

Stanford Junior and Infant's School



Whole School Food Policy

September 2016

	Signed	Date
Reviewed Sept 2017		
Reviewed Sept 2018		
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Approved by Governors.....

Stanford Junior and Infant's School - Whole School Food Policy Autumn 2016 Aims:

Stanford School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Stanford staff recognises and are committed to the fact that healthier children learn more effectively.

Contextual Information:

The School has total of approximately 250 pupils. The school is made up of mainly White British pupils. The number of children presently eating school meals is just over 500 per week. The number of children taking free school meals is approximately 10. (This excludes KS1 who are supported by Government funding for free meals). The Healthy School Group members have initiated the Policy supported by SMT and other members of the school community who have contributed as appropriate.

Provision of Food:

The Eating Environment - All pupils eat in the dining hall with their own class and then move into the playground. Pupils who eat a packed lunch are encouraged to sit with children who are having school meals. Long tables enable more children to be seated with their class/friends and more time for them to eat lunch. An attractive salad bar has been made available to children with a variety of choices. Colourful paintings and displays of children's work make the hall inviting for pupils. In the EYFS classrooms clear snack areas are provided with healthy snacks, fresh water and milk. School Meals (lunches) Food is provided by Cygnet/Chartwells Catering Services. These healthy options are promoted at the admissions phase. Free school meals are provided for all infant children in this school. Food is presented at child height and the mid-day staff and other staff talk through the options verbally. Children are encouraged to try different foods each day by the staff.

Children are expected to choose one of the main options and vegetables/salad each day. Sandwiches with a choice of fillings are on offer daily. Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative. A member of staff and parents discuss options with the children and help make decisions on their balanced diet. Some members of staff sit with children and eat their meals with pupils. Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall. Slow eaters go for dinner first and are encouraged by the staff in Key Stage 1. Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed. The mid-day staff are informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classrooms. The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week.

New Standards:

State that starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week. To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety. The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week. When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer. The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available. Water is also provided and encouraged to be drunk alongside the meal.

School meals (breakfast)

Breakfast club has been running for just over a year and has approx. 15 children attending. Children arrive in school at 8.10am and social interaction is encouraged whilst eating breakfast. Before they have breakfast, pupils have the opportunity to play a variety of supervised action games, which could include a

zumba type dance session, skipping, hula-hoops etc. Outdoor play is also encouraged. Places are offered to children in need and pupil premium children, who are entitled to free breakfast and working parents who pay a contribution towards costs per day. The food is prepared fresh on site by the learning mentor, teaching assistant and volunteers. The food on offer ranges from sugar free cereals and milk, white and brown bread, margarine, sugar free jam, raisins and other dried fruit. Fresh fruit and juices are also available. Appropriate food handling certificates have been gained by the staff.

Packed Lunches:

Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage (to ensure that food is actually eaten). Parents are consulted by a class teacher if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' workshops are offered. All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits. There is also a separate packed lunch policy, which gives further details.

Extended School Standards for school food other than lunch:

Many of the food based standards apply to food served throughout the school day including breakfast clubs, midmorning break, after school clubs and tuck shops. Restrictions apply with regards to foods which are high in fat, sugar and salt, and as these restrictions apply throughout the school day, Stanford tries to ensure that breakfast, morning break and after school club food provision does not contravene these standards. For example, if the weekly menu has a chicken pie and an apple pie featuring the same week, no other pastry item can be served during this week.

Restriction:

No more than two portions of food that has been deep-fried, batter coated, breadcrumb-coated, each week. No more than two portions of food which include pastry each week. No snacks, seeds, vegetables and fruit with no added salt, sugar or fat. No confectionery, chocolate and chocolate-coated products. No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit) Salt must not be available to add to food after it has been cooked.

Snacks:

Free Milk will be offered to infant pupils below the Government specified age of 5 years. Since September 2014, all infant school pupils have been entitled to a free school lunch. Where milk is made available outside of lunch it only needs to be offered free to those pupils entitled to a free school meal. Schools may use the Dedicated Schools Grant to fund the provision of milk for eligible pupils (those entitled to free schools meals, and all infants where it is offered as part of the universal free school meal from September). It is for individual schools to decide how much funding to allocate for this and the Finance Committee of the Governing Body and SMT will make this decision

A range of fresh fruit or vegetables are offered to children in KS1 during morning play. The list of permitted healthy packed lunch foods, also applies to snacks brought for after school clubs.

Drinking Water:

Children are encouraged to bring in individual, clean plastic bottles from which to drink water on a daily basis. Clean plastic cups are provided in Reception class as necessary. The school also has water fountains in various locations.

Curriculum:

The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links. The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week. In Key Stage 1 and 2 children learn the

importance of healthy living in Science, DT and SMSC. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology. An after school gardening club runs where vegetables, fruits and herbs are grown seasonally. In the EYFS vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups. Superfluous vegetables are sold to parents as an Enterprise initiative to ensure funding for next year's seeds, etc. We also offer a variety of After School clubs, which focus on cooking healthy food. The workshops are run for pupils and/or parents.

Provision for Staff:

Staff are encouraged to eat healthily themselves. Some staff members choose to have a school dinner from time to time. Some choose to eat with the children. • Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued. During parents evening/staff training events, staff are regularly offered healthy food options, including fruit and juice. Staff involved in food preparation for breakfast and extended school have a food hygiene certificate.

Parents:

Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and Stanford website. When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit. The school provides healthy eating workshops for parents, as well as providing school meal tasting sessions.

Other Issues:

Sweets or chocolates for special occasions, such as birthdays, are permitted to help celebrate the occasion. Multicultural food is encouraged during parties such as Christmas, Cultural Week and school meals. The use of sweets for rewards is not encouraged (except on special occasions). Instead, children are rewarded with stickers, certificates, praise, visits to other classes or the Head to celebrate their work, as well as phone calls home to parents. During SATs week all year 6 pupils are offered free healthy breakfast.

Actions:

Menus are displayed so that children and parents are aware of what food is available, giving both time to make healthy choices before ordering the meal. A new oven and a range of cooking equipment have been provided to encourage more hands on healthy cooking in lessons. A new kitchen with full facilities and equipment has been provided in the Stanford Centre next to the school where staff can take pupils/parents to teach healthy cooking/eating. An after school cookery club is also provided.

Approved by Governors

To be Reviewed