

# St. Joseph's R.C. Primary School

## Food Policy



Policy Completed By: Mr Hoyes

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## St. Joseph's School – Food Policy

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### Aims

- To support our mission statement which states ‘that we encourage all children to reach their full potential in all aspects of their education’. We recognise that a healthy diet is crucial to enabling all children to fulfil their potential
- To ensure that all aspects of food and nutrition at Joseph's School promotes the health and well being of pupils, staff and visitors.
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation through our DT and PSHE curriculum
- To ensure that the mandatory food based standards as detailed in ***School Food in England 2019*** and ***The Requirements for School Food Regulations 2014*** are implemented effectively in our school
- To promote the uptake of school meals by all pupils
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school
- To ensure that the whole school community is involved in the implementation of the policy

## Curriculum

- PSHE, Geography, Science, Food Technology, History, RE and Languages all contribute to the curriculum delivery of food education
- Formal food education is delivered via the Design and Technology curriculum. There are also topics in the PSHE and Science curriculum. Other curriculum areas also lend themselves to work on nutrition and healthy eating e.g. Geography (where food comes from), RE. e.g. Fair-trade products and History e.g. Wartime recipes
- It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and relationships

### Parental involvement

- All menus are available on our school website for parents' information. Parents are encouraged to discuss these menus with their children encouraging the exploration of different types of food and healthy eating
- Information about school catering is provided at parents evenings and in school newsletters e.g. menus, specialist weeks, free school meals and healthy eating initiatives
- Feedback from parents is invited in newsletters or through governors meetings
- Our School Food Policy is available to parents on the school's website
- To ensure that parents are kept informed by sending them copies of the school menus and providing information in the reception class information pack

## Free School Meals

Pupils in YR-Y6 are eligible for universal free school meals through both local and central government schemes. All children from Reception to Year 6 will automatically be included in this scheme. However, where there are individual circumstances, discussed with SMT, children may be permitted to bring a packed lunch. Families who are eligible for free school meals, under the pupil benefits system, will still need to complete the required forms.

### Breakfast club

All children from Nursery to Year 6 are permitted to attend our breakfast club for the cost of £2.00 per day. The school has a very successful breakfast club. Pupils and adults recognise the importance of a healthy balanced breakfast and the positive impact that it has on health, concentration and learning. Breakfast club menus are designed in conjunction with the After School Club and whole school lunch menus in order to provide all children with a healthy balanced diet. The food and drink provided meets the required standards stipulated in ***Requirements for Food Provided Otherwise than as part of School Lunch*** in ***The Requirements for School Food Regulations 2014***.

## **Break time**

### Key Stage 1:

The school participates in the 'School fruit and Vegetable Scheme' (SFVS) and each child has a portion of fruit or vegetable at morning break and afternoon break.

### Key Stage 2:

All Key Stage 2 children are also provided with a portion of fruit or vegetable at morning break funded by the local authority fruit scheme.

## **Lunch time**

### School dinners:

We meet the government standards for school lunches as stipulated in ***School Food in England 2019*** and ***The Requirements for School Food Regulations 2014***.

We recognise that the food our children eat is critically important to their health, and we are strongly committed to adopting healthy catering practices and to encourage healthy and balanced eating. Our school dinners are provided by our own kitchen team and prepared and cooked from fresh produce on the premises every day. We ensure that our dining environment is comfortable, calm, inviting and pleasant.

Our menus contain a variety of dishes from around the world. We encourage children to learn about food through our lunchtimes and what it means to eat a healthy and balanced diet by encouraging them to explore new food dishes. Furthermore, we implement 'Specialist Weeks' as part of our annual menu cycle to introduce the children to new dishes from around the world and to promote attitudes of intrigue and exploration towards new food.

### Packed lunches:

Children are permitted to bring a packed lunch to school by arrangement with the SMT. Parents of children who bring a packed lunch to school are briefed by the SMT on the importance of providing a packed lunch that is in-line with our school's healthy eating policy: No nuts, crisps, confectionary, drinks (other than water) or food that is high in fat, sugar or salt. Fruit, vegetables, dairy, meat, fish, eggs, beans and starchy food are encouraged in appropriate amounts. The school reserve the right to remove food from packed lunches that does not meet the requirements of our school's healthy eating policy.

All packed lunches will be stored away from direct heat/radiators.

### **After School Club**

All after school club staff recognise the importance of a healthy and balanced diet. After school club menus are formulated in conjunction with the breakfast club and whole school lunch menus in order to provide all children with a healthy balanced diet. The food and drink provided meets the required standards stipulated in ***Requirements for Food Provided Otherwise than as part of School Lunch*** in ***The Requirements for School Food Regulations 2014***.

### **Extra Curricular Clubs**

Children who take part in after school clubs are provided with and encouraged to eat fruit. They are encouraged to bring and use their water bottles and they also have access to the drinking taps.

### **Water Provision**

*Water in school –*

- Children have access to free, fresh water throughout the school day
- Children who have a school dinners have jugs of fresh water on their tables
- Water consumption is encouraged and teachers remind children of the effect the water has on concentration
- Teachers monitor their own class' water bottle use and react accordingly by encouraging, promoting and reminding them about the importance of fresh water consumption. We keep a stock of water bottles in school that are available for parents to purchase for the cost off £1.50.

### **Milk Provision**

All children will have the option of milk to drink, alongside water, every lunch time. The milk provided is always low fat. Children who are allergic to cow's milk will be provided with a soya milk alternative.

### **Special Occasions**

We recognise that sometimes it is appropriate to celebrate a special occasion with a food treat for example: a child's birthday. As such, if parents wish, they may send in a small food treat. We encourage them to include just a small individual-sized cake or a fun size bar of chocolate. We ask all parents not to send in food that contains or may contain nuts as we are a 'Nut Free School'. Furthermore, the school reserves the right to remove and return any food items from party bags or any treat sent to school that are deemed as not being in line with our school's food policy and promotion of healthy eating. It is the responsibility of the class teacher to manage the safe distribution of treats to children with allergies in their class. This information will be in the leaflet included in the reception class information pack and in newsletters.

### Rewards

Food is rarely given as a reward in school and will only be done so on special occasions for example after the KS1 Nativity performance or after a class' assembly. In these instances the children will be given a small 'fun size' treat. Children with allergies will be provided with suitable alternatives in these situations managed by their class teacher.

### Events and fundraising activities

In so far as possible we will endeavour to promote and include healthy food. However, we do occasionally hold cake sales. We will continue to do so as these are rare events and are exempt from the food standards. One off events such as Christmas parties are not covered by mandatory food standards but where possible healthy food options will be made available. At any school event children's allergies are taken into detailed consideration when it comes to the preparation and distribution of food.

## **Provision for Children with Allergies or Special Dietary Requirements**

The parents of all children who have record an allergy or dietary requirement on their child's information form will have a meeting scheduled with the SMT to discuss the details of the allergy and the required provision for that child.

If a parent records an allergy without the child being tested for an allergy by a medical professional, the school will put provision in place for that child in the interim period however will insist upon that child being tested formally. If a child requires an epi-pen, it is the parent's responsibility to provide the school with two epi-pens for their child and to replace these before they go out of date. As a school we are only permitted to officially record and administer medicine for an allergy that has been diagnosed by a doctor.

Once a child is diagnosed has having an allergy that information will be recorded and communicated to the following people:

- The kitchen Staff via the kitchen allergy board and daily food logs linked to specifically to the menu options for each day
- The class teacher and relevant support staff through their red class information folder
- To our pupil support manager
- To our breakfast club manager and breakfast club staff (if applicable)
- To our Lunch time supervisors
- To our after school club manager and after school club staff (if applicable)

It is the responsibility of the class teacher to make appropriate provision for children in their class when cooking or distributing food in the classroom for example to celebrate a child's birthday.

### **School Trips**

It is the responsibility of the group leader to detail the allergies and dietary needs of children attending a school trip as part of the school risk assessment for that trip. Risk assessments are then submitted to the SMT. It is the responsibility of the group leader to ensure that any medical provision is put in place for the trip and that the appropriate medicines are taken on the visit. During the trip, it is the responsibility of the group leader to monitor the food of the children with allergies to check that it is appropriate.

### **Monitoring**

The DHT will meet with the kitchen manager once a week to review: food orders and deliveries; menus; budgeting; the preparation of food; staffing and provision for children with allergies.

The DHT will meet with the entire kitchen team once a week to give them general updates on the school and to review: menus, food preparation, pupil response, allergies and the working environment in the kitchen.

The SMT will eat the school meals regularly to monitor the quality of food. The SMT will regularly be in the dining room at lunch times to monitor the dining room environment; provision for children with allergies; the children's food choices and response to different dishes and to promote a positive attitude towards new food and towards healthy eating.

### **Review**

The policy will be reviewed annually by the St Joseph's staff.