



**Rudston Primary School**

**Whole School Food Policy**

**Date: October 2018**

**This policy and all school policies are produced in accordance to guidance set out in our school legislation and guidance policy.**

**Approved By Governors: October 2018**

**Review Autumn Term 2019**

## **Our Mission Statement:**

To develop a love of learning,  
enabling all children  
to reach their full potential.

\* Respect \* Resilience \*  
\* Responsibility \* Enjoyment \*  
\* Challenge \*

## **Safeguarding Statement:**

“Rudston Primary school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.”

## **Rationale**

As a school, we have always prided ourselves in providing the best education for our 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 class.

In the past, as part of the curriculum and to improve the wellbeing of our children, we have incorporated:

- fruit for snacks to infant children
- healthy snacks for sale
- Provision of water for children
- milk for Infants

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 lunches
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum

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.

## **Aim**

To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school.

## **Objectives**

Working with the school's caterer Food for Thought.

The school and its caterer must meet the new nutritional standards for school meals as outlined in The School Food Plan (January 2015) and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

Fruits and vegetables -

- These include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)
- Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)
- A fruit-based dessert shall be available at least twice per week in primary schools

Meat, fish and other non-dairy sources of protein -

These include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans).

A food from this group should be available on a daily basis.

- Red meat shall be available twice per week in primary schools, and three times per week in secondary schools.

- Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks
- For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein

Starchy foods (also see additional requirement on deep frying below) - these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes and sweet potatoes.

- A food from this group should be available on a daily basis.
- Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week.
- On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available
- In addition, bread should be available on a daily basis, deep fried products

Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.

Milk and dairy foods -

Includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard. A food from this group should be available on a daily basis.

Drinks -

The only drinks available should be:

- Plain water
- Milk (skimmed or semi-skimmed)
- Pure fruit juices
- Yoghurt or milk drinks (with less than 5% added sugar)
- Drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);
- Low calorie hot chocolate;

NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.

Water - There should be easy access to free, fresh drinking water.

Salt and condiments - Table salt should not be made available.

Confectionery and savoury snacks Confectionery, chocolate and chocolate coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.

The school and its caterer will introduce school meal themes days/weeks, such as:

- Bonfire night
- Chinese New Year
- International themes
- Historical themes
- Healthy living promotions
- Taster days
- Curriculum theme days

The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum.

As part of the work that children do for sciences, design technology and for personal, social, health and citizenship education (PSHCE), they will be taught:

- The components of a healthy diet

- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/Breakfast/evening meal
- Cost of menus, etc
- Measuring and weighing recipe games
- Have a growing club where vegetables can be grown by the children
- Food in history

The school will sign post you to [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life) to provide parents with additional information. Links are on the school website. The site offers parents information on healthy foods that should be included in Lunch boxes from home.

The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain roll/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child.

Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school. In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts.

From time to time we have children that cannot eat or come in contact with nuts, therefore we respectfully ask that parents refrain from using peanut butter or Nutella as a sandwich filling in packed lunches.

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 reasonable length of time, in order to eat their lunch.
- Children are encouraged 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, should 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.
- Children are expected to behave whilst eating their lunches, be polite and helpful.
- If a child has a problem they should raise their arm and wait until a lunchtime supervisor speaks to them.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition.

The school will ensure their school catering staff are trained, at least, to Basic Food Hygiene Standards. The school will ensure their representative will receive basic food hygiene training. We are regularly inspected by the local environmental health department, we have been scored a 5 which indicates our catering facilities are of the highest standard possible (January 2016) The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met. This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed periodically by the HT, the Health & Wellbeing Co-ordinator, school council, and the governing body. This document is freely available to the entire school community. It has also been made available on the school website.

### **Allergy and intolerance**

If your child has been medically diagnosed with food related allergies or intolerance issues, please contact school to make an appointment with our catering manager who will discuss the menu and food items suitable for your child/ren. Our catering manager is on site each day.

### **Free school Meals**

Currently all children in KS1 are entitled to a meal free of charge however we would encourage parents/carers that are in receipt of any of the below benefits to register for free school meals as this will attract additional pupil premium school funding

If you live in Liverpool and receive any of the following benefits you can claim free school meals for your child. This is also applicable to nursery children if they attend before and after lunch sessions at a local authority nursery school or nursery class.

If the child is over 18 and still attends school, you can claim if you receive any of the first three allowances listed below.

- Income Support.
- Income based Jobseeker's Allowance.
- Income related Employment Support Allowance.
- Support under Part VI of the Immigration and Asylum Act 1999.
- The guaranteed element of State Pension Credit.
- Child Tax Credit - as long as you have a yearly household income of less than £16,190 (as assessed by HM Revenues and Customs) and do not get Working Tax Credit.

- Working Tax Credit run-on, paid for four weeks after you stop qualifying for Working Tax Credit.
- Universal Credit - provided you have an annual net earned income not exceeding £7,400 (£616.67 per month).

### **How long will my child's eligibility last?**

- If your child was eligible for free school meals before Sunday, 1st April 2018, they'll stay eligible until March 2022, regardless of any change in your circumstances whilst Universal Credit is rolled out nationally.
- If your child gains eligibility for free school meals after 1st April 2018 they'll stay eligible until March 2022, regardless of any change in your circumstances.
- After March 2022, your child will stay eligible until the end of their current phase of education. For example, if your child is in year 4 in 2022, they will remain eligible until they finish primary school but will no longer be eligible for free school meals in secondary school if you and your partner's net income is more than £7,400 per year

<https://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/income-related-free-school-meals>

Signed:

Agreed Governors

Date: October 2018

Reviews: Autumn 2018