



Whole School Food Policy

**Helping St Luke's Church School community
to
educate our children
to work towards improving their
health and well-being
for the future**

Ratified October 2012

Learning Environment Team

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Background Information

Information gained from questionnaires distributed to families, pupils and employees has been used as guidance when formulating the policy. A team of parents, governors and employees discussed the information and worked towards writing a policy that considers the needs of our families, is conducive with our Advanced Healthy School status and meets new nutritional standards.

Teachers have contributed to 'Food across the Curriculum' to give up to date information concerning how, through National Curriculum teaching, opportunities to learn about food, health and choices impact on our lives and those of others including globally.

Introduction

As an Advanced Healthy School it is important for us to educate our children to enable them to make positive and informed choices concerning food improving their chances of staying healthy. We support the Government's current aim to transform school meals and promote healthier foods in schools. Along with the food-based standards set in September 2006 for school meals new nutritional standards are to be introduced in September 2008 and schools are to ensure that they are met. (The standards are printed on page 4 and 6.) The standards cover all foods offered by the school throughout the school day.

The questionnaires received from our families during the first consultation period showed that the majority of families are aware of 'healthy' food, know why it is important and indicated that they supported this lifestyle. The policy has been written to enable easy access to information and we hope that our families will support this policy as the school's step to meet our families' needs as well as meet Government legislation.

It would be helpful to consider when reading this policy that the school meal or packed lunch is only one third of a child's daily intake of food and that the food-based and nutritional standards are Government led.

The aim of the policy is to:

1. Educate our pupils about food types and the affect they have on their health; good and bad
2. Encourage pupils to take part in the 'five-a-day' campaign
3. Limit known unhealthy food types in school to support aim 1
4. Help parents to feel confident that food offered in school meets with their expectations of healthy food

'Five-a-Day' Campaign

St Luke's School actively promotes the Department of Health's Five-a-Day Campaign. The children are educated about the importance of fruit and vegetables in their daily diets (see Food across the Curriculum page 7). It has been scientifically proven that by eating more fruit and vegetables the possibility of suffering from certain illnesses can be massively reduced:

"Increasing consumption of fruit and vegetables can significantly reduce the risk of many chronic diseases. It has been estimated that eating at least 5 portions of a variety of fruit and vegetables a day could reduce the risk of deaths from chronic diseases such as heart disease, stroke, and cancer by up to 20%. As well as the direct health benefits, eating fruit and vegetables can help to achieve other dietary goals including increasing fibre intake, reducing fat intake, help maintain a healthy weight, and substituting for foods with added sugars (as frequent consumption of foods with added sugars can contribute to tooth decay)."

www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/FiveADay/FiveADayGeneralInformation/FiveADayGeneralArticle/

Tuck

Tuck From School

The Catering Team offer healthy tuck and help children to make healthy choices by ensuring a balanced choice is made. The suggested daily amount of monies required to purchase tuck is 20p – 30p. Examples of items offered are:

- Bread wedge
- Crackers
- Bread sticks
- Portions of fruit
- Salad sticks
- Fruit juice
- Milk

Government standards for food services other than lunch must comply with the new standards listed in the table below:

More of these healthier items	
✓ More fruit and vegetables	Fruit and vegetables must be provided in all school food outlets. These can include fresh, dried, frozen, canned and juiced varieties.
✓ Drinking water	Free, fresh drinking water should be provided at all times.
✓ Healthier drinks	The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice, vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above.
Restricted or no longer allowed	
X No confectionary	Confectionary such as chocolate bars, chocolate-coated or flavoured biscuits, sweets and cereal bars must not be provided.
X Salt and condiments –	Salt must not be provided at tables or service counters.

restricted	Condiments such as ketchup and mayonnaise, must only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.
X Snacks - restricted	Snacks such as crisps must not be provided. Nuts**, seeds, vegetables and fruits with no added salt, sugar or fat are allowed.
X No cakes and biscuits	Cakes and biscuits must not be provided (except at lunchtime).
X Deep fried foods – restricted	Two deep-fried foods per week are allowed across lunch and all other food services.
X Starchy food – restricted	Starchy food cooked in fat or oil must not be used in the cooking process more than three times a week across lunch and all other food services.
X Manufactured meat products – restricted	A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight, providing the meat product also meets the standards for minimum meat content and does not contain prohibited offal; Group 1: Burger, hamburger, chopped meat, corned meat; Group 2: Sausage, sausage meat, link, chipolata, luncheon meat; Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll; Group 4: Any other shaped or coated meat product.

****Nuts are not to be consumed at school - please see 'Lunchboxes' section**

Tuck From Home

Your child is welcome to bring tuck from home although **crisps, sweets, chocolate, chocolate-coated biscuits and fizzy drinks are not acceptable**. Healthier snack alternatives such as items offered by the school as well as dried fruit, bagels, cheese and crackers would be excellent.

Fruit and Salad Days

One day a week will be nominated a 'fruit and salad only' tuck day and this will include tuck purchased from school as well as tuck brought from home. Dried fruit and fruit juices (not squash) will be included as options on this day.

Snack Time – Foundation Stage

Parents of Foundation Stage pupils contribute to the school being able to offer a variety of snack food experiences for children. The snack time introduces children to skills such as spreading, cutting, sharing and clearing away.

The school participates in the School Fruit and Vegetable Scheme and both Key Stage 1 and Foundation Stage classes are given washed fruit or vegetables daily.

School Meals

Menu

Our school meals, where possible, are prepared using fresh fruit and vegetables each day. Meat is sourced from G Millin and Sons and all homemade meals offered use 100% meat. The use of frozen food is kept to a minimum.

The Catering Manager observes the food-based and nutritional standards set by the Government when designing the three-week menu. The menu plan is revised twice a year to offer Summer and Winter meal options. We reserve the right to amend the menu from time to time but notice will be given to families in advance of any change.

Below are the Government nutrient based standards which will become law in September 2008 for primary schools and September 2009 for secondary schools, special schools and Pupil Referral Units:

An average primary school meal must contain: Energy (kcal) 530 (with a 5% tolerance).

Minimum levels are set for these nutrients because too little can be harmful.

	Primary School Minimum levels
Carbohydrates	70.6g
Protein	7.5g
Fibre	4.2g
Vitamin A	175µg
Vitamin C	10.5mg
Folate	53µg
Calcium	193mg
Iron	3mg
Zinc	2.5mg

Maximum levels are set for these nutrients because too much can be harmful

	Primary School Maximum levels
Sodium	499mg
NME sugars	15.5g
Saturated fat	6.5g
Fat	20.6g

The above information has been taken from 'A guide to introducing the Government's food-based and nutrient-based standards for school lunches' published by School Food Trust 2007.

To ensure that we meet the above requirements our three week menu is now assessed using a software programme.

Free School Meals Entitlement

Free School Meals are administered by the Local Education Authority and the qualifying rules are decided by Central Government. As the qualifying rules change from time to time it is important to ask at the school office for the most up to date information prior to applying (application forms are available from the school).

Should a child(ren) be entitled to receive free school meals it does not exclude them from bringing a packed lunch at any time. Due to our dinner monies administration method children that are entitled to free meals are not easily identified and the families' entitlement remains confidential to office staff.

Currently part of the funding formula for the school budget is based upon the number of children entitled to Free School Meals. It is helpful to the school that the Free School Meal entitlement is applied for, should you meet the qualifying rules.

Lunchboxes

Many children bring packed lunches. We encourage parents and carers to consider the Food Policy when providing packed lunches for their children.

We also encourage children to discuss the contents of their packed lunches with their friends and other adults.

Currently, any products containing nuts or traces of nuts are not allowed in school, including peanut butter (smooth or crunchy) as this reduces the risk to nut allergy sufferers.

To meet the needs of our families the Catering Team will provide ideas for healthy packed lunches and will encourage pupils and parents to contribute and share healthy lunchbox ideas. This information will be communicated by a designated Catering News circular, termly.

Health or Allergy

It is important for parents to advise the school, in writing, as soon as possible if their child is diagnosed as suffering from a health condition or allergy related to food consumption. As a measure of good practice, if possible, confirmation by a health professional of the condition should be given to the school to ensure that the school may also support the child correctly. Children should be encouraged to take responsibility for their condition with their parents' support and they should be aware of their choices concerning foods.

The school lunch menus are distributed to families as soon as they are changed. It is important for parents of children with food related conditions to ensure, should their child wish to have a school meal, that the menu for that day is suitable.

Water Provision

Water is freely available throughout the school day to all members of the school community. Children are encouraged to bring a bottle of water to school daily.

Children may drink their water at any time except during assemblies. Regular water and brain breaks are built into the school day and curriculum by class teachers. Foundation Stage and Key Stage 1 children are also reminded to drink water at their snack time.

Lunchtime Environments

Playleaders enable pupils to enjoy the outdoor environment encouraging them to be active during their lunch break by leading games and developing positive social interaction in a safe environment. Playleaders are also responsible for first aid during the lunchtime period. Trained Junior Playleaders help to offer role models by looking after play equipment and ensuring that children participate in co-operative play.

Lunchtime Leaders ensure that children are able to have their lunch in a safe caring environment. Lunchtime Leaders assist children with their meals whether school or packed lunches. Water is available during the lunch break and is taken around the dining hall and offered to all children should they require additional drinks to those provided with their meal. Trained Mini Mid-days also help to support the Lunchtime Leaders and to offer role models to other pupils and develop skills by caring and assisting younger pupils with their lunches.

After School Clubs and Events

During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

In School Rewards

The school will not reward pupils with sweets, chocolate or similar items. Rewards may be pencils, pens, fruit, stickers etc.

Cookery Club and Gardening Club

Cookery club and gardening club will aim to teach children about ingredients used in cookery, how some of them grow, what is needed to nurture their growth and how they are prepared to produce healthy meals.

Cookery club is due to commence during 08/09 academic year.

Food across the Curriculum

Children at St Luke's have many opportunities to develop their knowledge and understanding of food and healthy eating.

'**Health Week**' takes place at the beginning of every term and is an important part of our curriculum. One focus of this teaching is 'healthy lifestyles' and covers what constitutes a healthy balanced diet.

We believe that wherever possible cross curricular links should be made to enable children to make logical connections between curricular areas. For example:

The **Science** curriculum has statutory guidelines for teaching about food. Children learn about food groups, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

In **Geography** children are given the opportunity to learn about how food differs from one culture to another and how the economic and climatic situation of a country affects the availability of food.

In **History** the children learn how food and diet has changed over time.

In **RE**, children learn about different religions; their beliefs, traditions and customs. Where possible children are given opportunities to make and taste food from other religions.

Partnership with Parents and Carers

The Leadership Team promote a whole school community approach to every aspect of school life. The partnership of home and school, and each reinforcing the other, is critical to the success of this approach. Parents and carers are regularly updated by newsletter concerning our Advanced Healthy School Status, school meals and school food initiatives.

Developing our children's potential is the aim of St Luke's Church School and it has been found that foods high in sugar and carbohydrate can lead to poor concentration and for some children have an impact on their behaviour. Returning to the aims of the policy; it is not the school's intention to eradicate certain foods from our children's diets but to reinforce that whilst in school there is an emphasis on educating our pupils to stay healthy now and in the future.

"Children and food

A healthy diet is vital for growth and development. While it can sometimes seem that children don't like anything 'good for them', healthy habits do start young - and, reassuringly, will be remembered in later years." Lyndel Costain
www.bbc.co.uk/health/healthy_living/your_weight/eatingwell_children.shtml

Role of Governors

Governors monitor and check that the school policies are upheld as well as ensuring that they meet internal and external standards (e.g. Ofsted, DCFS, Healthy Schools) set for schools to achieve.

Review Cycle

Due to the current climate concerning food in schools the policy will be reviewed annually until further notice.

Useful website addresses:

www.tesco.com Healthy Living section
www.schoolfoodtrust.org.uk
www.eatwell.gov.uk Ages and stages section
www.dh.gov.uk
www.parentscentre.gov.uk