

# St Clement Danes Primary School



## Food Policy

## **FOOD POLICY**

This policy has been written to give clear guidance to staff, outside visitors, parents 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.

### **What are the aims of this Policy?**

- We believe that every adult at St. Clement Danes can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- To make explicit the values and guidelines that underpin every aspect of food culture in St. Clement Danes Primary School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.

### **What are the values that inform this Policy?**

- We want the children to understand that good, nutritious food is essential to their ability to learn as well as their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing children's social skills.

### **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. Ahead of a child joining the school, parents or carers are asked to complete an Admissions form, providing information with regard to Medical Needs, Dietary Requirements, GP Details and other information including:

- Religious and ethnic groups.
- Vegetarians and vegans.
- Food allergies and intolerances.

### **Parents notifying the school of Medical and Dietary Needs**

We ask that if there are any changes to the information initially be provided in the Admissions form, that parents promptly notify the school through contacting the School office [office@stcd.co.uk](mailto:office@stcd.co.uk) in the first instance and where appropriate, the Inclusion Leader through [office@stcd.co.uk](mailto:office@stcd.co.uk) . You may then be asked to fill out forms or present relevant paperwork, to provide further information about your child's medical, physical, health and dietary needs. This will enable the school to adapt their records and share this information appropriately with staff to ensure the health and safety of the child. Across the school we have a number of staff who have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Adrenaline / anaphylactic shock training

### **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, tuck shops and after school clubs.

For more information please refer to:

- The [School Food Standards](#) – A practical guide for schools their cooks and caterers
- [DFE \(2019\) Standards for School Food in England](#)

For maintained nurseries and nursery units attached to primary schools there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

- Fruit and vegetables (fresh, frozen, canned or dried)
- Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)
- Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
- Milk and Dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, for maintained nurseries and nursery units whole milk, rather than lower fat milk, should be provided. Fresh clean free drinking water should also be available for children every day.

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the '[Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings](#)'.

### **Water in the School**

- Children have access to free and fresh water throughout the school day.

- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunch have jugs of fresh water on their tables.
- Children have access to free and fresh water on school trips.
- Water is provided at Sports Day.

### **Food throughout the school day:**

#### **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.
- 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
- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast
- Breakfast Club is run by Fit For Sport (FFS). The school trustees support some families so that their children can attend

#### **Before and After School**

As a school, we actively discourage parents from allowing children to eat sweets, chocolates and fizzy drinks before and after school.

#### **After school clubs**

The After School Club at St Clement Danes is run by an external provider [Fit for Sport](#), who are aware of the food policy in school. They also have their own food policy which they refer to. Parents of those children who attend Fit for Sport will be made aware of this food policy and that this also includes providing a healthy snack for children attending.

- For information on the [school food standards for after school clubs](#).
- For information on tea guidelines for maintained nursery schools and nursery units attached to schools please refer to the [Eat Better Start Better Guidelines](#) page 42 and 43.

#### **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, schools are only able to provide fruit, vegetables and seeds as a snack. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day. Schools cannot provide crackers, breadsticks, chocolate, chocolate coated products, or confectionery (defined as cereal bars,

processed fruit bars, non-chocolate confectionery) as snacks. St Clement Danes is a nut-free school, so great care is taken to check snacks before pupils eat them.

- For more information on [snack guidelines for schools](#)
- For maintained nursery schools and nursery units attached to primary schools only, the [Eat Better Start Better guidelines](#) recommend that each snack for 1-4 year olds includes:
- A starchy food e.g. crackers, breadsticks, rice cakes. With a variety of at least 3 different varieties of starchy food across snacks each week.
- Fruit or vegetables as part of some snacks. With a variety provided across the day and week
- No dried fruit, cakes, biscuits or confectionary
- Beans, pulses, fish, eggs, meat or other protein provided as part of snack once or twice a week
- Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
- A meal or snack is offered to children at least every 1.5 – 3 hours. This is because children have small stomachs and high nutrition needs as they grow and develop.

For information on snack guidelines for maintained nursery schools and nursery units attached to schools please refer to the [Eat Better Start Better Guidelines](#) page 38 and 39

### **Break Time**

Snacks are provided to children in the form of fruit at one break time each day. Staff provide these to pupils with consideration given to the individual children's dietary and medical needs, including allergies. Children have access to water and can bring a named water bottle from home that can be refilled, if they wish to. Children in Key Stage 1 benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day. All children are able to bring their own healthy snack i.e. a piece of fruit for morning playtime.

### **Lunches**

The school lunches meet the statutory school food standards. Lunch is served between 11.15 and 1.00pm and is provided by: [Chartwells Catering Company](#)

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

For maintained nursery schools and nursery units attached to primary schools only, the Eat Better Start Better guidelines recommend that lunches include:

One lunch that only uses pulses or meat alternatives as the protein source for all children

- Restricts the use of pastry to once a week
- Providing small portion sizes on child sized plates. This is because it is better for children to ask for seconds than to serve them too much. Children are not praised for finishing the food on their plate. This helps children to recognize when they are hungry and when they have eaten enough.

For information on lunch guidelines for maintained nursery schools and nursery units attached to schools please refer to the [Eat Better Start Better Guidelines](#) page 40 and 41.

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)

### **Lunch Time – Hot lunch in the Dinner Hall**

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- Children are encouraged to make healthy choices by lunchtime staff.
- We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
- The weekly menu is on display for the children and parents in the dinner hall and parents' notice board.
- We listen to the children's opinions on the menu and adapt the menu accordingly.
- Chartwells, our caterers, work to their own nutrition policy that exceeds the guidelines laid out in 2001 by the government. Chartwells cook good quality, healthy food on the premises. They buy direct from growers and producers which means they set the standards and there is complete traceability – from field to plate.
- The School Council feeds back their views to the Headteacher on lunches and the Head and Deputy eat in the lunch hall daily
- Chartwells guarantee:
  - a daily menu offering choice,
  - a daily choice of class 1 standard fruit and vegetables from local suppliers, - availability of daily nutrient intake,
  - a menu offering diversity according to local cultural and religious needs, - 'taster days' so parents can sample food.

### **Lunch Time – Hot Lunch for the Nursery**

- Nursery children come to the lunch hall to eat their lunch and they are served at the servery and supported at the table by two members of staff. School staff encourage children to hold their knife and folk, to eat independently and demonstrate good table manners and etiquette.

### **Lunch Time – Packed Lunches**

- Chartwells provide packed lunches for school trips in accordance with their own healthy eating policy.
- Children do not have chocolate, crisps or sugary drinks in their packed lunches. This is monitored daily by staff. Crisps are permitted as an option on Fridays only.
- We support parents in making healthy choices when preparing packed lunches.

## Lunch Time – The Dinner Hall Environment

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:

- Children have a good amount of time to eat their lunch.
- Children use separate plates and bowls, not trays.
- Posters providing information about healthy eating are displayed.

## Packed lunches

We encourage parents to provide healthy well-balanced packed lunches. For information and practical tips for children aged 5 years and above: [Change4Life - Healthier Lunch Boxes](#). 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
- Crisps, 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
- Crisps except on Friday
- No nuts – we are a nut-free school
- Sweets and chocolate
- Sugary soft drinks

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.

## **Food in the Curriculum**

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. 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](#)
- [Science](#)
- [Health Education](#)

We exploit opportunities within the existing curriculum to discuss and work with food which has links to behaviour, Equality Plan and a range of curriculum subjects. We recognise that food has great potential for cross-curricula work. Cooking, nutrition and food education is delivered via the [Design and Technology curriculum](#). There are also aspects of food, nutrition and the human body relating to Health Education covered as part of both the [PSHCE](#) and [Science](#) curriculums.

## **Food Safety**

Chartwells, Fit for Sport and across the school, we ensure food safety at all stages of food preparation and storage, including using adequate facilities, suitable equipment, risk assessments and hazards identified.

## **Schemes and Events**

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': [Change 4 Life Reducing 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:

- We participate in as many food-related events and schemes as possible as long as they consolidate the aims outlined in this policy.
- We have also invited the School Governors to experience School lunches.
- The school always provides healthy options at parties, events and school fairs. When celebrating birthdays, children bring in a healthy snack only
- Chartwells holds regular food tasting events for parents
- We hold Healthy Schools Status

- We encourage children and families to engage in Healthy Eating as part of their home and school life
- We support families to make healthy changes where this may be an pertinent need in order to support a child's health and wellbeing
- As part of the [EYFS Welcome Booklet](#) we provide information about celebrating your child's birthday. We ask families to not bring any cakes, chocolates, sweets, party bags or toys to school on birthdays but they are welcome to bring fruit or stickers to share with their class.

### **Breastfeeding and Healthy Start**

We have a supportive breastfeeding environment. 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](#). 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](#).

### **How is this Policy Monitored and Evaluated?**

We will review this policy every three years with reference to the latest NHS and Government Guidance. For this Food Policy, as with all School Policies, Governors review and sign off on any updates that are made.

**Last Review Date:** March 2021

**Next Review Date** March 2024