

Cameley Church of England
Primary School

Food in School Policy

This policy is written with reference to the Christian Foundation of the school.

'Nurturing Faith: Inspiring Learning'

Our vision has been inspired by Matthew 17:20

"Let the words of Christ, in all their richness, live in your hearts and make you wise."
Colossians 3:16

Ratified _____ Date ___Dec 2020_____

Review Period _____ years. Next Review ___Dec 2023_____

RATIONALE

CAMELEY CEVC PRIMARY SCHOOL WHOLE SCHOOL FOOD POLICY

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. It is adhered to by everyone involved with the teaching, serving, cooking of food, and drinks served in school during the day.

FOOD POLICY AIMS

The main aims of our School Food Policy are:

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

CURRICULUM

It is essential that nutrition education is embedded into the curriculum and it is essential to ensure consistency across the different subjects including Design and Technology, Science, PSHE/RSE and PE as well as the numerous extra-curricular activities which complement classroom learning e.g. cookery and growing clubs.

The following statements relating to food can be found in the Design and Technology, Science and PE programmes of study (Curriculum 2014) and the non statutory programme of study for Health and Well-being PSHE Association (2014):

Design and Technology KS1:

- use the basic principles of a healthy and varied diet to prepare dishes;
- understand where food comes from.

Design and Technology KS2:

- understand the principles of a healthy and varied diet;
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques;
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Science KS1:

- find out about and describe the basic needs of animals, including humans, for survival (water, food and air);
- describe the importance for humans of exercise, eating the right amounts of different food and hygiene

Science KS2:

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat;
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function;
- describe the ways in which nutrients and water are transported within animals including humans.

PE KS1 & KS2:

- lead healthy, active lives.

PSHE (non statutory programme of study for Health and Wellbeing) PSHE Association KS1:

- what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.

PSHE KS2:

- to recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet.

TEACHING METHODS/ RESOURCES

Activities will be planned according to the different levels of pupil's skills and previous knowledge. A range of teaching strategies and learning styles will be used in the delivery of Food in Schools to involve all pupils in active learning:

- three opportunities to cook will be planned for each year group per year:
- opportunities to take part in BANES competitions e.g. Junior Chef Competition;
- opportunities to take part in the promotion of food from growth to plate e.g

Field to Fork;

- opportunities to visit farms, supermarkets, and planned visitors to enrich the curriculum.

Resources include; Change for Life, EatWell Guide. Resources on the Director of Public Health Award website, use of the School Food Trust food and nutrient guidance documents www.schoolfoodtrust.org.uk, Cookery Bags (DPH website).

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, and during breakfast and after school clubs. Details of these standards can be found at: <http://www.schoolfoodplan.com/standards/>

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 daily breakfast club 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 that meets 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 advise on the process for obtaining a free school meal for those families who are eligible.

Food prepared by the school catering service meets the Standards for School Food.

PACKED LUNCHES

We provide families with guidelines of foods and drinks we encourage children to eat as part of a balanced diet at lunchtimes and to help create consistency between packed

lunches and food provided by the school which must adhere to National Standards set by the Government. In order for packed lunches to meet the same standards for school meals, the following recommendations are given 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 or sparkling) every day.

*These should be natural or low sugar where possible and should 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:

X crisps - try savoury crackers/breadsticks if you wish to include another small starchy 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:

X sugary drinks (especially fizzy - try fruit juice diluted (half water, half juice is best) but water is always available for children so additional drinks aren't necessary.

All of the above information is promoted before a child joins Cameley CEVC Primary School and reminders are included regularly on the Friday Note.

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 such as crisps, chocolate, fruit winders, yo-yo bears, and other confectionary items. We

therefore encourage a fruit only policy for break time snacks as this positively enhances the free fruit in Key Stage 1.

AFTER SCHOOL CLUB

Fruit is given to children staying at After School Club. Those children staying at school until 6.00 pm bring in a packed lunch from home.

NURSERY FOOD

Children have a morning snack with milk: this always includes a carbohydrate. Afternoon snack is a piece of fruit. We provide vegan, dairy free and gluten free alternatives. No nuts are used. Sometimes the children will have toast and we encourage them to talk about the scientist element of bread turning into toast and encourage them to improve their fine motor control by spreading butter/jam/honey/marmite etc. on top.

Nursery children currently eat in the classroom (in the hall pre Covid). They have a named mealtime assistant. Nursery children are encouraged the children to follow good hygiene ie washing hands not putting fingers in mouth, and take part in many cooking activities.

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.

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.

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 may use the water fountains or bring in water bottles from home. Cameley CEVC Primary School water bottles may be purchased from school.

SPECIAL DIETARY REQUIREMENTS

Religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

Vegetarian diets

School catering service 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. The school caterer is 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.

EQUAL OPPORTUNITIES

All children have the right to equal opportunities regardless of their background, gender or intellectual ability. Teachers and other staff are aware of the need to promote a positive image of Food in School and the need to avoid stereotypical images.

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;
- 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.

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. Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and support pupil where needed.

LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterer, 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.

DISSEMINATION OF THE POLICY

The school will use opportunities such as parents evenings and Healthy Living weeks 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.

REVIEW

The policy will be reviewed every three years in consultation with our Senior leadership team, Director of Public Health Award Co-ordinator, parent and pupil forum.

COVID-19

During the Covid-19 epidemic pupils will eat within their bubbles. A school meal is prepared and served on disposable plates with disposable cutlery.