



WHOLE SCHOOL FOOD POLICY ***OUR LADY & ST JOSEPH CATHOLIC PRIMARY*** ***SCHOOL***

PREPARED BY: P Devereux
APPROVED BY: Governors
DATE: May 2019
REVIEW DATE: May 2021



Our Lady & St Joseph Catholic Primary School

School Name: Our Lady & St Joseph Catholic Primary School

Consultation that has taken place: Governors, Staff, Chartwells Catering

Person(s) responsible for overseeing Healthy Eating: Headteacher: Patrick Devereux

Person(s) writing this policy: Mr Patrick Devereux, Mrs Katie Turner, Mr Alex Everden

Aim:	<ul style="list-style-type: none">• To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and its impact on both health and the environment• To ensure pupils are well-nourished at school• To ensure every pupil has access to safe, tasty and nutritious food and a safe easily available water supply during the school day;• To ensure food provision in the school reflects the ethical and medical requirements of all pupils and staff e.g. religious, ethnic, vegetarian, medical and allergic needs• To encourage parents/carers who provide food and drink for consumption at school (packed lunches, after school care snacks, etc..) to meet the same standards as food provided by the school• To make the provision and consumption of food an enjoyable, social and safe experience for all• To encourage children to develop appropriate skills for choosing and preparing healthy meals
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Rationale:	<p>It is important that we consider all elements of our work to ensure that we promote health awareness to all members of our school community. All staff at Our Lady & St Joseph can act as a valuable role model to pupils and their families with regard to food and healthy eating patterns. A balanced healthy, nutritious diet is important for the development of a child's physical state as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.</p>
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Objectives:	<ul style="list-style-type: none">• To improve the health of pupils, their families and staff by helping to influence their eating habits through increasing knowledge and awareness of food issues, including what constitutes healthy eating.• To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious food and a safe, easily available water supply during the
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	<p>school day.</p> <ul style="list-style-type: none"> • To ensure the food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils, e.g. religious, ethical, vegetarian, medical & allergenic needs. • To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment. • To monitor menus and food choices to inform policy development and provision. • <p>To adhere to :</p> <ul style="list-style-type: none"> • Food-based standards for school lunches • Nutrient-based standards for school lunches • Food-based standards for school food other than lunch <p>(see https://www.gov.uk/government/publications/standards-for-school-food-in-england)</p>
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PROVISION

Activity	Details of provision
Breakfast club	<p>Breakfast is an important meal that should provide 25% of a child’s energy requirements and contribute significantly to their vitamin and mineral requirements.</p> <p>The school operates a breakfast club that provides a nutritious morning meal for pupils before the school day and complies with the food-based standards.</p> <p>As well as providing an opportunity for a healthy breakfast, breakfast club addresses the needs of children who arrive at school very early and who don’t otherwise have a breakfast for various reasons.</p> <p>It is known that children who don’t have breakfast may have low blood sugar and suffer from dehydration during the day, which can affect their ability to concentrate.</p> <p>It is known that significant numbers of children do not eat breakfast before leaving home.</p> <p>Breakfast club also provides a range of activities such as reading, sports and exercise.</p>
Snacks	<p>We understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. They must meet</p>



	<p>the standard in "https://www.gov.uk/government/publications/standards-for-school-food-in-england" document. Children can have a snack during their morning break.</p> <ul style="list-style-type: none"> • The school discourages the consumption of snacks high in fat and sugar and foods with nut products in at break-time. • We do not allow crisps, sweets or chocolates <p>In the Foundation Stage and Key Stage 1 children are provided with a piece of fruit as a snack. At Key Stage 2 we advise parents to send any of the following items: Whole/pieces of fresh fruit e.g. banana, apple, pear, satsuma, grapes; crudité; vegetable sticks; raw vegetables such as carrots, peppers, cucumber and celery.</p>
<p>School Meals</p>	<p>To operate on school premises, our catering team must demonstrate that:</p> <ul style="list-style-type: none"> • They have undergone appropriate food and hygiene training • Their facilities meet appropriate food safety requirements • They provide foods and dishes with ingredients that comply with current food standards <p>We talk to the caterers regularly, as they are on site daily. All children can choose to receive a healthy and nutritious free school meal or bring in a packed lunch.</p>
<p>Packed Lunches</p>	<p>The school will work with parents to ensure that packed lunches abide by the suggestions listed below. Note that this is not an exhaustive list.</p> <ul style="list-style-type: none"> • At least one portion of fruit and one portion or vegetables every day. • Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day • Oily fish, such as salmon, at least once every three weeks. • A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. • Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday <p>However, this policy insists that pupils should bring:</p> <ul style="list-style-type: none"> • Only water • No fizzy drinks • No crisps • No sweets during the school day • No confectionery such as chocolate bars, chocolate-coated biscuits at lunchtime.



	<p>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 food going off.</p> <p>Packed lunchboxes are monitored and parents notified of any imbalanced lunchboxes.</p> <p>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 achievements.</p> <p>Other methods of positive reinforcement are used in school. See the school's Behaviour Policy.</p>
<p>After School Clubs</p>	<ul style="list-style-type: none"> • Pupils are allowed to bring healthy snacks to after school clubs. Guidance has been provided by letter. • Water is provided in all clubs via water fountains around the school.
<p>Water Provision</p>	<ul style="list-style-type: none"> • All pupils are encouraged to bring a bottle of water to every day school. • The pupils are encouraged to refill their drinking bottles at break time. • When the pupils are outside to play there are fountains situated in the playground • Pupils may drink their water at any time of the day except during liturgy or assembly. • Drinking water is provided in all classrooms.
<p>Early Years Food <i>(based on recommendations from the Children's Food Trust Guidance 2012)</i></p>	<ul style="list-style-type: none"> • Early Years Foundation Stage take part in the Nursery milk scheme • Milk cartons are available for the children to drink during the day in both Nursery & Reception, and the children bring in water bottles in Reception and have a self-service water jug in Nursery. • The Free Fruit scheme snacks are available for the children throughout the day at free choice snack areas in both Nursery & Reception. • We display Tower Hamlets's Children Center information leaflets for parents which inform them about the Health Start Scheme. <p>Early Years eat lunch in the small hall and are support by Nursery Nurses, teaching assistants and mid-day meal supervisors during lunch.</p>
<p>Specialist dietary requirements</p>	<ul style="list-style-type: none"> • The school provides food in accordance with pupils' religious beliefs and cultural practices. • School caterers offer a vegetarian option at lunch every day. When



	<p>necessary the school also provides a vegan option.</p> <ul style="list-style-type: none"> • Individual care plans are created for pupils with special dietary needs/requirements. These 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. • Photographs and information relating to these children is displayed in the school dining hall, the children’s classrooms and the staffroom. This way all staff can ensure they know which children suffer from an allergy and to which food. • We make sure all staff are aware of the potential hazards from severe allergens such as nuts and nut products in training sessions or notices. • If severe allergens are used in a class recipe, this information is passed on to parents. • If parents ask if there are nuts in a food and we’re not sure, we tell them and suggest an alternative. • We are also careful with regard to accidentally transferring food from one dish to another to avoid cross-contaminating foods with peanut or nut protein. • We are conscious that allergy sufferers can react to the smallest amount of protein and even minute amounts transferred through cross contamination could cause a severe reaction. • We always consider that any oil that has previously been used to cook products containing nuts can carry minute traces of nut proteins and thus have the same effect as nut oils. • We ask the catering supplier to provide information as to whether the ingredients or flavourings used in their products contain nuts or seeds. • When we prepare food we check the recipes of all products so we can answer questions if asked. • We are clear about the school’s policies regarding first aid and administering medication, and whether a member of staff has been trained to administer medication in the event of an allergic reaction by a pupil. • If we are in any doubt about the severity of a reaction, we call an ambulance immediately.
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CURRICULUM

Curriculum	Food and nutrition is taught at an appropriate level throughout each key stage in accordance with the 2014 National Curriculum
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REWARDS AND SPECIAL OCCASIONS

Rewards	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 achievements. Other methods of positive reinforcement are used in school. Our rewards for behaviour can be seen in our Behaviour Policy
Special events, celebrations and birthdays	We do not allow children to bring in a cake to celebrate their birthday with the class. Parents are aware of this and have been informed by letter. Other celebrations are decided on a case by case basis, always endeavouring to provide healthy options whenever possible e.g. healthy barbecue to celebrate exam results.

PARTNERSHIP WORKING

Activity	Things to consider
Children	Our school council aims to involve pupils democratically in the life of Our Lady & St Joseph Catholic Primary school. The school council helps all to listen to the views of pupils. It provides a structure to facilitate communication and enable pupils to take responsibility for many aspects of school life which they were previously not involved or consulted. Food issues are a common agenda item at School Council Meetings and the school chef is regularly invited to get feedback from the children.
Parents	The partnership of home and school is critical in shaping how pupils behave, particularly where health is concerned. Together, with parents, the school reinforces the message that a balanced diet is important. Parents are regularly updated through the newsletter or text on any of any changes to the school's food policy. During out of school events, the school encourages parents and carers to consider the Food Policy.
Staff	All adults working in the school have a key role in influencing pupils' knowledge, skills, understanding and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the School Food Trust Guidance and website will be used to offer help for staff. www.childrensfoodtrust.org.uk
Governors	Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area
External Agencies	Tower hamlets Healthy lifestyle team



MONITORING OF POLICY

How will you monitor this policy?

- The policy will be available on the school's website and a hard copy will be available for in-school reference
- All school and catering staff, will be informed of this policy and will support its implementation
- This policy is reviewed on an annual basis by the governors