

# SCHOOL FOOD POLICY



***“You are the light of the world, let your light shine!”***

***Whaddon Church of England School***

Date: September 2024

Review date September 2025

## **At Whaddon Church of England School, we...**

- Are an inclusive Christian community where everyone can grow in Christian faith and develop an understanding and awareness of equality and equity
- Promote a personalised approach to the development of each person and provide the best education for every pupil.
- Foster each child's identity as a citizen of the world.
- Equip children with the skills to develop independent thinking and learning; for life
- Establish an environment where children have the freedom and confidence to take managed risks, make mistakes and which clearly reflect the Christian values of our school
- Develop personal responsibilities for ourselves and our environment
- Enable our children to demonstrate respect for one another -valuing difference.
- Provide children with a broad educational experience which incorporates the National Curriculum, at the appropriate level for each child.

### ***Our Vision***

***“You are the light of the world, let your light shine!”***

Challenging each other to be our best, through actions, choices and words, so we all shine.

In so doing, we will centre our focus on what is required in order to shine brightly, this includes, but is not limited to adopting a healthy lifestyle which involves healthy relationships with food and ensuring a balanced diet.

This policy has been reviewed to consider and comply with the mandatory National School Food Standards (September 2024). These standards:

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

### **Context**

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

We know that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. We know that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health:

- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer.

Plus, if we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

## Rationale

At Whaddon C of E School we recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. It is important we consider all elements of our work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and rich curriculum.

## Aims

- To ensure that all food and drink served is **in line with the Government's mandatory standards**, is varied, is served in appropriate portion sizes, looks good and tastes good.
- To ensure that food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.
- requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- To make healthier choices quicker, easier and better value for money.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.
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## Food provision in our school

### Food Safety

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

## **School meals brought in by third party caterers – Hot holding**

Hot school meals and packed lunches can be ordered from St. Paul's School via wises pay.

When the hot boxes are brought in, around 11.30am each day, the temperature of the food is taken and recorded. All hot food should be above 63 degrees. In extreme weather, such as very cold/ icy weather it is important that it is recognised that this can affect the temperature of the food in the hot boxes.

In light of the temperature of the contents being lower than 63 degrees the arrangement is to decant the food to bring it to temperature, using a microwave or oven. The food will then be consumed in a single use within a 2 hour period.

## **Break Time**

### **Background**

Break time snacks include both those brought from home, bought on the way to school or provided by school. Children in Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day.

As many children & young people consume large quantities of snacks every day, providing an environment to making healthier choices easier choices could have a huge impact on health. Working with parents will help to reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards.

## **Lunchtime Provision**

### **Promoting a positive lunchtime experience:**

Dining should be a pleasant, social and cultural experience. Happy, clean and safe dining environments help to promote a positive lunchtime experience.

### **Aims:**

- To provide a dining environment that is a desirable and safe place to eat
- To ensure there is enough space to sit and eat a meal feeling refreshed and relaxed ready for learning in the afternoon

## **Food offered**

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which consider health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eatwell Plate' and compliant with the School Food Standards.

## **Halal provision and dietary requirements:**

Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged. Children with specific food allergies have health plans which are shared with all staff and displayed in the kitchen

## **Packed lunches**

It is a common misconception that a packed lunch brought from home is healthier than a school meal. Studies have shown that packed lunches often contain high levels of salt, saturated fat and sugar.

### **Aim**

- To set guidelines regarding the content of packed lunches in line with the whole school approach to food in schools.
- To ensure that packed lunches are stored safely to avoid food safety risks.

## **Drinks**

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards.

### **Aim**

- To encourage pupils to drink water frequently.
- To ensure that drinks that are unsafe for teeth are not consumed between meals.

## **Food in the Curriculum**

The head teacher has a responsibility for preparing the curriculum policy. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation.

### **Aims:**

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
- To ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
- To ensure opportunities within the whole school curriculum promote and raise awareness of the following topics- healthy weight, oral health.

## Food Supplied at School Events and Celebrations

The national School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However consideration should be given as to how the food and prizes supplied at school events is consistent with the school ethos with regard to food.

Aim:

- To ensure that healthy food and drink options are available at all school events, including parties, celebrations and fund-raising events.

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## Sponsorship

The school should not take part in sporting events and other promotions sponsored by confectionary and fast food companies. This is as we believe that companies are doing this to create brand loyalty rather than to promote health.

## Role of Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The governing body is responsible for ensuring that the national school food standards are met.

- All food and drink provided in applicable schools must meet the national school food standards. Where food is provided by the local authority or a private caterer, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.
- There should be a process in place to ensure that catering services are coordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained.
- The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

### Links to other policies

Other existing school policies may link to various aspects of the food policy.

Health & Safety

Science

PSHE



Group 5b: Confectionery and Other Sweet Foods: Sugar, Sweet pastry, Chocolate, Sweets, Sweetened Soft Drinks, Puddings, Cakes, Biscuits, Jam, Jelly, Ice-cream.

\*Confectionery, chocolate and chocolate-coated products should not be available throughout the lunchtime.

In nursery and primary schools a fruit based dessert such as, fruit tinned in natural juice, fruit salads, fruit crumble, fruit fool or fruit pie must be offered at least three times a week.