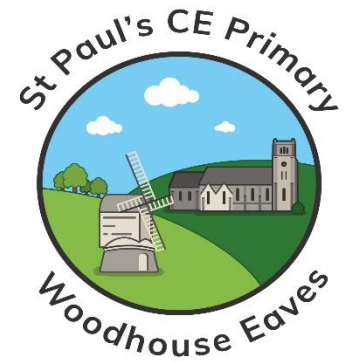


St Paul's CE Primary School School Food Policy



Adopted by Governing Body – November 2021

Review schedule- 3 years

Next review- Autumn 2024

School Vision

At St Paul's, we will nurture and inspire all children to enjoy a life-long journey of discovery and friendship. Through God's love and Jesus' teachings, our school community will support each child to flourish as curious, compassionate and resilient citizens with a love of learning.

"Start children off on the way they should go, and even when they are old they will not turn from it."

Proverbs 22:6

In order to fulfil this vision, the Governing Body have agreed this policy.

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1. Introduction

St Paul's CE Primary School strives to provide an environment that promotes healthy eating and enables pupils to make informed food choices. We believe that this is best achieved by having a whole-school approach to food provision and food education. This policy is informed by the 'Healthy Schools' programme. It also takes account of the views of children, parents, staff and governors.

2. Aims

- To provide a range of healthy food choices, throughout the school day, that are in-line with mandatory school food standards and Healthy Schools guidelines
- To support children to make healthy food choices in order to be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating, across the whole school community.

3. Food throughout the day

Drinks

A re-usable bottle should be brought into school, by each child. This should be filled with **water**. This is in order to maintain the dental health of the children, as they will have ready access to their water bottles throughout the day.

Water bottles are able to be re-filled at school. Water will also be provided, should children forget their bottles.

In order to reduce packaging waste, our School Council have decided that packaged drinks should not be brought in with lunchboxes. Jugs of water and cups will be provided instead.

Snacks at morning break time

Children in Reception, Year 1 and Year 2 will be provided with a piece of fresh fruit, provided by the government scheme. Children in reception will also be provided with free milk, up to their fifth birthday. After this, parents may choose to continue purchasing this milk for their child.

For children in Years 3-6, we recommend a piece of fresh fruit is brought in for morning break. No other snack is permitted.

School Lunches

School meals are provided by Leicestershire County Council school catering services and are **available to all children**. Please find additional information on the link below.

<https://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/school-food>

These are served between 11.45- 12.45 in the school hall. The meals provided meet all mandatory requirements (School Food Standards 2015). Our kitchens have also achieved the 'Gold Standard' as they create all their own meals from scratch. We feel the meals are tasty and hearty.

The menu choices are rotated on a three-weekly basis. There is always a vegetarian option and choice of salad and bread. Parents are encouraged to discuss the menu choices with their children.

All children in Reception, Y1 and Y2 (Robins, Squirrels and Hedgehogs) will be provided with a school meal, at no cost to parents. ***No packed lunches are permitted in these year groups.****

Booking should be made and choices selected, through School Gateway.

*Some children with sensory needs, connected with SEN, may experience great distress when faced with different or unfamiliar food. Please discuss provision with the school's SEN Coordinator (Mrs Gilchrist).

Encouragement to try a little of something new

Children will be encouraged with verbal praise, stickers and incentives such as the 'Golden Table'. However, no child will be forced to eat anything they do not want to. Alternatives, such as jacket potato or bread with cheese or tuna may be offered to children who do not like the menu choice, after they have tried a little first.

Packed lunches

We encourage all parents of children in Years 3-6 to continue with school meals. School meals provide a warm and nutritious fuel-stop in the middle of the school day. Having a school meal also means that there is far less food packaging waste and therefore a much better carbon footprint.

However, if parents wish to provide a packed lunch we request that it is balanced and they include:

- starchy foods such as bread, pitta, wraps, bagels, pasta, potatoes or couscous (wholegrain ideally)
- fruit, salad or vegetables
- dairy items e.g. cheese or yoghurt
- some protein e.g. tuna, beans, eggs, pulses, hummus or falafel.

Supporting information and ideas can be found on the government Change4Life portal:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Caution around portion size and regularity should be considered for other 'less healthy' items such as:

- crisps or other savoury snacks high in salt and fat
- pastry items such as pork pies or sausage rolls
- cakes, biscuits and highly sweetened yoghurts.

Sweets and bars of chocolate, along with chocolate spread or jam sandwiches, should not be included.

We are a ***nut-free school*** so any products containing nuts (including coconut) should not be included in packed lunches.

All children, regardless of whether having a school hot meal or a packed lunch, will sit together, in the hall, enjoying social time with their friends.

Lunch boxes will be stored outside, under the bicycle canopy, next to the hall. When very warm days are forecast, parents may wish to include a cool pack and perhaps consider less perishable items, for example cheese rather than ham sandwiches and an apple, rather than a yoghurt.

Before and after school care

A healthy breakfast, with fortified cereals and/or toast is provided at breakfast club. At Planet Play, after school, children attending the 3.30-4.30pm session will receive a drink and a small snack. The children staying for the later session will be provided with a 'high tea', prepared by our own kitchen staff.

All staff who prepare and serve school food will have had the appropriate level of training.

4. Golden Table

Over the week, lunchtime staff will be on the look-out for children who are trying new things, using their knife and fork (if having hot lunches) and showing good manners. These children will be able to choose a friend and sit on the Golden Table, on Friday. This table is laid with a special cloth and decoration. After their lunch, the children will have a small treat item. Both sandwich and school lunch children will be eligible for Golden Table.

5. Special occasions

Less healthy food items may be consumed at celebrations during the school year, for example Christmas parties. Some themed charity events, for example MacMillan Coffee Morning or Children in Need may also involve the sale and consumption of cakes, cookies and biscuits. Also, children may have a treat after their meal, if they are chosen for the Golden Table, on a Friday. We feel that this supports the idea that these items are treats rather than foods for every meal-time.

Some parents may wish to send in treat items, for example small packets of sweets, to celebrate children's birthdays (this is not an expectation). We ask that these are only sent in on Fridays, regardless of the day of the birthday, again to reflect the treat nature of these items.

6. Curricular and extra-curricular activities

Children will learn about food and nutrition, at age-appropriate levels, as we deliver our Science, PHSE and Design Technology curriculum. Children may also have the opportunity to try different types of

foods when learning about the customs and cultures of other nations, during their Geography and RE learning.

An after-school cookery club will also be offered during the school year, where staffing allows.

7. Special dietary requirement

The school will endeavour to accommodate children's specialist dietary requirements, including allergies. We ask that medical evidence is provided. Religious or cultural requirements can also usually be supported. Please speak to the school office.

8. Expectations for staff and visitors

The school expects staff and visitors to support and exemplify this policy throughout the school day, when in the company of the children. Staff and visitors are encouraged to take a school lunch. For staff who eat with the children in the hall, a school meal will be provided at no cost.