



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

School Food Policy

Date: 2020

Lead: Headteacher

Committee: Curriculum Standards and Community

Review: 2023

Our School Vision

'Shine, Encourage, Love and Learn'

Jesus said, **"You are the light of the world...let your light shine before others, that they may see your good deeds and glorify your Father in heaven."** (MATTHEW 5: 14-16)

We aspire to **shine** as lights in the world as we journey together. We ask for God's **blessing** to:

- **Encourage**, through valuing and celebrating diversity;
- **Love**, so that we may flourish as one, nurturing the unique contributions of all, impacting positively on our world;
- **Learn**, so that we develop a love of learning, aiming for excellence in all we do.

Our core values: Forgiveness, Love, Encouragement, Wisdom and Togetherness

At St Jude & St Paul's, we recognise the important part a healthy diet plays in a child's well-being and their ability to learn effectively and achieve to the best of their ability. The school has an important role, in partnership with parents, carers and wider community, in promoting healthy eating. This food policy sets out how we aim to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

Responsibilities and consultation

The head teacher has overall responsibility for developing and monitoring the whole school food policy. This is carried out in consultation with all staff including those who supervise at lunchtimes, kitchen staff, catering contractor and governors. We use formal and informal feedback from pupils and parents to inform our policies and practices in this area.

Food in school

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender and who acts in accordance with the National School Food Standards (SFS) and has achieved the Silver and Gold 'Food for Life Served Here' award. As part of the contract, all the menus and individual meals are nutritionally analysed by experts before they are cooked in schools.

The menu is sent home to all families each term, displayed in the hall and on the school's website and explained to children each day. This includes the use of fresh fruit and vegetables each day as a choice for the children. Children are actively encouraged to try different foods and to eat all the food provided. The hot options include a vegetarian option each day. A salad bar is available to all children each day.

We use feedback from pupils, parents and staff to make lunchtimes and the dining hall a positive environment to eat in and to provide feedback on food to the catering company.

Some children bring a packed lunch to school. We periodically include newsletter items about the contents of these using guidelines from resources such as Change 4 Life. Parents are reminded that for packed lunches, refrigerated storage is not available in school.

Staff who supervise at lunch time informally monitor children's lunches (both school lunches and packed lunches), encouraging children to eat a healthy, balanced meal and an appropriate amount of food. These staff members feed back to class teachers who in turn inform parents of any concerns.

Islington Council's policy is to provide universal free school meals to all nursery and primary school pupils, aged three and above, in maintained schools in Islington, and families are encouraged to take up this provision.

Breakfast Club and After School Provision

In our daily breakfast club and after school provision, we provide food and drinks that meet the government School Food Standards including:

- low sugar breakfast cereals
- bagels (made using a mix of wholemeal and white flour; free from preservatives, artificial additives and e-numbers)
- fruit juice, milk or water
- fresh fruit and vegetables
- sandwiches and wraps

Snacks – break time and after school

All children in Reception, Year 1 and Year 2 are provided with fruit or vegetables each day to eat during the school day. The provision of fruit is funded by a Government initiative. The fruit or vegetable provided is seasonal and varies each day.

KS2 children are invited to bring their own healthy snack (fresh fruit or vegetables only) to eat at morning break time.

Children attending after school clubs are encouraged to bring a healthy snack to enjoy between the end of school and the beginning of the club they are attending. These snacks are informally monitored by the adults who lead the clubs.

Food allergies and intolerances

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

The inclusion leader drafts and regularly updates an 'allergies and special diet register' which is provided to all school staff. 'Think of Me' posters, which display a photo of the children and allergies/intolerances, are displayed in different areas around the school, including the kitchen, classrooms, staffroom and medical room so all members of staff are aware.

Nut allergies

As much as possible we are a nut free school. Parents/carers are asked to refrain from providing food products which may contain nuts, e.g. in packed lunches or after school snacks.

School Journey

We ensure that the food provided on residential trips conforms to the ethical, religious and medical choices of the children and that the meals are nutritious and have appropriate portion sizes.

Celebration/special events food

We recognise that the health and well-being of the children at St Jude & St Paul's is not only dependent on healthy eating practices but also on creating a feeling of community within the school and within each class. The provision of a wide range of food for specific celebration events makes for a positive, enjoyable experience for all.

For class parties (e.g. Christmas, end of year) we provide a range of options for parents to contribute and for children to choose at the time.

A range of events are run by our Parent Group who ensure that there is a range of food on offer at these events.

Birthdays

As a healthy school, we ask that party bags and confectionary are not to be sent into school for children's birthdays. We understand that children like to give out treats to their friends and ask parents/carers to limit this to one piece of cake per child. Cakes must be cut and wrapped at home, as staff will not be able to do this during the day. If a child has a food allergy and cake is not a suitable option to bring in, parents/carers should speak to the child's class teacher to arrange an alternative.

Water for all

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils every day. We recognise that drinking water throughout the day aids concentration and helps both teaching and learning.

Water fountains are located in the playground and children are encouraged to have a drink during break and lunch times before returning to class. Mains drinking water is available in or close to all classrooms.

All children are encouraged to bring in a named water bottle to keep with them in the classroom and these are accessible to them throughout the day.

Staff are encouraged to drink water throughout the day, to have a water bottle with them in the classroom both for health reasons, and to help look after their voices.

Developing the promotion of healthy eating in the curriculum

Food, its production and preparation and its link to a healthy lifestyle is an important part of the curriculum for all children.

Cooking and nutrition is part of the design and technology curriculum aiming, 'to ensure that all pupils understand and apply the principles of nutrition and learn how to cook'. It is taught in every class three times each year (once a term) following the Islington cooking matter toolkit.

The science topics taught in the school cover a wide range of learning related to food and healthy eating. These include topics on healthy bodies, teeth and eating, ourselves, health and growth and keeping healthy. Within these topics children learn about nutrition, balanced diets, digestion and the links between food and health.

Maths lessons can make links to healthy eating, such as including calculating quantities for recipes (including ratio and proportion), weighing and measuring and collecting data and data handling based on making healthy choices.

Our RE syllabus provides opportunities to explore the role of certain foods in the major religions of the world. Children learn about different foods through learning about a range of religious festivals as well as events such as International Evening.

PSHE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle, addressing issues such as body image. Pupils are able to discuss food issues of interest, such as Fair Trade.

In Geography a contrasting locality is studied in each key stage. Food is an excellent way of learning about and celebrating a country's culture. Children are given the opportunity to find out about, prepare and taste foods from different countries. There are also opportunities to explore where our food comes from and consider the environmental and social impact of farming and trade. History provides insight into changes in diet and food over time.

Physical Education encourages children to understand the practical impact of sport, exercise and other physical activity in combination with a balanced diet.

Each classroom has a vegetable patch in their outdoor areas. Children are encouraged to and participate in growing and harvesting vegetables and herbs for the school kitchen.

Monitoring and evaluating

The school provides feedback to the LA and to the catering contractor through regular review meetings.

This policy will be reviewed at least every three years to take account of new developments and to ensure it is an accurate reflection of our current practice.