

St Joseph's Catholic Primary School

Whole School Food Policy





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Each one of us has been created by God for a special purpose and is therefore uniquely special. Together we pray, grow and learn in the footsteps of Jesus.

Key contacts

2.1	SLT responsible for food:	Mrs N Holden.....
2.2	Lead Governor responsible for food	Glenda Spencer
2.3	Staff members responsible for food:	Mrs B McKeag.....

Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- 3.1 School Handbook
- 3.2 Induction materials
- 3.3 Pupil documentation

Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

Food and Drink Provision Throughout the Day

Food Standards for Schools, maintained nurseries and nursery units attached to schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, and after school clubs.

For more information, please refer to:

- The School Food Standards – A practical guide for schools their cooks and caterers <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>
- DFE (2019) Standards for School Food in England <https://www.gov.uk/government/publications/standards-for-school-food-in-england>

Breakfast

Breakfast is an important meal and should make up a quarter of a child's energy requirements and can provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: <http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>
- For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served at our Breakfast Club between 7.30 and 8.15am. provided by: Mrs McKeag and Mrs Samuels.

We provide the following foods/drinks at breakfast (Provide an example of your school breakfast menu):

- A variety of fresh fruit
- A selection of fortified low sugar, wholegrain cereals.
- A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
- A variety of different toppings for toast and bread including low fat spread, reduced sugar jam.
- Semi -skimmed milk for drinking or with cereal.
- Fresh drinking water
- 100ml of fruit juice

Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet.

As part of the School Food Standards, St. Joseph's can only fruit or vegetables. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day. We do not provide any other snack items and do not allow children to bring in any other items.

- For more information on snack guidelines for schools please refer to: <http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>

At St. Joseph's children from Nursery to Year 2 are provided with a fruit or vegetable snack during morning break (or just after). Children in Years 3 to 6 are allowed to bring in their own fruit or vegetable snack if they wish. This is monitored by the class teachers to ensure it adheres to our policy and is in keeping with our Healthy School Status.

For children that have dietary requirements we provide an appropriate snack for children in Nursery to Year 2 and parents provide a suitable snack for children Year 3 to 6.

School lunches

The school lunches meet the statutory school food standards. Lunch is served between 11.45am and 1.00pm and is provided by: BD together Catering Service.

In September 2023, the Mayor of London introduced universal free school meals for all children from Reception to Year 6.

Nutrient based standards for children aged one to four years: Please refer to page 72 of the Eat Better Start Better Guidelines

Nutrient based standards for primary schools: The school lunch menu must also provide no more than the maximum amount of total fat, saturated fat, non-milk extrinsic sugars and sodium (please see the table attached in appendix 1).

Our menus are prepared by BD Together in consultation with the Headteacher. BD Together agrees to source high quality ingredients for every aspect of the lunch menus.

A fortnightly menu is in place with a range of options available, including a meat option, vegetarian option, jacket potato option and two cold meal options. The menu is constructed in consultation with staff and pupils at St. Joseph's. Only milk or water are available for children to drink at lunch time.

Menus are placed on the website and an electronic copy is sent out to all parents. Parents are encouraged to take up the offer of a school meal and a majority of children in each class opt for school lunches.

By meeting with BD Together we ensure that lunches meet the statutory school food standards. We also ensure that Breakfast Club and Lunch menus together meet statutory standards.

Lunches provided address cultural, religious and special dietary needs.

Currently, Nursery children are not provided with a school meal.

Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Milk is available for children at least once a day in addition to at Breakfast Club. Whole milk is available for pupils up to the end of the school year in which they reach age 5, after that semi-skimmed milk is available.

At Breakfast Club children have the option of having 100ml of fruit juice. We do not

provide any other drinks including, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content.

Food and Drink brought into school and parent engagement

Packed lunches

We encourage parents to provide healthy well balanced packed lunches by discussing with parents what should be in a lunch box, having examples on the website and holding healthy eating parent workshops.

If children bring in food items that are nutritionally healthy we meet with the parent to provide further information about what a lunch box should include.

Pupils who bring in a packed lunch have the opportunity to sit with their friends to enjoy their lunch, even if different lunch options are chosen.

For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

For more information and practical tips for children aged 5 years and above:
<https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes>

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
A portion of potatoes, bread, rice, pasta and other starchy carbohydrates (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
At least one portion of vegetables and/or fruit (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
A portion of beans, pulses, fish, eggs, meat and other proteins (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
A portion of dairy or an alternative (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
Desserts, cakes, biscuits and crisps	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
A drink	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

For more information and practical tips for children aged 1-4 years old:

https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf

Breastfeeding and Healthy Start

We have a supportive breastfeeding environment. Breast milk is the ideal source of nutrition for infants for at least the first year of life. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to

where there can access further breastfeeding support. For more information about how to create a baby friendly environment, please refer to:

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/02/Guide-to-the-Unicef-UK-Baby-Friendly-Initiative-Standards.pdf>

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins.

For more information on the Healthy Start Scheme please refer to:

<https://www.healthystart.nhs.uk>

School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. The levy makes soft drinks companies pay a charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy is invested in programmes that encourage physical activity and healthy eating to school-aged children.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart':

<https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school, cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead we encourage the following:

- At school events, sugar free foods are available instead of those with high sugar content.
- Birthdays are celebrated by singing Happy Birthday and children wearing a birthday badge/sticker. Party bags, birthday cakes or treat bags are not allowed on school premises.
- We make a conscious effort to reduce the amount of sugar in our children's diets by regularly auditing the contents of packed lunches, promoting Change4Life activities, monitoring the menus provided by BD Together, delivery healthy eating lessons as part of our PSHE, Science and PE curriculums and providing a Healthy Eating after school club, where children can make recipes and healthy snacks.
- We regularly encourage children to maintain good oral hygiene by allowing parents to take children to the dentist during school time to promote its importance.

Special Dietary Requirements

We are aware of food allergies/intolerances and other dietary requirements of children and have procedures in place to identify and manage these.

When children enrol in our school, parents provide us with information about their child's religion, food preferences and any allergies and intolerances. This information is passed onto the class teachers and the catering staff to ensure that children are not given foods which they either would not choose to eat or cannot eat. This information is stored on our database and parents are requested to update this information on an annual basis or if any changes occur.

Any child with a Care Plan is known to school staff members and catering staff.

When food allergies and intolerances limit the menu choice, the catering staff make adjustments to ensure children do not miss out e.g. children who cannot eat dairy products have alternative dessert options provided. Children who are gluten intolerant are provided with a gluten free menu. Children who are diabetic are provided with carbohydrate information so exact insulin doses can be calculated.

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Adrenaline / anaphylactic shock training

The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- We allow Reception children to enter first so they are in a quieter, less frightening environment.
- Children from Year 1-Year 6 can sit at any table so they are able to sit with sisters or brothers if they wish.
- Packed lunch children are able to sit next to pupils eating school lunches so they can sit with friends.
- Children are involved with the selection of dishes for the menu and their likes and dislikes are taken on board when planning menus.
- Year 5 & 6 children have the opportunity to support staff during lunchtime by helping with younger children.
- When children are fussy eaters we allow them to try food items on the menu but ask parents to provide a packed lunch in case they do not like foods chosen.
- There are no time limits on how long a child can take to eat a meal, so slow eaters do not feel rushed.
- When children are not eating their meals we discuss with the child what they would prefer to eat so that they are having a substantial meal every day.

Food Safety

BD Together ensure that all food is prepared and stored in a safe way. Regular checks are carried out and the Food Hygiene rating is monitored by the Headteacher to make sure all procedures are being followed.

Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and well-being. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information, please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

Our curriculum is mainly delivered through Cornerstones Curriculum. For more details please see the topic maps on our website.

12. Extra-Curricular Activities

Throughout the school year a variety of clubs address the topic of Healthy eating and food education. These include

- Healthy Eating Club
- Science Club
- Cooking Club

13. Monitoring and Evaluation

- This policy is monitored and updated by the Senior Leadership Team and the Leader of Learning for PSHE
- The Whole School Food Policy is available to parents on the school website. Parents can request a copy if required.

14. Policy Review

Policy Implementation Date: February 2024

Next Review Date: February 2026

Appendix 1

	An average day's primary school lunch
Energy (calories/kilojoules)	557 kcals 2328 kJ
Total fat	Not more than 21.7 g
Saturated fat	Not more than 6.8 g
Total carbohydrate	Not less than 74.3 g
Non-milk extrinsic sugars	Not more than 16.3 g
Fibre (NSP*)	Not less than 4.5 g
Protein	Not less than 8.5 g
Iron	Not less than 3 mg
Calcium	Not less than 165 mg
Vitamin A	Not less than 150 µg
Vitamin C	Not less than 9 mg
Folate	Not less than 45 µg
Sodium‡	Not more than 745 mg (not more than 686 mg by 2010)
Zinc	Not less than 2.1 mg