



St Clement and St James
CE Primary School
Whole School Food Policy
2013

Introduction

Our vision

St Clement and St James is a school with Christian values at its heart. We are proud of its history and our strong links with the vibrant community to which we belong. We welcome and celebrate every child, helping all children to develop their character and full academic potential. We promote high aspirations and a love of learning through a rich and varied curriculum.

Our children are:

- Confident and happy
- Respectful
- Friendly, kind and helpful
- Honest and trustworthy
- Enthusiastic
- Creative

Aims

The school aims to maintain its status as a Healthy School. We aim to help children understand the importance of a balanced diet and the effect of diet on health, and to enable our children to develop appropriate life skills and behaviours.

Objectives

- To ensure consistent messages about food and health are given across the whole school day
- To ensure pupils have access to nutritious and safe food during the whole school day
- To develop pupils' knowledge of food in relation to production, distribution, marketing, and its impact on health and the environment
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To support all members of the whole school community to adapt to healthy lifestyles

Food through the school day

Breakfast Club

Breakfast Club operates on a daily basis. The cost is (in 2012/13) 60p a day. The school subsidises places for families where a place at Breakfast Club will enable a child to get to school on time having had breakfast. Offers of free places are made at the Headteacher's discretion. The food and drink offered

is in line with the national standards for “food other than school lunch”. We provide wholemeal toast and low salt/low sugar fortified cereals with semi-skimmed milk. Children can choose to drink water, fruit juice with no added sugar and milk. Fruit is offered.

Snacks

Children in the Foundation Stage and Key Stage 1 are given a piece of fruit or vegetable from the government Fruit and Vegetables Scheme. This is eaten mid-morning. Children in Key Stage 2 are encouraged to bring a piece of fruit from home to eat at playtime. No other snacks are allowed at this time.

Nursery children are provided with milk each day.

School lunches

The school ensures that the chosen catering company providing school lunches meet the National Standards for School Lunches. A vegetarian option is available. Children are encouraged to take vegetables or salad to accompany their main meal. Midday meals supervisors ensure that younger children (Foundation Stage and Key Stage 1) eat enough of their meal each day; children must ask permission to leave the lunch hall. Supervisors remain vigilant while Key Stage 2 children eat their lunch; children are encouraged to sit back down and eat some more if they try to scrape excessive amounts off their plates at the end of the meal. Extra bread is available. Water is provided on every table.

No nuts are included in any meals.

No pork is served.

The weekly lunch menu is displayed on the parents’ noticeboard in the playground and is available on request from the school office.

Children are regularly asked for feedback (through School Council) on our school lunches, and their suggestions incorporated where possible.

Packed Lunches

The school worked with dieticians in 2009 to develop guidelines for parents to ensure that packed lunches are healthy. This followed an audit by dieticians which showed a high number of lunchboxes contained foods that were high in sugar, salt, or fat and did not include enough fruit and vegetables. This has recently been reviewed and simplified at parents’ requests. If any foods are brought in which are not allowed, they are returned to the parent at end of day and the policy is explained. Our guidelines are shown in Appendix A.

Water

Water is available from water fountains at playtime and lunchtime. Children in all classes are asked to bring in a water bottle daily to have in class so they can drink freely through the day. The school puts reminders in the school newsletter regularly.

Birthdays and special occasions

We do not distribute sweets or cakes for children's birthdays.

To help children understand that treats can be part of a balanced diet if eaten in moderation for a special occasion, we serve mince pies and cream with our Christmas lunch and allow a limited amount of cakes, biscuits and crisps once a year in the class Christmas parties.

Playcentre

The school works closely with Playcentre. Playcentre offers a healthy tea each evening which conforms to national guidelines.

Allergies

When children enter the school, their parents/carers are asked for details of any food allergies. This information is recorded in SIMS (the school's data management system) and given to the child's class teacher every year. Midday meals supervisors are also made aware of any allergies or intolerances. The catering company serves alternatives for children who, for example, are intolerant to wheat.

No nuts are allowed in school lunches, packed lunches or for mid-morning snacks.

Food across the curriculum

Throughout the school, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating habits and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Science Children learn about food groups and the function of different nutrients in contributing to health. They learn how the body responds to exercise. They learn about the positive and negative effects on health and the body of different foods.

Design and Technology Children learn where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

RE Children learn about the importance of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Personal, Social and Health Education Children learn how to take responsibility for their own health and well-being. They learn how to develop a healthy lifestyle.

Physical Education Children learn the impact of sport, exercise and other physical activity on health, and the links between a healthy diet and exercise.

Links can be made in other subject areas too. For example, in Maths children can learn how to understand nutritional labelling; measure ingredients; and calculate quantities for recipes using ratios. Children can use Information Communication Technology to research food issues, design packaging and adverts to promote healthy food choices. In Geography, children learn how diets vary across the world and consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

Partnership with parents and carers

The school recognises how the partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

This policy is included in the packs for parents of children enrolling at the school and is published on our website. Paper copies are available on request from the school office. Our packed lunch guidelines are given to all parents of children choosing this option. Parents are consulted when the policy is reviewed.

Roles and responsibilities

Governors will monitor and check that the school policy is upheld. The Finance & Personnel Committee is responsible for reviewing the contract for school lunches.

The **Headteacher** and **Deputy Headteacher** are responsible for supporting colleagues in the delivery of the food policy with regards to PSHE.

Breakfast Club staff are responsible for ensuring that the food served is in accordance with this policy.

Class teachers are responsible for the curriculum development of the food policy.

Subject leaders are responsible for offering support to colleagues on the learning and teaching of elements of the curriculum, where this is needed.

Parents/carers are responsible for ensuring that children's packed lunches conform to our guidelines and do not contain any disallowed foods. They are responsible for ensuring that children only bring fruit to school for the mid-morning break.

Midday meals supervisors are responsible for ensuring children eat a decent-sized portion at lunchtime, and encouraging reluctant eaters to try new

foods. They communicate with class teachers if there is a concern about a child's eating habits. The **class teacher** will then liaise with parents/carers.

Date established by Governing Body: 20.3.13