

St. Peter's C of E Primary & Nursery School



Food Policy

(links with other policies include: PSHE, inclusion and equal opportunities)

Review date: Autumn 2023 Next review date: Autumn 2025

This policy has been formulated to meet the requirements of the Equality Act 2010.

'Unlocking the gates to a lifelong love of learning and faithfulness'

Vision Statement

At St Peter's C of E Primary and Nursery School, the growth and development of children and adults is central to everything we do. As a church school, we aim to serve and take care of our community by providing an education which inspires every child to be the best they can be. This is within a framework which is rooted in distinctive Christian beliefs and values whilst embracing diversity, respecting other faiths and worshipping together. We encourage an understanding of the meaning and significance of faith and promote Christian values through the experiences we offer to all our school community.

EQUALITY, DIVERSITY AND INCLUSION STATEMENTS

In fulfilling our legal obligations we will be guided by seven core statements:

Statement 1: All learners are of equal value.

Statement 2: We recognise, welcome and respect diversity.

Statement 3: We foster positive attitudes and relationships, and a shared sense of belonging.

Statement 4: We observe good equalities practice, including staff recruitment, retention and development.

Statement 5: We aim to reduce and remove existing inequalities and barriers.

Statement 6: We consult and involve widely

Statement 7: We strive to ensure that society will benefit.

Introduction

St. Peter's C of E Primary & Nursery School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this school food policy.

Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by the school's head teacher.

Food Policy Aims

The main aims of our school food policy are:

- 1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.**
- 2. To provide healthy food choices throughout the school day.**

These aims will be addressed through the following areas:

1. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage in Science, Design & Technology and PSHE education.

This is addressed through:

2.1 Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions, role-play, outside visitors and off-site visits.

2.2 Leading by example and staff training

Teachers, caterers and the Healthy Families Team 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. The PSHE co-ordinator will inform staff of any changes.

2.3 Visitors in the classroom

At St. Peter's, we believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

2.4 Resources

Resources for the teaching of nutrition education in PSHE have been selected to complement the delivery of the curriculum in other subject areas including the CUSP curriculum.

2.5 Evaluation of pupil's learning

The healthy eating aspects of the National Curriculum are assessed by class teachers at the end of a scheme of work. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process. The PSHE Co-ordinator also consults with the School Parliament about issues relating to healthy eating and any related events and initiatives.

3. Food and Drink Provision Throughout the School Day

3.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work. A Breakfast Club is available from 8 am each morning where cereals, toast, milk and fruit juices are available for a small cost.

3.2 National nutritional standards for school lunches

Nutritional standards are in place for school meals in England, aimed at ensuring that the food provided to pupils in school is nutritious and of high quality, and at promoting good health and eating behaviour amongst pupils. The standards describe how many servings from each food group of the Balance of Good Health should be available at lunch. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches

Food prepared by the LA's school catering team meets the current national nutritional standards for school lunches.

Funding for school meals is largely provided through the Dedicated Schools Grant.

Free school meals

Free school meals are provided for children whose parents receive certain benefits (or who are on those benefits themselves):

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided they are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for 4 weeks after a person stops qualifying for Working Tax Credit
- Universal Credit – with household income of less than £7,400 a year (after tax and not including any benefits) from 1 April 2018, with transitional protections for existing claimants

Since September 2014, free school meals have been provided for all children in Reception, Year 1 and Year 2.

Since April 2018, households receiving Universal Credit with annual net earnings of over £7,400 no longer qualify for free school meals. The Government has estimated that, once benefits income was considered, this threshold equated to an overall household income of between £18,000 and £24,000.

3.3 School fruit scheme

St. Peter's is participating in the National School Fruit Scheme and provides all children aged between 4 and 7 with a free piece of fruit each school day.

3.4 Use of food as a reward

St. Peter's does not encourage the regular eating of sweets, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

3.5 Drinking water

The national nutritional standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge. St. Peter's agrees with this recommendation and provides a free supply of drinking water (see water policy). Children are required to bring a water bottle to school which can be re-filled at regular times during the school day.

4. Food and Drink Brought into School

4.1 Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Pupils are encouraged to bring healthier options to schools as snacks. Snacks that are high in fat and/or sugar at break-time are not allowed. The school kitchen offers pizza muffins on Friday morning playtimes.

4.2 Packed lunches brought to school by pupils

The school encourages parents and carers to provide children with packed lunches that adhere to these standards. This is achieved by promoting healthy packed lunch options using the principles of the Balance of Good Health. Pupils are allowed to have one item in their lunch box which is not a Healthy Option, such as a small cake or biscuit, although chocolate bars are not allowed.

5. Special Dietary Requirements

5.1 Special diets for religious and ethnic groups

The school provides food in accordance with pupil's religious beliefs and cultural practices.

5.2 Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. When necessary, the school catering team also provides a vegan option.

5.3 Food allergy and food intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

6. 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 refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training (Level 2 Food Hygiene); and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements where necessary.

7. The Food and Eating Environment

The school hall is monitored by midday supervisors and any issues or ideas for improvements are raised with the head teacher. or PSHE Co-ordinator.

8. Monitoring and Evaluation

This policy will be monitored and reviewed by the head teacher and governors every four years.

Appendix 1

Taken from: Nutritional standards for school lunches A guide for implementation – September 2010

Why nutritional standards are being introduced

Diet is central to health, and what children eat is an important influence on their health now and in the future. Good nutrition in childhood can help protect against chronic diseases including cardiovascular disease and cancer in later life. Cardiovascular disease and cancer are our biggest killers and a poor diet is the biggest contributor to cancer deaths after smoking, and may be responsible for up to a third of all cancer deaths.

A healthy diet rich in fruit and vegetables is protective against cardiovascular disease, including heart disease and stroke and cancer.

As pointed out below, there are other important reasons for implementing nutritional standards in school lunches:

- Obesity levels in children are increasing. Nearly a quarter (22%) of all children starting primary school are being classed as overweight or obese.⁶ Recent studies that measured children's weight and height at home and in primary school suggested that this figure remains steady with age and is likely to increase rather than decrease.
- Dental decay in children continues to be a significant public health problem. Three fifths (61%) of five year olds show signs of dental decay compared to the UK average of 43%.⁹ The main cause of tooth decay is related to the frequency and amount of sugars consumed in both foods and drinks.

Introduction

- A survey that looked at children's eating patterns indicated that nearly three quarters (73%) of children had biscuits daily with half of all children eating confectionery (47%) and savoury snacks such as crisps (52%) at least once a day.¹⁰ Only 1 in 10 children (11%) achieved the target of five portions of fruit and vegetables a day with one fifth (20%) not having any fruit or vegetables on a regular basis. These concerns led the Ministerial Group on Public Health to establish the Fit Futures Task Force which published a report in 2006.

The report sets out a clear vision with six priorities for action and over 70 recommendations. Two of the priorities for action are supporting healthy early years and, creating healthy schools. As well as being part of the School food: top marks programme, Nutritional standards for school lunches is intended to support the Public Service Agreement target to halt the rise in levels of obesity in children and young people by 2011.

Appendix 2 The Balance of Good Health

The Balance of Good Health

