



## ***Through God We Achieve***

### **OUR VISION AT ST. STEPHEN'S CE PRIMARY SCHOOL**

To deliver outstanding education in a caring community, with God at its centre

**'Turning your ear to wisdom and applying your heart to understanding'. Proverbs 2:2**

### **OUR VALUES:**

**Joy** - we provide a happy and stimulating environment, rooted in Christian values.

**Excellence** - we are a church school committed to the highest standards in everything we do.

**Relationship** – we work hand-in-hand with St Stephen's Church as well as our parents and carers.

**Respect** - we enable our children to deepen or realise their own faith and respect the freedom of others in their beliefs.

**Nurture** – our children are cared for spiritually, morally, intellectually, physically, socially and emotionally.

## **FOOD POLICY**

<b>Action</b>	<b>Policy to be reviewed as required and at least annually</b>		
	<b>Owner</b>	<b>Date</b>	<b>Completed</b>
Updated	Zoe Marchant	October 2022	October 2022
Next Review	SLT	October 2023	
Approved	SLT	October 2022	October 2022

## Introduction and Context for policy

At St Stephen's Primary we believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent. As a school, we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

## Aims

- To ensure that all aspects of food and nutrition in the school help to promote the health and well-being of the whole school community.
- To further develop and maintain an ethos within school in which a healthy choice is the easy choice.
- To provide cross-curricular education that enables pupils to make an informed choice.
- To involve the whole community in developing and maintaining healthy eating and drinking habit.
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage a balanced diet
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To take into account and accommodate dietary requirements. Water offered to all year groups
- To ensure high standards of hygiene amongst the children
- To develop healthy eating habits that will last a lifetime

## Settings for Food Policy across the School Day

- **Break time** – *Provision of fruit or vegetables for every child, currently children aged 4-7 are provided with free fruit by the government initiative scheme. KS2 children are encouraged to bring in their own fruit or vegetables as a snack*
- **Snack** – *All 1 and Year 2 classes include a morning break time snack of fruit or vegetables. As part of promoting healthy eating children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. Key Stage 2 children are asked to bring in fruit (fresh or dried) or vegetables for playtime. Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips. When participating in school-organised swimming lessons, children are permitted to bring a snack to eat whilst off-site. As with other snacks, this should be fruit, vegetables, crackers and cheese or low-fat cereal bars. Fizzy drinks, sweets, crisps and chocolate are not permitted.*
- **School lunches** – *The kitchen staff make food that promotes healthy eating*
- **Packed lunches** – *As well as cooked lunches, 25 children bring a packed lunch to school. We believe that this lunch should also form part of children's well-balanced diet, so to support parents we regularly include information and ideas about the contents of these in newsletters and on our website. We do not allow children to have fizzy drinks or sweets and encourage every child to have at least 1 portion of fruit and 1 of vegetables each day. We also recommend that children are given the correct amount of each snack, i.e. not being given a sharing pack of crisps.*

- **Breakfast** – *Breakfast is an important meal of the day and we encourage all children to have a proper breakfast before leaving home in the morning. However, we also operate a breakfast club daily for those children that require it (on average 20 pupils a day). Breakfast Club provides a selection of cereal, yoghurt, bread and fruit options, including different milk alternatives for pupils before the school day.*
- **Drinks** – *With water fountains spread around the school, children are able to have a drink whenever necessary. Our pupils are also encouraged to bring a water bottle into school which they can also use during the day. We also have the aim of phasing out all single use plastic bottles.*
- **Clubs** – *For our after school clubs, the children are entitled to a snack before they start. This snack will give them the energy they need to complete their activity and spend more time at school and this includes a roll, fruit and a biscuit*
- **Birthdays** – *Parents are not allowed to provide sweets/cakes at birthdays.*

### **Monitoring packed lunches**

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines, a letter will be sent home with a copy of this policy.

### **Nut allergies**

We are a nut free school, but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school, and children with a nut and/or peanut allergy have an individual plan. Staff are trained to recognise and manage allergic reactions.

### **Teaching about food and nutrition**

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Eat Well Plate is used as the basis to teach about healthy eating within the curriculum.

### **Within the formal curriculum-**

- **e.g. KS1 Science**  
**Design and Technology**  
**RHE**
- **e.g. KS2 Science**  
**Design and Technology**  
**RHE**
- **Cross curricular work**  
**Extra-curricular activities**
- **Eco Warriors including a gardening and growing club and recycling group. Gardening club grows fruit and vegetables.**

- **Special events, such as Family Supper**
- **Various food topics – Cooking club.**
- **Food for life days/healthy cooking and baking clubs.**

### **Inclusion**

All children are included and care is taken to deal sensitively with any children with food allergies and preferences. Individual health care plans are created for pupils with food allergies. These document 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 the agreed process. Children with allergies are required to wear lanyards, clearly showing foods they are allergic to.

For dietary requirements, children also wear lanyards, as this helps the kitchen know who can eat what.

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

### **Responsibility**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of RHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our RHE, DT and enrichment planning.
- The lead governor on health and safety ensures the policy is implemented.
- Kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance.

### **Partnerships**

*Who we work with on food issues in schools.*

- **School Council**
- **School Nurse**
- **Parents and Carers, pupils (via the School Council), staff**
- **Governors – who have had an input into this policy**

### **Monitoring and Evaluation**

To be carried out by the head teacher and Healthy Schools Lead.

### **Future plans**

To further develop cooking in the curriculum. Healthy Schools London regularly gives information to families re healthy packed lunches and this will be regularly monitored and updated.

### **Extra information**

FOSS and other parents also work together to organise cake sales and food based stalls at our summer and Christmas fayres. For this, all food is monitored and nut free to fit in with the ethos of our school.