



St Mary Abbots School Whole School Food Policy

St Mary Abbots School uses this document as a basis for:

- Reviewing and Updating its current food policy
- Considering the relationship of the Whole School Food policy and the National Healthy Schools Program, PSHE and Citizenship to other school policies
- Identifying future areas for development which need to be prioritised within the school development plan and self evaluation
- Considering the implications of the National Nutritional Standards for schools

1. Introduction

We aim to improve the health of the whole school community by teaching pupils and families' ways of establishing and maintaining life-long healthy and environmentally sustainable eating habits. We will help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day, as outlined in the National Healthy School Program.

2. Aims and Objectives

Our aims shall be accomplished through food education and skills such as cooking and growing food, the food served in schools and core academic content in the classroom. We will ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors to the school. Our aims will be integrated into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities.

We shall work towards the following aims;

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day together with a healthy snack at break time.
- To ensure the food provision in school reflects the cultural and medical requirements of all pupils and staff e.g. religious, ethnic, vegetarian, medical and allergy needs.
- To encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, etc) to meet the same standards as food provided by the school.
- To ensure that food and drink available before and after school meets the same standards as that provided by the school. (breakfast and after school clubs, school trips and annual residential visit etc.)
- To make the provision and consumption of food an enjoyable, social and safe experience for all.
- To encourage children to develop appropriate skills for choosing and preparing healthy meals.
- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles) e.g. severe allergies, eczema etc
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices which negate them.

3. Management and Co-ordination

There is an identified member of the senior management team who oversees all aspects of food within the school. At St Mary Abbots School, this is the Headteacher. Aspects of management and coordination are delegated to the PSHE coordinator, Mr Wallace. Their role is to ensure the following;

- Establish an effective structure to oversee the development, implementation, monitoring and review of this policy and to encourage a participatory approach to achieving the objectives.
- Provide an environment that is both physically and socially conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food and drink.
- Establish a process for reviewing the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Ensure the school complies with current National Nutritional Standards.
- Ensure that outcomes of the Policy contribute to the completion of the self evaluation process, including SEF and National Healthy School Status

4. Staffing and Staff Development

All staff, including support and catering staff, need access to professional development and support relating to food and basic food hygiene. A range of provision will be identified that meets staff needs across a range of roles and responsibilities.

Areas of staff expertise and individual staff development will be identified through existing staff development systems. This will be ascertained through; (*e.g. staff audit, performance management etc*)

5. Curriculum organisation, planning and delivery

We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas but will retain the following objectives;

- Curriculum links and projects will bring the subject 'alive' and provide ongoing contact with food professionals. (visits to Whole Foods, Wagamamas etc. focus on looking at healthy eating options, 'changes' in Science, Trying new things and part of a DT project)
- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures. (types of bread and sandwich making)
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Both curricular and extra curricular activities help pupils develop an understanding of food issues, growing food, hygiene, food preparation, nutrition, healthy lifestyles and the food industries. (Cookery clubs, After School Support Club)

6. Partnerships

The school values working in partnership with parents/carers together with the wider school community and sees this as an essential part of promoting healthy lifestyles. Partnership working will be promoted through the following -

Our school council, working with food and drink suppliers, health professionals, Healthy Schools Consultants, the school's contribution to the local community, work with parents, WOW weeks and breakfasts, etc)

7. Equality of Opportunity

In accordance with school and Local Authority policy, a commitment to Equal Opportunities and Inclusion will be built into all aspects of food and drink provision.

8. Assessment, Recording and Reporting

(Any necessary assessment, recording and reporting takes place in accordance with whole school assessment policy)

9. Monitoring, Evaluation and Review

Consistent messages to support healthy eating and drinking (within the curriculum, extra-curricular provision etc) will be monitored, evaluated and reviewed by senior management and PSHE co-coordinator. The Curriculum Committee will review this as appropriate.

- Governors will monitor and check that the school policy is upheld and can offer guidance where a member of the body has particular expertise in this area.
- The Headteacher and PSHE leader are responsible for supporting colleagues in the delivery of the food policy.
- The Breakfast Club staff are responsible for ensuring that the food served is in accordance with this policy.
- Subject leaders are responsible for the curriculum development of the food policy.

Key Food Areas:

To make the process of developing a Whole School Food Policy easier, food provision throughout the school day has been divided into the following key areas.

School Meals

All our school meals are provided by a contracted caterer **Caterlink** and fully comply with the Governments Nutrient Based Standards for School Lunches. This is regularly monitored by the Local Education Authority Contracts Team to ensure meals are nutritionally balanced and presented in an appealing manner in appropriate portion sizes. Food is displayed in a set order with the main meal first, followed by vegetable options, dessert and water is available for all children. Genetically modified foods, foods containing nuts, and mechanically reclaimed meats are strictly banned from school lunches. All fruit, vegetables and dairy products are organic and all chicken is free range.

Pupils are supervised and encouraged to try the foods on offer. All children must take a vegetable or salad to encourage uptake.

The school is committed to keeping parents and carers up to date regarding changes to the school lunch menu. This is done through the school newsletter and upon request at the school office.

As a school we will monitor and ensure that the school dinners served are of equal quality to those advertised in the LEA menus.

There are healthy eating displays on walls, and a welcoming environment, particularly the dining room which is lighter, airy and more recently refurbished. Children form an orderly queue and chat quietly. After collecting their food, they sit at their places in clusters of class friendship groups. Moderate levels of chatting is monitored by staff.

Areas for improvement:

- School Council to take ownership & introduce new ideas.
- Work with Caterlink to ensure parents are happy with provision of school meals and opportunities for Caterlink to work in partnership with school throughout the year.

Breakfast Club

The Breakfast Club operates on a daily basis with approximately 10 pupils attending. Cost is £5 per day and drink offered is in line with the national standards for 'Food other than school lunch'. We provide bread/toast, low salt/low-sugar fortified cereals with semi-skimmed milk. Children can choose from water, fruit juice with no added sugar and milk. Cereals or cereal bars with high levels of sugar or salt are not included.

Snacks

The Foundation Stage and KS1 are entitled to one piece of fruit or vegetable free of charge from the Government Fruit and Vegetables Scheme, which is offered during a fruit break in class. KS2 are encouraged to bring a piece of fruit for break times.

Areas for Improvement:

- To continue to monitor snacks and encourage more children in KS2 to bring fruit to school.

Packed Lunches

Approximately 75% are School Meals

25% of pupils bring a packed lunch to school. 6% of pupils are eligible for FSM

All children on packed lunches sit in a separate room. Packed lunches are stored in cloakrooms and taken down at lunch time. Packed lunch room has access to water and cutlery if necessary.

Packed lunches should include: (See Appendix A) Add do's and don'ts guide for parents

- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
- dairy food such as milk, cheese, yoghurt or fromage frais everyday.

Areas for Improvement:

- To participate with the Borough's Healthy Packed Lunch Initiative
- To continue to monitor packed lunches
- To continue to encourage KS2 pupils to bring fruit to school for break times

Water for all

Water is freely available throughout the school day to all members of the school community. Water fountains are located throughout the school. Children in all classes are encouraged to bring in a water bottle. The school sends reminders in the school newsletter from time to time. In some classes, teachers need to encourage the children to do this more.

Areas for improvement:

- Encourage more pupils to drink water throughout the day.
- Review what is happening within each classroom setting and encourage teachers to promote greater uptake of water within the classroom.

Extra Curriculum Activities:

The school operates a cooking club run weekly as an extra curricular activity linked to food.

Partnership with Parents and Carers

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

The school recognises this and at the beginning of each year, parents are reminded of the school's policy. Parents are currently updated on the school's commitment to nutrition, healthy eating and school meals as menus are sent home twice a year.

It was produced by Nicola Doyle

Policy Review

This policy is reviewed annually by the PSHE coordinator in conjunction with the HT. The policy is approved by the Curriculum Committee and recommended to the full Governing Body at the first available opportunity.

Appendix A

In line with Government recommendations, the following foods are restricted in pack lunches: sugary/fizzy drinks, chocolate bars, sweets and confectionary, crisps and cereal bars. Cakes and biscuits are permitted in moderation e.g. 1 small piece of fruit based cake or 1 small biscuit, providing it is part of a nutritionally balanced packed lunch. **Nuts & sesame seeds are forbidden.**

Still (unflavoured) water and milk are the only acceptable drinks in packed lunches. This is to coincide with what is on offer to children having school lunches. The only exception to this is when children are on a class or school excursion. A carton of 100% pure juice is permitted to coincide with what is provided as part of the school packed lunch.

A healthy packed lunch should contain foods from the following food groups:

<p>A starchy food: Bread, potatoes and other cereals</p>	<p>Any bread or bread rolls (white, wholemeal, rye, granary), Wraps or tortilla, Pitta bread, English muffins, Plain scones, Malt loaf, Potato cakes, soda farls, Plain rice cakes, Crisp breads, matzos, oatcakes, Chapattis, Naan bread, Potatoes, Rice, Pasta, Couscous</p>
<p>A meat, fish or alternative</p>	<p>Cooked meat - cold meats, meat balls, meat paste or paté, Meat alternatives - quorn, vegetarian sausages, Tinned or fresh cooked fish e.g. tuna, sardines, pilchards, eggs, beans - mixed bean salad, hummus, lentils, Cheese, cheese spread, cottage cheese, tofu</p>
<p>A dairy food</p>	<p>Milk - semi-skimmed. Calcium fortified soya milk, yoghurts, fromage frais, cheese, creamed rice pudding or custard</p>
<p>Fruit and vegetables</p>	<p>At least 1 portion of fruit and 1 portion of vegetables for example:</p> <ul style="list-style-type: none"> • Fruit - fresh, frozen, tinned or dried • Raw vegetables / vegetable sticks, salad • 100 pure juice (fruit or vegetable) with no added sugar
<p>Drinks:</p>	<p>Water or milk or 100% pure fruit juice</p>
<p>Foods containing fats and foods containing sugar</p>	<ul style="list-style-type: none"> • Carbonated and sugary soft drinks • Juice drinks and juices with added sugar • Confectionery such as chocolate and chocolate coated products, sweets and fruit with added sugar or fat • Crisps are only permitted as a treat once a week <p><u>Alternative snacks to crisps could be:</u></p> <ul style="list-style-type: none"> • Breadsticks • Plain popcorn

- 1 small fruit based cake OR 1 small plain biscuit is acceptable

Food / Drink	What is allowed	What will be restricted	Why are these foods important?
Starchy Food (include everyday)	<ul style="list-style-type: none"> • Any bread or bread rolls (white, wholemeal, rye, granary) • Wraps or tortilla • Pitta bread • Bagels • Bread Sticks • Malt Loaf • Fruit Bread • English muffins • Plain scones • Rice cakes • Crispbreads, matzos, oatcakes • Chapatis • Naan bread • Potatoes • Rice • Pasta • Couscous 	<ul style="list-style-type: none"> • Sweet Danish • French fries 	Starchy foods are essential for providing sustained energy to help kids run, play and learn.
Fruit and Vegetables (try to include 1 portion of fruit and 1 portion of vegetable/salad in the packed lunch everyday)	<ul style="list-style-type: none"> • Fruit - fresh, frozen, tinned or dried • Raw vegetables / vegetable sticks, salad • Fruit and vegetable juices with no added sugar i.e. 100% or pure natural juice 	<ul style="list-style-type: none"> • Dried fruit with added sugars and fat • Fruit Bars with added sugar and fat 	
Milk and Dairy (include an item everyday)	<ul style="list-style-type: none"> • Yoghurts • Cheese, cheese spread or cottage cheese • Milk - semi skimmed. This can be plain or as a milkshake providing the milkshake has less than 10g sugar/100ml. • Calcium fortified soya milks • Fromage Frais • Creamed Rice Pudding • Custard 	Yoghurt with confectionary corners e.g. chocolate, toffee and crumble) as they contain lots of added sugar that is not good for children's teeth	Important to include at least one source of dairy everyday to lunchboxes to contribute to your child's calcium intake.

<p>Meat, fish and other sources of non-dairy protein (e.g. lentils, kidney beans, chickpeas, falafel) and eggs (include everyday)</p>	<ul style="list-style-type: none"> • Cooked meat • Cold meats • Meat balls • Meat alternatives - quorn, vegetarian sausages • Tinned or fresh cooked fish e.g. tuna, sardines, pilchards • Eggs • Beans - mixed bean salad, hummus, lentils • Tofu • Falafel 	<ul style="list-style-type: none"> • Salami • Pepperami stick 	
<p>Extras</p>	<ul style="list-style-type: none"> • Plain unsweetened popcorn • Malt loaf • Crisp bread, cracker bread • Fruit bun • Plain Melba toasts (add own fruit/vegetable/dairy/protein topping) • Plain Ryvitas (add own fruit/vegetable/dairy/protein topping) • Oat cakes • Crumpets • Hot cross bun/teacake • Fruit pancakes • Cheese cubes with grapes/raisins • Fruit smoothies with oats/muesli • Fruit bagel 	<ul style="list-style-type: none"> • Sweet biscuits • Chocolate and chocolate coated products (once a week) • Cereal bars • Crisps (once a week) • Flavoured rice/corn/rye bread crackers (i.e. snack a jacks, ryvita minis) • Cream deserts (e.g. mousse) • Mini cheddars 	
<p>Drinks (everyday)</p>	<p>Water 100% natural fruit juice</p>	<p>Juice Drinks Fizzy Drinks</p>	<p>These drinks often contain a lot of sugar</p>
<p>Sandwich fillings</p>	<p>Lean meat (ham, chicken, turkey) Fresh or tinned fish/shellfish Cheese or cheese spread Hummus with Salad (e.g. tomato, cucumber, lettuce, avocado, pepper, grated carrot, sweet corn, spinach)</p>	<p>Chocolate spread</p>	

	Coleslaw		
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