

St Charles RC Primary School

Food Policy



CHRIST IS AT THE CENTRE



Compassionate
Helpful
Respectful
Inclusive
Sharing
Truthful



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Our mission at St. Charles RC Primary School is to try and centre our life in Jesus Christ, the spiritual foundation of our community.

We aim to pass on the faith we share in partnership with you.

We want the children in our care to grow and develop to their full potential within a caring Catholic community which recognises fully their true worth and God given talents. We look forward to working with you in a spirit of mutual trust and support.

We take pride belonging to St. Charles RC Primary School.

MISSION STATEMENT

As a family of God, we love to learn and learn to love

INTRODUCTION

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. The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the 'eatwell plate' (formally the Balance of Good Health (BOGH))

POLICY AIMS:

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

2. To provide healthy food choices throughout the school day
3. Increase the flexibility of service and choices available to our pupils at the counter.
4. Encourage a positive attitude to healthy eating for later life.
5. Develop an all round positive attitude to healthy lifestyles through all aspects of school life.

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.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. 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 adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

THE SCHOOL COUNCIL

Our school council aims to involve pupils democratically in the life of St Charles RC Primary School. The school council helps school to listen to the views of pupils. It provides a structure to facilitate communication and enable pupils to take responsibility for many aspects of school life which they were previously not involved or consulted. Food issues are a common agenda item at School Council Meetings. Leading by example and staff training Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

To facilitate this the School Food Trust Guidance and website will be used to offer help for staff.

Visitors in the classroom This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe 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. The school's code of practice for visiting speakers is adopted.

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. Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

After School Cooking Club Pupils have the opportunity to learn about healthy eating through our after school cooking club. Funding is provided by Let's Get Cooking, a national network of cooking clubs for children, families and their communities. Through these sessions pupils will increase their food preparation and cooking skills which they can replicate at home.

We also deliver taster sessions aimed at encouraging children to sample a wide range of healthier foods. Evaluation of pupils learning Primary The healthy eating aspects of the National Curriculum are assessed through SATS.

Other aspects of healthy eating work are evaluated through activities and teacher assessments, which have been built into the programme, as part of the planning process.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available from the School Food Trust)

www.schoolfoodtrust.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 snack for pupils before the school day and complies with the food-based standards. As well as providing a forum for healthier breakfasts, such clubs can address the needs of children who arrive at school very early and who don't otherwise have a breakfast.

They can be used to promote better attendance by pupils and also are a forum for involving parents in their child's education including nutrition education. Breakfast clubs provide a range of activities such as reading, sports and exercise.

Children who don't have breakfast may have low blood sugar and dehydration, which can affect their ability to concentrate. It is known that significant numbers of children do not eat breakfast before leaving home. B

reakfast club provision falls within the Extended Schools agenda and the Government's target that schools should aim to offer "wrap around" care between 8am and 6pm. National Nutritional Standards for School Lunches National Nutritional Standards for school Lunches became compulsory in April 2001.

The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together 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. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

For the Purposes of the Regulations, foods are split into five groups and the regulations stipulate how many times a week various foods should be available. The five groups are: a. Fruit and Vegetables b. Starch Foods (Bread, rice, pasta, noodles, potatoes, chapattis) c. Meat, Fish d. Milk and Dairy Foods e. Foods containing Fat and Sugar Foods in group E don't have to be made available at all.

BREAK-TIME 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 and meet the new School Food Standards that came into force in 2007.

The school discourages the consumption of snacks high in fat and sugar and foods with nut products in at break-time.

Named containers for snacks help keep our school free from litter. In the Foundation Stage and KS 1 children are provided with a piece of fruit as a snack. At KS 2 we advise parents to send any of the following items: Whole/pieces of fresh fruit e.g. banana, apple, pear, satsuma, grapes, crudités, vegetable sticks Vegetables, tomatoes, raw vegetables such as carrots, peppers, cucumber and celery or a dry biscuit. Raw Nut products are not allowed

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils every day and free of charge. The school agrees with this recommendation and provides a free supply of drinking water through water fountains, water bottles and a water chiller at lunch.

FOOD AND DRINK BROUGHT INTO SCHOOL

Mobile Caterers serving food on the premises eg PTA functions To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide foods and dishes with ingredients that comply with current standards and are in line with the proportions depicted in the 'eat well plate'.

PACKED LUNCHES

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches. 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'.

A small proportion of our pupils still prefer to bring a lunch from home. It is imperative that our Food Policy addresses how to promote healthier packed lunchboxes.

It is a popular misconception that packed lunches brought from home provide a healthier choice than a school meal. The Food Standards Agency School Lunchbox Surveys of 2003 and 2004 challenged this assumption. The findings indicated that many lunchboxes contained food with high levels of fat, sugar or salt.

VEGETARIANS AND VEGANS

Our school catering service offers a vegetarian option at lunch every day. When necessary, the school also provides a vegan option.

SPECIAL DIETS

Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

ALLERGIES

Food allergies are estimated to affect 1 or 2% of the adult population and are more prevalent in infants and children. The most common allergenic foods are eggs, milk, fish, shellfish, peanuts, soya, wheat, tree nuts and seeds. Allergies to certain foods, such as peanuts and peanut products, other nuts, seeds and their derivatives and shellfish can be particularly acute. People suffering from a severe food allergy need to know the exact ingredients in their food, because even a tiny amount of the allergenic food could kill them.

How school can help?

- We make sure we know which children suffer from an allergy and to which food.
- We make sure all staff are aware of the potential hazards from the use of severe allergens such as nuts and nut products in training sessions or notices.

- If severe allergens are used in a recipe, this information is passed on to customers.
- If customers ask if there are nuts in a food and you aren't sure, tell them and suggest an alternative.
- Remember also that any oil that has previously been used to cook products containing nuts can carry minute traces of nut proteins and thus have the same effect as nut oils.
- Beware of accidentally transferring food from one dish to another. Cooking equipment can be a means of cross-contaminating foods with peanut or nut protein. Allergy sufferers can react to the smallest amount of protein and even minute amounts transferred through cross contamination could cause a severe reaction.
- We ask the catering supplier to provide information as to whether the ingredients or flavourings used in their products contain nuts or seeds.
- When we prepare food we check the recipes of all products so you can answer questions if asked.
- We are clear about the school's policies regarding first aid and administering medication, and whether a member of staff has been trained to administer medication in the event of an allergic reaction by a pupil. If you are in any doubt about the severity of a reaction, call an ambulance immediately.

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.

THE EATING ENVIRONMENT

The school hall is used for meals and packed lunches at lunch times. It is our belief that meal times are social occasions and that children can talk and enjoy time with their friends.

MONITORING OF THIS POLICY

We regularly review the healthy eating policy and our healthy eating approach in order to enhance the quality of our food provision. As part of the Head teacher's responsibility for monitoring and reviewing the curriculum policy, he must ensure that nutrition education is fully embedded in the curriculum and that there is consistency across subjects (Science, PE, PSHE) in line with the food policy.

Equalities Statement:

St Charles RC Primary School is committed to valuing diversity and to equality of opportunity. We aim to create and promote an environment in which pupils, parents and staff are treated fairly and with respect, and feel able to contribute to the best of their abilities. The Governing Body recognises that it is unlawful to take into account anyone's

gender, marital status, colour, race, nationality, ethnic or national origin, disability, religious beliefs, age or sexual orientation. Full consideration has been given to this during the formulation of this policy as it is the governors' aim that no-one at St Charles RC Primary school should suffer discrimination, either directly or indirectly, or harassment on any of these grounds.