



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

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Introduction

As a Foundation Healthy School, it is important for us to educate our children about healthy life style choices including enabling them to make positive and informed choices concerning food. We support the Government's current aim to transform school meals and promote healthier foods in schools.

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 both discretely and as part of daily conversation. 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)."

Tuck

Tuck from Home

Your child is welcome to bring tuck from home although **crisps, sweets, solid chocolate, and fizzy drinks are discouraged**. Healthier snack alternatives such as items offered by the school as well as dried fruit, bagels, cheese and crackers would be excellent.

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

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. All additional fruit for that day can be accessed by Key Stage 2 pupils at break times.

School Meals

Menu

Our school meals, where possible, are prepared using fresh fruit and vegetables each day. Meat is sourced locally from G Millin and Sons and all homemade meals offered use 100% meat. The use of frozen food is kept to a minimum. In the future, suppliers may be changed from those mentioned as long as products are of a high standard and the business is local.

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 every three weeks and shared with school council before being published on the school website and Tusaci's ScoPay.

Below are the Government nutrient-based standards which became 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

To ensure that we meet the above requirements model Essex meals are assessed using a software programme and we calculate the levels across our three-week menu.

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.

We currently have an opt out approach in EYFS and Key Stage 1 for universal free school meals.

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.

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, 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 as well as a care plan. 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 available as soon as they are changed and 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 worship. 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. Only water is permitted in bottles consumed in the class during drink breaks unless evidence is provided of a medical requirement to the Headteacher.

Lunchtime Environments

Lunchtime Leaders ensure that children can have their lunch in a safe caring environment and 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. EYFS 'buddies' 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.

Food across the Curriculum

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

PSHE is embedded into the curriculum with 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 & RE**, 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.

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.

"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