



ST STEPHEN'S CHURCH SCHOOL, BATH

SCHOOL FOOD POLICY

DOCUMENT CONTROL TABLE

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Prepared by: Katie Warlow: School Food Coordinator	Approved by: FGB July 2018



WHOLE SCHOOL FOOD POLICY

St Stephen's Church School, Bath

INTRODUCTION

There is growing evidence demonstrating eating well will have a positive effect on children's and young people's attainment, concentration, behaviour and their development of establishing lifelong positive attitudes towards food.

The School food plan was launched in July 2014 and outlines how schools should provide an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat, developing habits from a young age.

This policy demonstrates how the school will create a whole school approach to food and nutrition and will cover all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people, School Nutrition Action Group (SNAG), school council.

The policy is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

FOOD POLICY RESPONSIBILITY AND CO-ORDINATION

The Governing body is ultimately responsible for ensuring that the national school food standards are met, by approving and monitoring the implementation of the policy. The school food policy and healthy eating strategy is currently co-ordinated by Katie Warlow who is supported by the Senior Leadership Team to oversee all aspects of food in school.

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To provide balanced food/drink choices throughout the school day and ensure food brought into school is adhere to national standards set by the government <http://www.schoolfoodplan.com/standards/>
2. To enable pupils to make informed food choices through the provision of information and development of appropriate skills and attitudes.
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

We aim to provide children and staff with the relevant information to make informed choices about a balanced lifestyle based on positive attitudes and current information.

2. CURRICULUM

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy.

There are numerous opportunities in the curriculum for pupils to develop knowledge of health and a balanced diet. Some of these are as follows:

- Food Technology (as part of Design and Technology) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet
- PSHE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle
- Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact
- Numeracy enables children to understand nutritional information as well as calculating, weighing and measuring
- Geography allows children to learn about physical activity opportunities in the local environment. It also encourages children to look at the changing environment

TEACHING METHODS/ RESOURCES

In this section include:

- Statements re your approach to teaching food and nutrition
- Resources used and how you ensure consistency and ensuring they are up to date, resources include; Change for life, EatWell Guide.
- Do you have copies of the School Food Trust food and nutrient guidance documents www.schoolfoodtrust.org.uk
- Consider methods used to link classroom activities and learning about food
E.g. do you use 'food a fact of life' or similar programme, organise food tasting, debate food issues, design balanced meals?

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National standards for School food were developed in 2008 following research showing that children were not making healthy food choices throughout the school day and that school meals did not meet their nutritional needs.

In January 2015, new Standards for School food were introduced covering all aspects of school food including food served at lunchtime, at mid-morning break, within vending and during breakfast and after school clubs.

Details of these standards can be found at: <http://www.schoolfoodplan.com/standards/>

There are two sets of standards. Standards for school food served at lunchtime and standards for food served at other times of the day. This includes food and drink served at breakfast, mid-morning break and at after school clubs.

BREAKFAST CLUB

Breakfast is an important meal during the school day that should provide 25% of a child's energy requirement and contributes significantly to their vitamin and mineral requirements. Children who don't have breakfast may have low blood sugar and be dehydrated, which can affect their ability to concentrate within school.

The school operates a breakfast club every morning that provides a balanced meal for pupils before the school day.

The breakfast is compliant with the Standards for school food other than lunch.

SCHOOL LUNCH

As food and drink eaten at lunchtime provides children with a third of their daily intake, we want to ensure we are creating an environment where by we are encouraging children to eat a balanced meal at lunchtime meeting their nutritional requirements.

As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them. The school office is able to advice on the process for obtaining a free meal for those families that are eligible.

Children/young people are consulted about food choices via school council, surveys, questionnaires, SNAG and menus are available on the schools website.

What we will do:

- ✓ The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- ✓ The school will work with the pupils to provide attractive and appropriate dining room arrangements
- ✓ The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- ✓ As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- ✓ Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

PACKED LUNCHES

In order for packed lunches to meet the same standards for school meals, please use the following recommendations to ensure children get the essential variety and balance needed:

- ✓ At least one portion of fruit **and** one portion of vegetables **every day** – provide a variety over the week, including sliced fruit, grated carrot in sandwiches, cucumber and pepper sticks
- ✓ One portion of starchy food such as any type of bread, cooked pasta, rice, couscous, noodles, potatoes **every day** (try to include a wholegrain variety regularly too)
- ✓ One portion of meat, fish or other non-dairy source of protein (e.g. sliced meat, sliced boiled egg; pulses such as lentils, beans or chickpeas as part of a salad or hummus for dipping vegetables in) **every day**
- ✓ Dairy food such as cheese cut into cubes or grated in a sandwich, small pot of yoghurt*, or fromage frais* **every day**
- ✓ Water (still) **every day**

*These should be natural or low sugar where possible and not include chocolate or sweets

To ensure children are having the right balance of food and drink across the day, it is recommended that high sugar, fat and salt items are not included in packed lunches. As children have other opportunities to consume these items when not at school, we respectfully ask for the following items not to be included in packed lunches and have suggested suitable alternatives:

X Crisps

✓ Try savoury crackers/breadsticks if you wish to include another small starchy food item

X Confectionery e.g. chocolate, chocolate-coated biscuits/bars, sweets

✓ Try a small piece of homemade cake, flapjack or cookie, especially those with added fruit. Puddings provided at school meals are homemade containing less sugar than similar shop bought products and contain 50% fruit (from weighed raw ingredients).

X Processed meat products e.g. sausage rolls, pies, tinned meat, sausages, salami

sausages as these can be high in fat and salt. Sandwiches, wraps or pitta breads with fillings provide a more balanced option.

X Sugary drinks (especially fizzy)

✓ Water is available on tables for pupils to help themselves to. Alternatively, fruit juice diluted (half water half juice is best), semi-skimmed or skimmed milk, or smoothies.

MID- MORNING BREAK

The school understands that a snack at mid-morning break can be an important part of the diet of children and young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time such as fruit winders, yo yo bears, confectionary items and therefore we encourage a fruit/vegetable only policy for break time snacks as this positively enhances the free fruit in key stage 1.

We participate in the National Fruit Scheme where each child in Reception, Year 1 and Year 2 are given a piece of fruit or vegetable as a snack at mid-morning.

AFTER SCHOOL CLUB

The food and drink provision at our after school club is in line with the Standards for School Food other than lunch.

The school asks that snacks given to children to eat by parents before after school sports clubs comply with the food standards.

USE OF FOOD AS A REWARD/SPECIAL OCCASIONS

So that we can ensure a balance across the day; manage allergy and dietary requirements and respect families own choices around giving their children 'treats' we ask that you do not bring in food as a gift to mark a special occasion. Birthdays will be celebrated in school with a birthday badge and in celebration assemblies at the end of the week.

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, academic or other achievements. Other methods of positive reinforcement are used in school i.e celebration assemblies, stickers and certificates.

Under the standards for school food other than lunch, there are exemptions in place for food provided at parties, celebrations to mark religious or cultural occasions, or at fund raising events held within school. As food provided at events like this can be higher in sugar, fat and salt, we are committed to not holding **more than one of this type of event in a term** i.e. a maximum of six times per school year.

Exemptions:

Term 1 – Cake sale

Term 2 – Christmas Fair

Term 3 – Cake sale

Term 4 – Easter activity

Term 5 – Walk to school breakfast

Term 6 – Summer fair

Where fundraising events are held regularly, for example an after school sale, then the food provided will meet the standards for school food other than lunch.

DRINKING WATER

The school 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.

Children are welcome to bring in a water bottle to school to drink throughout the day. This must only have water (still) in it and can be re-filled from the school water fountains.

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.

VEGETARIAN DIETS

School caterers offer a vegetarian option at lunch everyday.

SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document 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.

Menus will provide information about which of the items contain any of the 14 allergens (which, by law, consumers must be informed about) or will signpost where this information can be found.

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 dining environment for pupils taking on board recommendations within the school food plan. Mid-day supervisors will help to ensure a safe, enjoyable experience at lunchtime and support pupil where needed.

The school council worked to make the lunch hall a more sociable place by having a debate about the way it was laid out and changing the tables. The children now sit together if they are packed lunch or school dinner rather than apart and there is now a salad bar available at lunch time for children to help themselves to, as well as home made wholemeal bread.

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. The healthy school leader will keep staff up to date with relevant information regarding food in school and current issues.

It is essential that staff are committed to setting an example with food in school and promote a balanced lifestyle to the children.

The PTA is aware of the food policy and supports it.

8. DISSEMINATION OF THE POLICY:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website.

The school will use Healthy Mind and Body week to promote this policy as part of a whole school approach to balanced eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

9. REVIEW AND MONITORING

Packed lunches will be regularly reviewed by the DPH leader and mid-day supervisors.

If a child's packed lunch does not continually conform to the policy then the school may contact the parents to discuss this.

School menus are regularly reviewed at SNAG meetings and children are asked to contribute to this via school council.

The policy will be reviewed every two years in consultation with our Senior leadership team, Director of Public Health Award Co-ordinator, parent and pupil forum, however it is an ongoing document and will be added to if there is any change in legislation or current thinking.

Date policy implemented: July 2018

Review Date: May 2020