



**St Mary's CE Primary School**  
Felsham Road  
Putney

# **Whole School Food Policy**

*At St. Mary's we provide an education of the highest quality to enable every child to realise their potential within a nurturing Christian community.*

January 2018

## **Vision Statement:**

St Mary's CE Primary School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Our belief is that a nutritious diet is crucial for the development of a child's physical and mental state. We recognise the importance of the link between a healthy diet and a child's ability to learn effectively in order to achieve his/her potential in school. This vision will be achieved by a whole school approach to food and nutrition, documented in this policy.

The Whole School Food Policy will cover the following:

- School lunches
- Packed lunches
- Food provided out with lunch time (Breakfast/After School Club and Break time)
- Drinking water
- Food safety
- Special dietary requirements and individual needs
- Healthy eating in curriculum
- Dining environment

## **Aims:**

The main aims of this policy are:

- To ensure every pupil is well nourished at school.
- To ensure every pupil has access to safe, tasty and nutritious food as well as safe and easily accessible water supply during school day.
- To enable pupils to make healthy food choices through education on the benefits of good nutrition and the promotion of sensible attitudes towards food.
- To ensure food provision in school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical.
- To make the provision and consumption of food an enjoyable and safe experience.

These aims will ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.

## **Roles and responsibilities of the Head Teacher, other staff and governors:**

The Head Teacher will ensure that:

- The policy is made available for staff based on The Requirements for School Food (England) Regulations 2014.
- The school caterers conform to the regulations.
- The agreed Nutritional Standards for free school meals are implemented.
- Content, cost and provision are monitored

- Special dietary needs of children and staff are adhered to.
- The provision for children with special dietary needs is closely monitored.

All staff will ensure that:

- Healthy eating, nutrition and the importance of a good diet is included in the curriculum for all year groups.
- The school's food policy is followed.

The governing body will ensure that:

- Regular reports on school lunches are prepared, to encompass standards, cost, dietary requirements, regulation and provision
- That nutrition and healthy eating are included in the curriculum
- That the Whole School Food Policy is effectively in place and updated as required

### **Implementation:**

#### **1. School Lunches**

The school and its caterer will work together to ensure that food provided is compliant with The Requirements for School Food (England) Regulations 2014. In addition, the choices on offer address cultural, religious and special dietary needs.

**Free School Meals (FSM)** – to ensure each child receives a healthy lunch daily, the school must have the capacity to provide a meal for those who require one. This does not have to be a cooked meal. The Universal Infant Free School Meal was introduced in September 2014 [UIFSM]. All pupils in Key Stage One [Reception, Y1 and Y2] are entitled to a UIFSM. In addition, pupils in Nursery and KS2 will also be entitled to a free school meal if their parents receive one of the following benefits:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided the parent or carer is not also entitled to Working Tax Credit and has an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

#### **2. Packed Lunches** (see Appendix A)

The school recognises the benefit of a well-balanced-school meal for children at lunchtime and recommends to parents that this is the best option. Should parents decide that a packed lunch is the best option for their child they are asked to follow

the recommended guidelines set out by the British Nutritional Foundation. The guidelines recommend that a packed lunch should only include:

- A good portion of starchy food, e.g. wholegrain roll, wraps or pitta pockets, pasta or rice.
- A portion of lean meat, fish, egg, pulses or other non-dairy protein sources, e.g. chicken, ham, beef, tuna, sardines, mackerel, egg, beans.
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins.
- A portion of semi-skimmed or 1% fat milk or other dairy food, e.g. reduced fat cheese, yogurt or fromage frais.
- A drink e.g. fruit juice, semi-skimmed or 1% fat milk, yogurt drink or a bottle of water.

### **3 Break time snacks and drinks** (see Appendix B)

The school understands that healthy snacks are an important part of the diet of a child and can contribute positively towards a balanced diet.

The school provides a snack for all students in KS1 at break time, in line with the Whole School Food Policy and KS2 students are permitted to bring their own snack, in line with the school packed lunch guidelines.

### **4 Drinking Water**

The school follows the regulation that drinking water should be available to all pupils, every day, free of charge. The school supports this recommendation and provides free, fresh drinking water throughout the school day.

Staff will encourage children to drink water at frequent intervals throughout the day and children are educated about the importance of hydration.

### **5 Milk**

Lower fat milk and/or lactose reduced milk will be made available every day at a time during school hours.

### **6 Food Safety**

The school will ensure that the caterer uses appropriate food safety precautions when food is prepared or stored. These may vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available.
- that food handlers undergo appropriate food hygiene training.
- that suitable equipment and protective clothing are available.

The school will meet with the caterer on a termly basis and monitor and ensure that any food safety hazards are identified and controlled. The school will consult with local Environmental Health Department about legal requirements, as required.

### **7 Special Dietary Requirements** (see Appendix C)

- Special Diets for Religious and Ethnic Groups – the school provides food in accordance with pupils' religious beliefs and cultural practices.

- Vegetarians and Vegans – the school caterer/s offer a vegetarian option at lunch everyday.
- Food Allergy and Intolerance – Parents are requested to keep the school informed of any allergy or food intolerances. This information is provided to the school.
- The school and caterers follow the process outlined in Appendix C to ensure that children with dietary requirements can be catered for each day.

## **8 Healthy Eating in Curriculum** (see Appendix D)

Food and nutrition is taught at an appropriate level throughout each key stage. Effective teaching requires children to develop their understanding of healthy eating issues and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas.

All school staff, caterers and parents have a key role in influencing pupils' knowledge about food. Staff and caterers are trained on Healthy Eating and parents are asked to follow its guidelines.

## **9 Dining Environment**

The school ensures the dining environment is a clean, desirable place where there is enough space and time for the children to sit and eat a meal, promoting social and community cohesion. This is achieved by the following factors:

- Children are required to eat all, or at least try to eat, most of the food provided by school or in their lunchbox.
- All litter must be disposed of in the bins provided.
- Lunchtime supervisors will help any child who has concerns, or cause concern, during meal times.
- Children are expected to behave whilst eating their lunch, be polite, helpful and keep noise to a minimum.
- Staff will be on hand to help children who are unsure of the contents of the meal provided.

### **Monitoring and Evaluation:**

In order to determine the effectiveness of the policy, it will be monitored and evaluated in the following way:

- School monitoring numbers of students taking school lunches.
- Annual update of School Dinners Risk Assessment with regards to Incidents and Accidents.
- Annual review of the provision of food in school, pupils' awareness of nutrition and the promotion of healthy eating habits by the governing body.
- Regular feedback from students via School Council concerning quality of school meals and menu planning.
- Policy available on school website and parents invited to contribute to the schools healthy eating approach.

**This policy should be read in conjunction with:**

Risk Assessment – School Dinners: Children with Dietary Requirements due to Allergies and/or Religious Beliefs

- Safeguarding and Child Protection Policy
- The Requirements for School Food (England) Regulations 2014
- First Aid Medicines and Supporting Pupils with Medical Condition

**Monitoring and Review**

All staff will review this policy once every year as well as responding to trends that suggest the need for earlier review.

Policy last reviewed by:

Name: Sue Abraham

Date: January 2018

Formally adopted by Governors:

Suggested Date of Next review : January 2019

## **Appendix A**

St Mary's School asks that children bringing in packed lunch to school must use a proper lunch box labelled with the child's name. Lunch boxes should be left on the appropriate trolley in the playground at the start of the day.

Parents are requested to not include the following in packed lunches:

- Sweets, chocolate etc
- Fizzy drink/sugary drinks
- Sweet cakes
- Nuts
- Hummus

St Mary's School is a nut free school and no food containing nuts is cooked or permitted on the premises. The School Handbook states:

### **NUTS AND SESAME SEEDS – SAFETY NOTICE**

There are children in the school who suffer from a serious allergy to nuts. Children (and adults) are therefore not permitted to bring nuts or any foods containing nuts or sesame seeds into school as even being with someone who has eaten food containing nuts can be enough to trigger an attack. This also applies to class cake sales and parents are asked to comply with the nut and sesame free school rule.

## **Appendix B**

### **Snacks for morning playtime:**

St Mary's School provides water and fruit free of charge for students in KS1 at break time. In addition, YN have free milk at break time and YR can opt to have milk at break time but this is chargeable once the child reaches the age of 5.

Children may bring a still drink or snack - fresh or dried fruit, carrot or rice cakes for morning break-time. Biscuits, sweets, chocolate bars, crisps etc. are not permitted.

Children are allowed to bring in a small, named bottle of water to drink in class.

Students in KS2 are permitted to bring their own snack and, in line with school packed lunch guidelines, are requested not to bring any food containing nuts or snacks high in fat and sugar. The school recommends:

- Fruit/vegetables
- Rice cakes

## **Appendix C**

All children currently on role with religious or medical dietary requirement [that have opted for school meals] are appropriately catered for five days a week.

Children with medical dietary requirements are identified through wrist bands and a photo board for caterers. Individual care plans are created for pupils with severe food allergies [Anaphylaxis - Epi Pen]. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

Training for all staff is completed annually for Managing Severely Allergic Pupils [Epi Pen and Jext Pen training].

## **Appendix D**

To support healthy eating learning in Early Years, amongst other initiatives, teachers create awareness through cooking lessons and visits to local restaurants (eg Pizza Express and Wagamamas) and supermarkets (eg Waitrose).

To support healthy eating learning in KS1 and KS2, topics are integrated into the curriculum. In turn, healthy eating is discussed frequently at KS1 and KS2 School Council meetings.

The school nurse is available by request from parent and/or staff for class activities or individual sessions to discuss promotion of healthy living at home/school.