



St Jude & St Paul's
Church of England Primary School

School Food Policy

Date: October 2016

Lead: Joy Ashwin-Carter

Committee: Children, Families and Communittee

Review: October 2019

'Bless us to encourage, love and learn'

School Vision

We have a vision to be an inspirational school delivering excellence in learning by being creative, rigorous, and inclusive, grounded in Christian faith and preparing children for life. 'Therefore encourage one another and build one another up.' 1 Thessalonians 5:11

Aim

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to St Jude & St Paul's School.

Rationale

St Jude & St Paul's School Whole School Food Policy enables us to develop and maintain a shared philosophy on all aspects of food and drink. Our policy makes a public statement demonstrating how we care for and make a positive contribution to the health and wellbeing of pupils and staff. Our policy completes the following:

- Sets out a coordinated approach to food and drink to increase the availability of healthier options
- Ensures equality of access and participation for all
- Reinforces appropriate messages relating to food and drink e.g. ensuring consistency between the formal curriculum and school food and drink provision
- Engages the entire school community in taking part in the policy development though School Council, pupils, staff, parents, governors and community partners
- Establishes effective working partnerships, working towards a common goal, e.g. school-caterer, teacher-parent
- Ensures greater sustainability through planned action as part of the school's development plan, including provision for resourcing and staff training to meet its aims
- Communicates our school's shared vision, ethos and values to pupils, staff, parents and the wider community.

Objectives

The St Jude & St Paul's School Whole School Food Policy is part of the school's on-going alignment with the Healthy Schools Programme. St Jude & St Paul's School gained the Healthy Schools Award and have maintained it. It has completed a regular audit of food in the school.

Breakfast club is seen as having several important benefits, including:

- increasing the number of children eating breakfast regularly
- providing a stimulating, social environment for children
- promoting healthy eating
- providing childcare before school
- encouraging children to arrive promptly at school
- introducing children to the importance of food hygiene
- improving educational attainment.

Breakfast clubs includes the children and the wider community, gathering ideas about the type of club and activities they want and involving them in the day-to-day running of the club or at special events or theme days.

Guidelines

Drinks and Water

All students and staff have access to water during teaching and learning. There are a number of water fountains around the school premises to which students and staff are permitted access, so that fresh, cool drinking water is readily available. We sell water bottles with the school logo and children are encouraged to bring bottles to school which can be drunk from at any time. Fizzy or flavoured drinks are not permitted during periods of teaching and learning, and are discouraged at all other times.

Food-based Requirements for School Lunches and Break times

We encourage these aspects to be on our menus:-

More fruit and vegetables: No less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit.

More oily fish: Oily fish such as mackerel or salmon should be served at least once every three weeks. Tuna is regularly available.

Bread: Bread should be available at lunch every day.

Drinking water: Free, fresh drinking water is available at all times.

Healthier Drinks: The only drinks served should be water, pure fruit juices, milk, yoghurt and milk drinks with less than 5% added sugar, smoothies, low calorie hot chocolate, coffee and tea. Artificial sweeteners can be used only in yoghurt and milk drinks, or combinations containing yoghurt or milk. This means sweetened fizzy drinks which have little nutritional value are no longer allowed.

These foods are now restricted or no longer allowed:-

No confectionary: Confectionary such as chocolate bars, chocolate-coated biscuits and sweets are not available for lunch and should not be offered for rewards.

No savoury snacks: Savoury snacks such as crisps are not available for lunch. Only nuts and seeds with no added salt, sugar or fat are allowed.

No salt and restricted condiments: Salt is not available at lunch. Condiments such as ketchup and mayonnaise should be portion controlled by lunchtime staff.

Restricted deep-fried foods: Meals should not contain more than one deep-fried food, such as chips and batter-coated products, in a single week.

Restricted manufactured meat products: These products, such as chicken nuggets, burgers and sausage rolls may only be served very occasionally, and only providing they meet standards for minimum meat content.

Food-based Requirements for Break times

Infants are provided with a portion of fresh fruit or vegetable FREE daily.

Packed Lunches

We recognise that it is harder to have influence on students' packed lunches, but we regularly write to parents to inform them of the changes occurring to school food provision, and encourage them to supply their children with healthy packed lunches, encouraging lunches which are similar to the food-based requirements above. Lunchtime Supervisors monitor and encourage healthy eating on a daily basis and rewards are given by nomination to sit on the "Table of Honour" for a week.

Parents are encouraged to consider portion sizes and healthy options when providing snacks or cake for celebrating their children's birthdays in school.

The continual aim is to disseminate information about healthy food on a regular basis.

Snack Machines and Soft Drinks Machines

The school does not have any snack machines or soft drinks machines.

Moral and Medical Needs

Given all the above, within our policy we recognise that for some students, the above criteria will not always fit. We recognise that for some students there are both moral and medical reasons why certain foodstuffs may be in school. Some of these issues are outlined here:

- There may be medical reasons why certain foodstuffs should be available, or carried by a small number of students. For example, diabetic students may need to carry sugar products in case of low blood sugar; some students are allergic to certain foods (nuts, milk, wheat).
- Some students have already made decisions about their own food e.g they may wish to be vegetarian, vegan or fruitarian.
- We recognise that students do have a choice about their food and drink intake, but we aim to encourage students to make a balanced decision about lifestyle, food and exercise.

Displays, Newsletter and Website

The Healthy Schools Coordinator and the Head Teacher regularly consult on thematic displays around the buildings which emphasize healthy eating. Core displays are to be found near the dining area, which also show weekly menus. Displays are in the kitchen areas and serving areas which again promote healthy food and lifestyle. The weekly newsletter also emphasizes healthy eating.

The Dining Area and Free School Meals

We recognise the main hall is multi-use for assemblies, drama, eating as well as a number of other activities. Our aim is to make dining a comfortable pleasant experience.

The Curriculum

The school endeavours to implement the Whole School Food Policy where it can within the formal curriculum. At present the main curriculum areas concerned with this are:

1. *Personal Development.* The programme for Key Stage 1 & 2 contains a number of areas where healthy food and healthy lifestyles are considered.
2. *Physical Education.* As part of Physical Education, students study healthy eating as part of their understanding of exercise and fitness.
3. *Science.* Nutrition, food, vitamins and minerals as well as kitchen hygiene are all taught as part of the Science curriculum at Key Stages 1 and 2.
4. *Cookery* is taught in every class three times each year (once a term) following the Islington cooking matter toolkit. This teaches the children about healthy eating and nutrition, food safety and consumer awareness as well as cookery skills.

Social, Emotional and Behavioural Skills

- *Understanding ourselves.* This involves how pupils know and value themselves, and improving understanding of how they think and feel. This area may be related to pupils' body image, food intake and realisation of eating habits.
- *Managing our feelings.* Here, we aim to try to improve the way pupils manage their expression of emotions, and enable pupils to reduce uncomfortable feelings and increase pleasant feelings. This may be related to dealing with issues relating to food, health and nutrition.
- *Motivating ourselves.* Here, we aim to help pupils improve strategies toward reaching goals; for example, aiming for a healthier lifestyle, or reducing weight.
- *Empathising with Others.* Importantly, this helps pupils to understand the thoughts and feelings of others, and assists them in learning to value and support others. This area may help our pupils empathise with our endeavour and others' endeavours to promote healthy eating.
- *Forming positive relationships.* Here we encourage – through healthy eating – building and maintaining positive relationships, and improve problem-solving strategies involving others.

Training and Resources

As part of our policy we are committed to taking up any training opportunities regarding our Whole School Food Policy and Healthy Eating, be they national, regional or local. Members of staff who go on training opportunities are encouraged to disseminate information and knowledge. It is the place of the Healthy Schools Co-ordinator to find and implement new resources, posters, websites and CD Roms for use within the curriculum. Some members of staff are trained in food and safety hygiene to level 2.

Monitoring and Evaluation

It is the responsibility of the Healthy Schools Co-ordinator and the Deputy Head to monitor the policy.

- We will regularly check that the objectives in the policy are being met. This will be in measured outcomes, relating academic performance to our food policy.
- We will explore and explain difficulties and how these have arisen within the implementation of the Whole School Food Policy.
- We agree to celebrate the successes of our Whole School Food Policy and what actions have made these possible.
- We will regularly monitor what parents and pupils think about the Policy via questionnaires and meetings.
- We will aim to join and take part in any Britain-wide initiatives involving healthy eating.

Notes

St Jude & St Paul's School was awarded National Healthy School status originally in 2005 and it has been regularly upgraded and consequently renewed with 'Enhanced Healthy School' status being awarded.

This policy document was produced in consultation with the entire school community, including pupils, school staff, and the local Healthy Schools representative.

This school actively supports healthy eating and drinking throughout the school day.