# St. John Fisher Catholic Voluntary Academy

# WHOLE SCHOOL FOOD POLICY

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| St. John Fisher Catholic Voluntary Academy |
| WHOLE SCHOOL FOOD POLICYINTRODUCTION The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. |

Rationale

The policy has been formulated following consultation to develop healthy eating and drinking activities that benefit pupils, staff, parents/carers and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of maintaining Healthy School Status. The policy was formulated through consultation between members of staff, governors, parents/carers and pupils, and will be monitored by members of our pupil ‘Food Champions and SNAG (school nutrition action group).

The principles of this policy incorporate those outlined in the School Food Plan http://www.schoolfoodplan.com

The nutritional principles of this policy are based on the ’eatwell plate’ <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

Aims

The main aims of our school food policy are:-

* To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
* To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices.
* To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
* To ensure that the mandatory food based standards are implemented.
* To ensure that the school follows the principles laid out in the School Food Plan and encourages the take up of school meals.
* To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.

These aims will be addressed through the following areas:

1. **School Food Plan**

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food provision. The plan outlines how schools should improve their attitude to school food by :-

* + Adopting a ‘whole-school approach’: integrating food into the life of the school: lunch is seen as an important part of the school day; the lunchtime servers as important staff members; and food as part of a rounded education.
  + The head teacher leading the change
  + Concentrating on the things children care about: good food, attractive environment, social life, price and brand.
  + Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1 pupils.

1. **Equal Opportunities**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

1. **Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage Cooking and Nutrition was brought in as a compulsory part of the national curriculum from September 2014. Our connected approach to the curriculum (Cornerstones) reflects the whole school approach to healthy eating and incorporate the DFE statutory guidelines.

This is addressed through:

### Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods reflect the whole school approach to healthy eating.

### Cooking and nutrition

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. 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. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

* **Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.

* **Staff training**

School staff including teachers, TAs and lunchtime supervisors have a key role in influencing pupils’ knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the school will review its provision bi-annually and its choice of breakfast annually. We currently use the Leicestershire School Food Support Service to provide school lunches and have developed our own breakfast menu that meets the requirements of the School Food Plan.

### Visitors in the classroom

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor’s talk is suitable for the ages of the pupils.

### Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the ‘eatwell plate’ where appropriate.

1. **Food and Drink Provision throughout the school day**

**Food Standards**

National Nutritional Standards for school Lunches became compulsory in 2009.

As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches came in to force in January 2015. Together with the existing standards 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. <http://www.schoolfoodplan.com/standards/> . Checklists for monitoring provision are available from the Children’s Food Trust <http://www.childrensfoodtrust.org.uk/>

### 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 and complies with the food-based standards.

The breakfast menu includes:

* **Fruit Juices (max. 150ml- water may be added to increase this portion)**
* **‘Best of Both’ Breads for toast.**
* **Spreads, jam for toast.**
* **Selected cereals, porridge and semi-skimmed milk.**
* **Semi-skimmed milk for drinking.**
* **Water.**
* **Plain or fruit yoghurt (not ‘dessert yoghurt) and fromage frais**

### Lunch

Food prepared by the Leicestershire School Food Support Service meets the National Nutritional Standards for School Lunches.

**Universal Free School Meals**

From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The school fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behavior and attainment.

### Fruit Scheme (KS1 only)

The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of a class comfort break.

### Milk

The school currently uses the ‘Cool Milk’ scheme and parents/carers are able to buy their child’s daily milk via the online booking system.

**Snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school permits fruit, 2 plain biscuits or cereal based snacks at break times and discourages the consumption of snacks high in fat, salt and sugar. Cereal bars must not be chocolate coated or contain nuts.

**Use of Food as a Reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

### Drinking water

Drinking water is available to all pupils and staff, every day, and free of charge from the water dispensers situated in the corridors outside the classrooms and from one situated in the staff area. Children are encouraged to bring in water bottles and to refill them at break times or when necessary.

1. **Food and Drink Brought Into School**

### PACKED LUNCHES

Packed lunches prepared by the Leicestershire School Food Support Services adhere to the Government Food Lunch Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the ‘eatwell plate’.

1. **Special Dietary Requirements**

### Cultural and religious diets

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

### Medical Diets

Individual care plans are created for pupils with medical dietary needs/requirements. These individual requirements are provided with a current photograph to be displayed in every classroom. Due to pupils attending our school with a severe nut allergy, Saint John Fisher is a nut free school.

1. **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. We consult our local Environmental Health Department about legal requirements.

Appendices

1. Breakfast Club Sample Menu
2. School Food Plan Summary

Links

1. [www.schoolfoodplan.com](http://www.schoolfoodplan.com)
2. [www.foodforlife.org.uk](http://www.foodforlife.org.uk)
3. [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
4. [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)
5. [www.foodroutes.org](http://www.foodroutes.org)

Review: January 2018



**Breakfast Club- Sample Menu (from September 2015)**

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| **http://pbjh2o.com/wp-content/uploads/2014/09/glass-of-water-clipart-192x300.jpgDrinks** | * Fresh water * Fruit juice (orange or apple) up to 150ml portion * Semi-skimmed milk |
| **Breakfast**  **http://shenandoahms.org/ourpages/auto/2015/3/11/53969203/breakfast_clip_art.jpg** | * Wholemeal or ‘Best of Both’ Toast * Spread, jam * Wholegrain cereals (no nuts or nut based) and semi-skimmed milk * Plain or fruit yoghurt/ fromage frais |

**Review: September 2016**