



ST. AUGUSTINE OF CANTERBURY CATHOLIC PRIMARY SCHOOL

Whole School Food Policy

Mission Statement

"I called you by your name, you are mine." Isaiah 43

The mission of our school is to support and further the teachings of Christ and His Church.

We welcome and embrace individuals of all abilities and cultural backgrounds.

We aim to enhance and celebrate their moral, physical, social and emotional development, so that they may reach their full potential in an atmosphere of stability, care and respect.

We believe that education is for all and in partnership with parents, carers, children and the wider Catholic community: we will strive and succeed in a wholly inclusive setting.

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Written by: Mrs Claire Burns (PSHEE Lead)

Introduction

St. Augustine of Canterbury Catholic Primary school is dedicated to providing an environment that promotes healthy eating and enables children to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation with members of the school council, school staff - including wrap around care staff, governors and parents/carers.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support children to make healthy food choices and be better prepared to learn and achieve
3. To advise upon a consistent approach to healthy eating across the school community including children, staff and parents/carers

Guidance and legislation

The British Nutrition Foundation (BNF) recognise that schools can play an important role in both promoting healthy eating habits to children, and ensuring school food provides healthy, balanced meals with the appropriate amount of energy and nutrients children need.

Meals provided by the school are in line with the School food standards launched by the Department for Education as part of the School Food Plan: <http://www.schoolfoodplan.com/wp-content/uploads/2014/06/School-Food-Standards-Guidance-FINAL-V1a-140616.pdf>

These food standards align with the Eatwell Plate which demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day. You can find the Eatwell Guide here: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

As such, these guidelines should also be applied, where possible, to snacks and packed lunches from home. The BNF have a template that can be used at home with children so they are active in planning a balanced packed lunch, which you can find here:

<https://www.nutrition.org.uk/attachments/article/747/Health%20packed%20lunches%20for%20children%20resource%202.pdf>

Food throughout the school day

1. Breakfast

Breakfast is an important meal that Nutritionists advise should be eaten within two hours of waking and should provide calories in the range of 20-35% of your guideline daily allowance (GDA). Therefore, a healthy, nutritious and balanced breakfast will support children to be ready to learn at the start of each day.

The school runs a daily breakfast club for children from 7.45am - 8.45am.

The breakfast menu includes: cereal, toast, crumpets, waffles, yoghurts and fresh fruit.

2. School Lunches

School meals are provided by Chartwells and served between 12pm - 1pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website:

<https://www.staccp.org.uk/content.aspx?id=167&name=Chartwells>

We encourage the use of Chartwells to all families, but in particular to the children in Reception, Year 1 and Year 2 as part of the Universal Free School Meals offer. Having a catering team on site, enables the children to be able to access a healthy, hot cooked meal at lunch times.

3. Packed Lunches

This packed lunch section of the policy has been developed by drawing on key government guidance associated with healthy eating and the school day. If you choose to prepare for your child a cold packed lunch, the following guidance will support children to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include the following:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetable/salad;
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal);
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon or tuna;
- Carbohydrate; starchy food such as bread, wraps, pasta, rice, couscous, noodles, potatoes, chapattis and roti (choosing wholegrain where possible);
- Dairy; foods such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these could be substituted if possible or appropriate;
- Drinks; water, pure fruit juice - 150ml serving (no added sugar), fruit or vegetable flavoured water with no added sugars or sweeteners, reduced fat and sugar yoghurt or fruit smoothies (minimum 45% fruit);
- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit-based crumble. Cereal bars and biscuits can be included, as part of a balanced lunch;
- Crisps or other savoury snacks with lower fat and salt content are permitted*.

Foods to avoid or limit to no more than twice per week: -

- Meat products such as sausage rolls, individual pies, corned meat and sausages;
- Crisps or other savoury snacks that are high in salt and fat*;
- Chocolate coated biscuits.

*Many packets advertise clearly that they are lower in fat, however the salt content remains fairly well hidden. Please check the labels for content, comparing the 'per 100g' measure. Low salt would be classed 0.3g or less per 100g and high is more than 1.5g salt per 100g. We advise that parents aim to include snacks that do not exceed the 1.5g per 100g measure. *Examples of crisps/snacks that contain less than 1.5g salt include some varieties of Walkers Lites, Walkers Baked, Pom Bears, Lidl's Linessa crinkle cut, Jacob's Oddities.* This is not an exhaustive list, but in general 'baked' varieties tend to meet the criteria more often than other types. Flavours within brands also differ - so please check.

Packed lunches should not include any of the following: -

- Drinks other than those indicated above;
- Confectionary such as chocolate bars and sweets;
- Chocolate spread as a sandwich filling;

- Chocolate bars;
- Nuts and peanut products;
- Chewing gum;
- Sugared / toffee and salted popcorn;

Special diets and allergies

We ask that parents/carers be aware of nut allergies. The school recognises that some children may require diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons, children are also **not** permitted to swap food items. As some children in school may have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches.

Packed Lunch Containers

We ask that parents/carers and children-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Staff

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating with children.

Facilities for packed lunches

We will:-

- Provide appropriate facilities to store packed lunches.
- Provide fresh drinking water.
- Provide appropriate dining room arrangements for children, regardless of whether they have a school lunch or packed lunch and wherever possible allow children with a packed lunch and children having school meals to sit together.

Monitoring

To promote healthy eating, we will regularly monitor the content of packed lunches and involve children and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches. Any concerns over a child's food/nutrition intake and/or content of packed lunches will be dealt with timely and sensitively.

Working with parents and carers

We hope that all parents and carers will fully support this packed lunch policy. We are happy to offer advice and guidance to parents/carers on packed lunches if required.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years (Year R) and Key Stage 1 (Year 1 and 2), snacks are provided during the morning through the government fresh fruit scheme and include: apples, satsumas, bananas, pears, tomatoes, carrots and other seasonal fruits and vegetables.

A healthy school tuck shop runs daily at break-time. The tuck shop is managed and run by the children in Year 5. The snacks are supplied by the company "Fruit to Suit" and include: fruity pots, apple crisps, pear crisps, popcorn, juicy water, jelly squeeze etc.

Children in Key Stage 2 (Year 3, 4, 5 and 6) are permitted to bring a snack into school to eat at break-times. These should be a healthy snack consisting of fruit or vegetable or cereal bar

5. After school club

Evening Owls after school club provides the children with a light snack. Sandwiches are on offer daily with freshly prepared fillings and may also be toasted if the children so wish. Fillings include grated cheese, cucumber, lettuce, tomato, grated carrot, marmite, ham or chicken. Wraps, bagels, muffins, crumpets, rolls and on occasion teacakes are also offered. We use low fat spread rather than full fat butter.

Fresh fruit is also offered daily from our fruit bowl; this will be chopped or sliced especially for the younger children. Bananas, apples, grapes, strawberries and pineapple are some of the fruits offered.

6. Drinks

St. Augustine of Canterbury has a still, unflavoured **water only** policy for use throughout the day. Exceptions include the free milk entitlement for under-fives and optional over-five subsidised milk from our suppliers - Cool Milk; as well as drinks outlined within the packed lunch section, for consumption during lunch time only.

School water bottles are given to each child when they start school. Additional water bottles and spare lids are available for purchase from the office. Children are encouraged to use the school water bottle. The use of glass or metal flasks/bottles is prohibited.

Children should bring in their filled water from home bottle each day. Water bottles will be replenished in school throughout the day.

7. School trips

Upon request, a packed lunch can be provided by the school for all children who usually have a school meal. This will usually be on the trip permission forms sent through Parent Mail.

Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

Rewards, Birthdays and Events

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. See our school behaviour policy for reward systems in school.

Birthdays

The school recognises the importance of celebrating birthdays. We ask that parents/carers who would like to send in food items for their child to share with the class on their birthday provide only individually wrapped confectionary. These are not permitted to be consumed in school and they will be sent home with the children. We cannot cut and distribute cakes. Alternatively, non-food birthday tokens (for example stickers) may be distributed as a substitute to sweets.

Events

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school as a model of understanding a balanced diet.

Special dietary requirements

The school does everything possible to accommodate children' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for children with food allergies and the lead member of staff for this is our school SENCO, Mrs Angela Liggins.

Children's food allergies are displayed in a sensitive way in relevant places around the school including the school kitchen.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of children.