

Lainesmead Primary School and Nursery



Whole School Food Policy

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Signatures

Subject Co-ordinator

Sarah Ellison

Headteacher

Eirian Painter

Chair of Governors

Alan Mulrooney

Lainesmead Primary and Nursery School Whole School Food Policy

Aims

Lainesmead Primary School and Nursery aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and all communication regarding the provision of food at school are consistent.

Staff recognise and are committed to the fact that healthier children learn more effectively and aim to promote good eating behaviour and protect those who are nutritionally vulnerable.

Lainesmead Primary School and Nursery aims to implement the School Food Standards and recognises that a healthy, balanced diet should consist of:

1. Plenty of fruit and vegetables
2. Plenty of unrefined starchy foods
3. Some meat, fish, eggs, beans and other non-dairy sources of protein
4. Some milk and dairy foods

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 dining tables provide more seating space; therefore quick change-overs are not required. This allows children to eat lunch at their own pace.
- A bespoke salad bar unit is provided in the spring and summer terms to offer children a variety of salad item choices.
- Lunchtime meals are always served at child height. Catering Assistants, Midday Supervising Assistants (MDSAs) and Teachers talk through the options verbally.
- Lunchtime staff work to support children in experiencing an enjoyable lunchtime which is unhurried, relaxed and calm. Staff ask children to use their "inside voices" to keep noise to a comfortable level, this especially supports children who have a sensitivity to noise.

School Meals (lunches)

- All food is freshly prepared by the school kitchen staff
- Universal Free School Meals are provided for EYFS, year 1 and 2
- Free school meals are provided for all children who qualify in years 3 through to 6.
- Children are encouraged to try different foods each day by the Catering Manager and other staff.
- Children are expected to choose one of the main options and vegetables or salad each day.
- Bread is always available.
- Healthy dessert options are offered, there is always a "homemade" pudding on offer which contains honey not sugar and vegetable fat not animal fat or butter. Fresh and dried fruit and yoghurts are always on offer.
- A member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Children who eat little are monitored and encouraged. Their teachers and parents are informed by the Catering Manager if there is an issue.
- The Catering Manager is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- Children are provided with tap water to drink.
- The Catering Manager ensures School Food Standards are being met including the following:
 - Starchy food cooked in fat or oil is not be provided on more than two days each week.

- To promote variety, three or more different starchy foods are provided weekly, including at least one wholegrain variety.
- At least three different vegetables and three different fruits are provided each week. One or more portions of vegetables or salad as an accompaniment everyday. Also one or more portions of fruit.
- One portion of meat, fish, eggs, beans or other non-dairy sources of protein is available everyday.
- Oily fish is included in the menu once or more every three weeks.
- A portion of dairy food is included every day.
- Water and milk are provided at breakfast, lunchtime and for after school club.

Restrictions

- No more than three portions of food a week that have been deep-fried, batter coated or breadcrumb-coated.
- No more than two portions of food each week that includes pastry.
- No nuts or seeds are permitted in the school (this also applies packed lunches and throughout the school).
- No confectionery, chocolate and chocolate-coated products are served.
- Salt must not be available to add to food after it has been cooked.
- No condiments are provided

Packed Lunches

- Water or milk is provided to all children who have a packed lunch.
- As fridge space is not available in school, parents are advised to pack lunches in insulated lunchboxes and bags (ideally with freezer blocks in the summer to stop food spoiling)
- Pupils are not permitted to swap or share food items.
- Children are encouraged to show their empty lunchboxes to a member of staff to show they have eaten everything, especially in Foundation Stage and Key Stage 1. Children are always encouraged to eat healthy items.
- No more than two of the following items are permitted in packed lunches; chocolate, potato crisps, cake, biscuits, fizzy or sugary drinks are not allowed in packed lunches.
- Parents are spoken to by a class teacher if lunch boxes are consistently unhealthy.
- If the child continues to bring an unhealthy lunchbox to school the Class Teacher will contact parents directly regarding this issue. This the situation continues the matter will be raised with the Designated Safeguarding Lead.
- Healthy packed lunches are provided by the school for educational visits, if children require them.
- If lunch boxes or bags are left in school at the end of term the school will dispose of them.

Extended School Activity - Standards for school food other than lunch

The Food Based Standards restrictions with regards to foods which are high in fat, sugar and salt apply to all food served throughout the school day including:

- Breakfast Club
- Midmorning snack - The Healthy Free School Fruit and Vegetable Scheme for EYFS & KS1
- Nursery Snack
- The KS2 Tuck Shop
- The L'After After School Club

School meals (breakfast)

- Children arrive in school at 8am; social interaction is encouraged whilst eating breakfast. After they have had breakfast, pupils have the opportunity to play a variety of board games or read books.
- The food is prepared fresh on site by the Catering Team.
- The food on offer ranges from, sugar free cereals and milk, white and brown bread, margarine, sugar free jam, marmite, honey and fresh fruit.
- Twice a week a hot breakfast is provided items being served are; porridge, reduced fat and sugar baked beans, wholemeal spaghetti hoops or scrambled egg on wholemeal toast. On special days homemade pancakes with berries are served.

Snacks – KS1, EYFS and Nursery and KS2 Tuck Shop

- Children under five are entitled to free milk.
- EYFS and KS1 children can be provided with milk purchased through the School Milk Scheme.
- Milk offered to children at other times of the day is without charge.
- Fresh fruit or vegetables are offered to KS1 children during morning play.
- The KS2 Tuck Shop is available Monday, Wednesday and Friday selling a selection of healthy options including; homemade honey based fruit flapjack, homemade plain popcorn, homemade honey based apricot cookie, no added sugar fresh strawberry milkshake etc. Children are allowed to buy two items each.

Snacks brought in from Home

Only fruit based snacks are allowed for snack. Fizzy or sugary drinks should not be brought in from home for snack at Break time.

L'After Club

- A light tea is provided for Monday to Thursday sessions. The food is freshly prepared on site daily by the school kitchen. The food is nutritionally balance to take in to account other food served in the school day to ensure food standards are met and recommended calorific values are not exceeded.

Drinking Water

- Children are encouraged to drink water throughout the day. There is a water fountain in KS1 and KS2 children are able to refill their water bottles at lunchtime. Children are required to bring to school their own drinking bottle.

Cooking and Nutrition Curriculum

As part of their work with food pupils are taught how to cook and apply the principles of nutrition and healthy eating. Pupils are taught:

Key Stage 1

- The basic principles of a healthy and varied diet to prepare dishes
- To understand where food comes from

Key Stage 2

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

The formal curriculum develops pupils' knowledge of healthy eating through Design and Technology, PHSE, Science and other cross-curricular links.

Example of year group food related activities (facilitated by the Catering Manager):

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Making a Fruit Kebab	Fruit Salad	Making a Healthy Smoothie	Series of cookery lessons	Making a Cereal Bar	Series of cookery lessons

Additional to the above, all year groups have cookery sessions with the Catering Manager in the school kitchen throughout the year. Pupils are taught basic cooking skills, how to use tools and techniques safely, and how to follow a recipe.

The after school gardening club grows vegetables, fruits and herbs seasonally, produce is harvested by the pupils and used in the school kitchen.

Parents

School meals are available to pupils at a cost of £2.30 per day or free of charge for EYFS, years 1 and 2 children under the Universal Free School Meals initiative or free of charge for qualifying children in years 3 through to 6. Information about school meals is shared with parents via Parent Pay. When parents and visitors come to the school, the refreshments provided reinforce the schools healthy eating message.

Paying for school meals

The payment for meals is required upon ordering through the Parent Pay system. Should a child not have a meal ordered for them and they arrive at school without a packed lunch, the school office staff will telephone home to request that a packed lunch is brought into school in time for lunch.

If the parent cannot provide a packed lunch then the school will provide a meal for the child at the cost of £2.30. The debit for the meal will be applied to their Parent Pay account by the school office team. This however will only happen if the parent has provided a sound reason as to why they cannot provide a packed lunch for their child/ren.

The school is not obliged to provide a school dinner where payment is not forthcoming or where authorisation for Free School Meals has not been received. If a child's entitlement to Free School Meals has expired, the parent/carer must provide a packed lunch or order and pay for school meals as detailed above.

If a parent/carer repeatedly fails to make the provision of a lunchtime meal for their child/ren, the child's welfare will be deemed to be affected and the school may make a referral to Social Services.

The school will therefore act promptly to address such issues at an early stage.

Special Diets and Allergies

The school recognises that some pupils may require special diets that do not allow the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. Also, for this reason pupils are not permitted to swap food items.

The school follows the advice of the local authority and does not permit any nuts or nut products on the school site. This includes almonds, pecans, walnuts, pistachios, cashews, chestnuts, brazil nuts, pine nuts, macadamia nuts and peanuts.

Nuts and nut products can cause allergic reactions, which are sometimes severe. Anaphylaxis (a severe reaction to nuts) can be life-threatening. The risk even though small is still as very real and one that we take very seriously.

Although we cannot guarantee a nut free environment by banning nuts or nut products we are reducing the opportunities for allergy related incidents. The decision to ban nuts and nut products from school has been made because of the potentially fatal consequences of an allergic reaction.