

# St. Nicholas' CE (VA) Primary School

## School Food Policy, January 2022

### **WHY DO WE HAVE A SCHOOL FOOD POLICY?**

At St Nicholas we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

### **KEY POINTS**

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the School Food Standards is mandatory for all maintained schools (<http://www.legislation.gov.uk/uksi/2014/1603/contents/made>). These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

- The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.

[http://www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi\\_20141603\\_en.pdf](http://www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi_20141603_en.pdf)

- A summary of the standards and a practical guide are available from gov.uk

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

- The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.
- The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.
- Schools should make reasonable adjustments for pupils with particular requirements, for example to reflect medical, dietary and cultural needs.
- From 13 December 2014 EU Food Information for Consumers Regulation No.1169/2011 requires food providers to make information available about allergenic ingredients used in any food and drink served. More information is available from the Food Standards Agency.
- From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school lunch.

### **Responsibilities**

- Governors are responsible for the provision of school food.
- Governing bodies are able to decide the form that school lunches take, but must ensure that the lunches and other food and drink provided meets the school food standards.
- Although there is no requirement that lunches must be hot meals, hot lunches should be provided wherever possible to ensure that all pupils are able to eat at least one hot meal every day.
- School governing bodies must provide school meals to a pupil free of charge if the pupil and/or a parent meets eligibility criteria set out within s.512ZB of the Education Act 1996 and a request is received for free meals to be provided.
- Drinking water must be provided free of charge at all times on school premises.
- The school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Milk must be provided free of charge to infant and benefits-based free school meals pupils when it is offered as part of their school meal and free to benefits-based free school meals pupils at all other times. Charges can be made for all other pupils.
- Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that milk must be lower fat or lactose-reduced.
- It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices .
- The PSHE lead and Science lead are responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE and Science planning.
- Caterers and the after school club manager are responsible for providing high quality food that complies with the school food standards.
- The MDSA's and other staff in the dining hall are responsible for contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and are responsible for booking a hot meal in advance.
- Office staff are responsible for informing catering staff of the numbers required for school dinners daily and a weekly register is given to teaching staff.
- Parents are responsible for informing the school of any food allergies through completing a medical needs questionnaire and the relevant forms are sent to food caterers accompanied by medical letters and care plans.

## **Education and Curriculum**

### **Teaching about healthy eating and cooking in the curriculum**

Children's learning about healthy eating is planned in line with the school's science and PSHE curriculum. Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues.

### **What kind of food do we have at lunch times?**

#### **Hot meals**

All our school meals are provided by a contracted caterer (Clever Chefs), who act in accordance with the School Food Standards. A copy of the weekly menu is available from the school website or office. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience.

We work with families who are eligible for free school meals to encourage them to take this up. Children have the option of bringing in a packed lunch from home. The school encourages parents to provide a healthy lunch using the suggestions and guidance below.

#### **Packed lunches**

We aim to ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food.

#### **We advise that packed lunches from home provide a balanced diet and include:**

- At least one portion of fruit and vegetable.
- Protein e.g. lean meat, fish eggs
- A starchy food such as bread, pasta, rice, couscous, crackers, breadsticks
- A dairy food such as milk, cheese, yoghurt, fromage frais
- Desserts, cakes and biscuits are allowed at lunchtime. These should be limited to one piece and should not include chocolate, sweets or other snacks high in sugar.

#### **Drinks**

- Water
- Healthy drinks (pure fruit juice, semi-skimmed or skimmed milk, smoothies or milk)

#### **We advise that packed lunches should avoid:**

- Crisps, chocolate, sweets and snacks high in fat, sugar or salt.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

We recommend and promote healthy food choices to children and parents through the curriculum, school council meetings, healthy school theme days, school website, new parents information session.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

The school is a nut and seed free school. Children are advised that they should not swap food items. Risk assessments are in place for children with severe food allergies. These are shared with staff.

### **Other food and drinks in school**

## **Snacks**

All EYFS and KS1 children are eligible to receive a free piece of fruit or vegetable every school day outside of their school lunch through the School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health.

We encourage children in Key Stage 2 to bring in a healthy snack at break time. The food-based standards apply to food served throughout the school day, including midmorning snacks and tuck shops. We encourage snacks from home to be compliant with the food based standard by advising snacks are fruit or vegetables.

## **Water and other drinks**

All children are encouraged to bring a water bottle. During school lunch times only drinks which comply with the School Food guidelines should be consumed e.g. water, low sugar fruit juice and milk. No fizzy or sugary drinks.

Children under the age of 5 qualify for free milk but parents can continue to purchase milk after the age of 5. This is offered to children entitled to it at morning break or snack time.

## **Breakfast club and after school clubs**

We provide a before and after-school club for children. Breakfast and snacks are served. Staff have completed their Health and Hygiene certificate.

The food offered at breakfast and after school clubs is healthy and conforms to the school food standards for food other than lunches.

The after school club manager should complete a checklist for food provided other than lunch to ensure food based standards are being met. This can be downloaded at <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

A summary of the standards can be found at - [http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School\\_Food\\_Standards\\_140911-V2c-tea-towel.pdf](http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School_Food_Standards_140911-V2c-tea-towel.pdf)

## **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat and to ensure children with specific allergies are protected, we ask that parents and carers do not to send in birthday cake or sweets. We celebrate birthdays with favourite songs and stories, allow children to wear non-uniform and other activities to help make children feel special on their birthday.

## **Exemptions to the school food regulations**

The School Food Regulations do not apply to food provided:

a. at parties or celebrations to mark religious or cultural occasions

- b. at fund-raising events
- c. as rewards for achievement, good behaviour or effort
- d. for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- e. on an occasional basis by parents or pupils

### **Monitoring**

This policy will be monitored by the governors, Head teacher and PSHE Subject Leader to ensure these requirements are being met.

This policy has been written using recent DfE guidance on *School Food in England – Advice for Governors (September 2021)*

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-guidance-for-governors>

Communication and consultation with the whole school community to ensure everyone is aware of the importance of promoting healthy eating.

Date: January 2022

Review Date: January 2024