crisps may be available, with parental supervision. However, we will encourage the Friends of St Mary's to consider this Food Policy, especially with regard to quality and choice. For example, it may be possible to purchase good quality sausages and burgers with an accompaniment of lettuce or cucumber. Where healthy options have been used we need to highlight this and advertise the fact that we are making healthy choices.

Values

At St. Mary's we strive to work together as a whole community, sharing our ideas and beliefs and all working for the ultimate good of the children in our care. We aim to show respect for ourselves and each other and this is demonstrated by the empowerment we give to our children from an early age. We aim to give children information so that they are able to make sensible choices over food. We have not banned all sweets, crisps, cakes etc from our school as then the children would not have the opportunity to make informed choices. Our School Council should be ensuring the children's voices are heard in this regard so that policies like this remain relevant and new ideas are brought forward.

Roles and Responsibilities

It is extremely important that the whole school is united in providing the children with the correct information about healthy eating. We need to give consistent messages about the importance of a healthy, well-balanced diet and regular exercise, within lessons and extra-curricular activities. Communication with parents ensures that similar messages are reinforced at home. It is assumed that ISS would support the principles contained in this policy through the provision of high-quality and healthy food; appropriate marketing and literature and well-trained catering staff. The Safety and Community committee will report regularly to the Governing Body about all aspects of food in the school.

Monitoring and Evaluation

Evaluation of the progress made by the school in implementing the aims and objectives of this policy will be made by the safety and Community committee supported by regular reports from ISS. These reports should cover ISS's responsibilities and include:

- Updates on food content, presentation, nutritional standards and sourcing of ingredients
- Monitoring food waste
- Overall hygiene
- Equipment, kitchens and dining facilities
- Other issues including: variations from menu, staff changes, changes to numbers of pupils taking school meals; changes to costs and company developments.

Communication of this Policy

This document is freely available to the entire school community and located in the policy documentation files located in the school reception areas as well as on the school website.

Equality statement

St Mary's CE School is committed to valuing diversity and to equality of opportunity. We aim to create and promote an environment in which pupils, parents and staff are treated fairly and with respect, and feel able to contribute to the best of their abilities.

The Governing Body believes that there should be no discrimination on account of someone's gender, marital status, colour, race, nationality, ethnic or national origin, disability, religious beliefs, age or sexual orientation. Full consideration has been given to this during the formulation of the above policy as it is the Governing Body's aim that no-one at St Mary's CE Primary School should suffer discrimination, either directly or indirectly, harassment or victimisation on any of these grounds.