



St Jude's Church of England Primary School **Whole School Food Policy**

*Our children
Our St Jude's family
Happy Inspired Loved
The sky is not the limit
Ready for today prepared for tomorrow*

The purpose of this policy

This policy reflects the school values and philosophy in relation to healthy eating. This document is intended for all teaching staff and non-teaching staff with classroom responsibilities, School Governors, parents, inspection teams, L.E.A. advisors and interested others. Copies are provided to School Staff and the Governing Body. A copy is kept in the School's Policies & Guidelines Handbook.

Aims and Objectives

At St Jude's Primary School, our aim is to provide an environment that promotes healthy eating and enable pupils to make informed choices about the food they eat. This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events. The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

Expectations for teaching cooking and nutrition at St Jude's

Food and healthy lifestyle is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues.

Cooking and nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: (***Cereal Selection, Fruit Selection, Fruit Juice, Water, Pancakes, Brioche, Toast and much more...***)

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Our school lunches are freshly prepared and cooked on site every day by Caterlink.

Snacks

All FS and KS1 classes have a morning break-time snack of fruit and vegetables offered under the government initiative to provide all infants with free fruit and vegetables during the day. Key Stage 2 pupils are also provided fruit and vegetables once a week. They may also bring their own fruit or vegetables.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. There are drinking fountains in the playgrounds for unlimited drinking and children are allowed to drink during lesson times. They can also bring bottles of water to school to keep them hydrated throughout the day. Water is part of the lunch offer in the dining halls.

Packed lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. We suggest:

- A drink – bottled water (no fizzy drinks)
- A sandwich with an appropriate filling (not chocolate spread) OR a pasta or rice dish.
- A packet of savoury bites.
- A piece of fruit.
- Dessert – small piece of cake or individual cake /mini biscuit packet/yoghurt – NO sweets or chocolate)

Snacks before clubs

Children are encouraged to bring fresh fruit or chopped vegetables in a plastic container only. Cereal bars, sweets, smoothies, yoghurt drinks are not permitted.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These documents have symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. We are a nut-free school.

Food safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

The food and eating environment

St Jude's Primary School is committed to providing a welcoming eating environment that encourages positive social interaction. Children in Years Reception to year 6 eat in the main hall. In order to ensure children have enough time to eat, the lunchtimes are split into phases. Children sit at communal tables, whether they eat school meals or packed lunches. We value the social aspects of eating with friends.

Policy written by: Sidee Dawodu

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