



## St. Peter's R.C. (Aided) Primary School

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### FOOD POLICY

October 2021

#### INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, and the children/young people of our school.

The policy is referred to in the school prospectus/profile and is communicated to the entire school community. It is adhered to by all groups involved with the teaching/serving/cooking of food/drink to the pupils, in school during the day.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet. [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

Current DCSF standards for school food throughout the school day are in place.

#### FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **Caroline Carter** and the member of the Senior Management Team that oversees all aspects of food in school is **Helen White**.

#### FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food/drink choices throughout the school day
3. 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

These aims will be addressed through the following areas:

#### 1. EQUAL OPPORTUNITIES

At St Peter's we live and work by the 'every child matters' ethic and we value every individual and strive to provide equal access of opportunity for all.

## 2. CURRICULUM

- Food issues and nutrition may be taught in PSHE and/or many other subjects where it is appropriate to do so. (e.g Science, DT, Circle Time etc.) Wherever it is taught it remains consistent with the food policy.

This is addressed through:

### TEACHING METHODS/RESOURCES

- We teach nutrition/healthy eating through PSHE and other curriculum areas where it is appropriate - i.e. science/DT.
- Teachers are all familiar with the 'eatwell' plate and use this when teaching about balanced diet.
- It is the responsibility of the coordinator to make sure that resources and teaching materials in school are up to date.
- Teachers are able to access copies of the School Food Trust food and nutrient guidance documents [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) in the food in schools toolkit folder.
- We use the 'food a fact of life' resources to deliver nutrition education as well as resources from the teaching toolkit, put together by the coordinator.
- Once a year we have a healthy schools week where we had extra lessons on nutrition, keeping healthy, physical activity and emotional wellbeing. We also organise food tasting, debate food issues, design healthy meals, and reward healthy choices at lunchtimes.

## 3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for School Lunches became compulsory in April 2001.

The Government announced new standards for school food, which are in three parts, to be phased in by September 2009. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch and after-school meals, mid-morning break and after-school clubs.

Food and Nutrient based Standards covering all aspects of school food form the basis all food offered and eaten in school throughout the school day. (Full details and the documents and guidance relating to this are available from the School Food Trust) [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

### BREAKTIME SNACKS

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

At breaktime children are only allowed to snack on fruit (including the national fruit scheme) or toast (which they pay for). The parents and the children and both aware that neither of these snacks are intended to replace breakfast. Free whole milk is available to the children aged under 5 and older children are able to purchase it. Otherwise, children have access to fresh water. This information is highlighted in the school prospectus and on the website.

### SCHOOL LUNCH and PACKED LUNCH

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

As a school we encourage pupils to have a school lunch provided by our catering service and free school meals and milk are provided to all those pupils who are entitled to them.

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 'eatwell plate'. Include guidance here from 'Food in Schools Tool Kit' on Healthy Packed Lunches [www.foodinschool.org](http://www.foodinschool.org) Lunchbox advice/information is provided in the prospectus and is readily available to parents. Once a year we have a 'healthy school week' where children are rewarded for making healthy choices at lunchtimes, or for having a balanced lunchbox.

We ask that parents do not pack whole nuts or items containing whole nuts, in lunchboxes, because of allergies, however we are aware that avoiding products that may contain traces of nut is difficult.

#### **AFTER SCHOOL CLUB**

The food and drink provision at the after school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

The coordinator has liaised with after school leaders and the children to design a healthy and varied snack menu for the after school club.

#### **USE OF FOOD AS A REWARD**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school such as commendations, stickers, etc.

Children often like to bring treats for their classmates on birthdays. If these are chocolates/sweets - the school now sends these home so that parents/carers can decide when/if these treats are eaten. We have also made suggestions to parents as to alternative 'treats' that could be sent in for the children.

#### **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. The children are encouraged to have a water bottle of their own and are only allowed to drink water through the school day. They may consume other drinks at lunchtime if they have packed lunches - we advise parents that these be 'pure' drinks.

### **4. SPECIAL DIETARY REQUIREMENTS**

#### **SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

#### **VEGETARIANS AND VEGANS**

School caterers offer a vegetarian option at lunch everyday. When necessary the school can provide a vegan option if caterers are made aware of this.

#### **SPECIAL DIETS - MEDICAL**

Pupils with special dietary needs/requirements are made known to all staff. Staff should be aware of symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

### **5. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

## 6. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

The school council have been consulted as to how they might like to see the dining room improved and are currently working on this issue.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

## 7. LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers, lunchtime supervisors and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the coordinator makes sure that any new information is displayed on the staff noticeboard. The coordinator also attends any relevant training.

## 8. HEALTHY SCHOOLS STATUS

As a school we are aware that we need to ensure healthy and nutritious food is available across the school day. The healthy eating criteria must be fulfilled for us to gain Healthy Schools status. [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk). We achieved enhanced healthy schools status in April 2014.

## 9. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole school community. The policy and its impact is reviewed on an ongoing basis to reflect current DCSF standards.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

## 10. REVIEW

Date policy reviewed: October 2021

