



Whole School Food Policy



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VICKERSTOWN WHOLE SCHOOL FOOD POLICY.

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. We now wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro-active approach to improving the health and wellbeing of children, while attending school.

We are now taking the work, already done on food in our school, a stage further by introducing a **Whole School Food Policy**. This policy will cover the following:

- School meals
- Non-school packed lunch
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc
- Universal infant free school meals
- Free fruit scheme
- Free school milk scheme

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind**.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign
- To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school that is regulated by national standards.

Why do we need a policy?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.
- Vickerstown School is committed to ensuring that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to the school, through provision of a high quality food service.

The policy

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.

Safe eating practice:

Safe eating practice will be encouraged at all times. This includes:

- Children to wash hands before handling food.
- No sharing of food.

Our school meals.

As a school we pride ourselves in having our own kitchen and dining room (many schools do not)

Our school meals, tuck shop, and breakfast club provided currently meet all school food standards, nutritional standards, and a voluntary standard for drinks provided. School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of "complex carbohydrates" such as pasta, rice, bread or potatoes with dairy and other protein foods.

There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Please see a copy of the new food standard for school lunches at the end of this policy or visit www.schoolfoodplan.com/standards these new standards come into effect in January 2015, and we are aiming to be fully compliant by then (if not before).

Currently nationally only 1% of packed lunches brought into schools meet these standards visit www.childrensfoodtrust.org.uk to find out more.

Packed lunches from home

Guidance

Suggestions for **food to include** in a healthy packed lunch

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Suggestions for food to **include less often** in a healthy packed lunch

- Snacks such as crisps. (maybe just once a week)
- Cakes
- Meat and pastry products such as sausage rolls or pies

Suggestions for food to **not include** in a healthy packed lunch (these are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Chocolate coated biscuits
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.
- Isotonic sports drinks.

Food hygiene

- Children to minimise waste in their lunchbox and recycle wherever possible.
- Encouraging the use of freezer blocks where necessary
- A plastic box with a removable lid is ideal. They are the easily cleaned and sanitized.

Implementation of the Policy

In implementing the policy the school will:

- Communicate the policy principles on a consistent basis to all staff particularly staff responsible for mid-day provision and supervision.
- Train all appropriate staff to support the successful implementation of the policy.
- Inform parents /carers and children of the policy via newsletters, school website.
- Contact the parents/carers if a child regularly brings a lunch box which does not conform to the policy.
- Discuss with parents/carers food from home that is regularly not eaten by their child.

The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table for at least 20 minutes, in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

The school will Reward pupils for good meal time etiquette and good behaviour

To encourage good behaviour and social interaction during the meal time:

- With plenty of praise and stickers
- Reward certificates in assemblies
- Sweets will not be given as a rewards in school

The school will ensure their school staff are trained, at least, to Basic food Hygiene Standards.

National guidance

This policy was developed:

- Using documentation from the School food plan, Children's Food Trust, and the Food in schools toolkit (Department of Health) and Food policies in schools.
- In discussion and collaboration with members of staff, Governors and pupils.
- In discussion with the School council.

Allergy Advice

There are 14 ingredients to which allergic reaction are common. These are known as **allergenic ingredients**. They are, **CELERY, CEREALS CONTAINING GLUTEN, CRUSTACEA, EGGS, FISH, LUPIN, MILK, MOLLUSCS, MUSTARD, NUTS, PEANUTS, SESAME SEEDS, SOYA, and SULPHUR DIOXIDE**. Some of these will be present on our school food, therefore it is important for parents and carers to inform us of your child allergy. For any other information please contact the school.