

St John the Baptist Church of England (VA) Primary School



Loving learning, Building
Community, Growing in faith

Food and Nutrition Policy

Review

This policy was reviewed by the Senior Leadership team in May 2022 will be reviewed every 3 years.

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Signed: Trudie Colotto, Head Teacher

Introduction:

At St John the Baptist Church of England Primary School we are committed to giving all of our pupils consistent messages about all aspects of health, help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The partnership of home and school is critical in shaping how young people behave, particularly where health is concerned and we aim to work with parents/carers and members of the school community to promote this message.

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can be a valuable role model and give guidance and support to pupils and their families with regards to food and healthy eating patterns.

Rationale:

We aim to promote healthy eating to our children at St John's School. As part of the curriculum and to improve the wellbeing of our children we have incorporated:

- Provision of fresh water through water fountains around the school for our children
- Teaching about balanced diets
- Science work on different food types

Our belief is that a balanced, healthy, nutritious diet is important for the development of the child's physical state as well as for their intellectual well-being. Feeding the body with proper nutrients helps fuel the mind to be more receptive to learning new skills.

Aims:

- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors.
- To respond to the statutory guidance in relation to nutrition.
- To support all parents of children in Foundation, Year 1 and Year 2 to take up the Universal Free School Meal (UFSM) offer
- To educate our children to understand the health benefits of a healthy diet.
- Be allergy aware and make the ingredients within dishes known to pupils and parents.
- All staff have received a list of allergies of children in their class.
- Contribute to the healthy physical development of all members of our school community.

Objectives:

Working with the schools caterer and external agencies

The school will enlist the help and support of its school caterer, dietician, school nurse and other professionals to help promote healthy eating habits.

The school will also arrange for advice and assistance about healthy eating issues to be provided to parents and link with parents and members of the community to raise awareness and understanding of healthy eating.

The school's caterers meet the nutritional standards for school meals from January 2015 and non-school meal food provided in school.

Carry out regular theme days, taster days and curriculum theme days to encourage uptake of school meals and promote the healthy eating message.

Break-time and additional snack provision

In accordance with the Governments guidelines on the serving of food at times other than lunch (January 2015) Children are not allowed to bring the following items in for break time snacks or drinks but are encouraged to bring in water and fruit.

Exceptions determined by the school will include at parties or celebrations to mark religious or cultural occasions or at fundraising events, birthday celebrations or as class rewards on a limited basis.

- Chocolate and chocolate products
- Chocolate coated biscuits
- Biscuits
- Sweets
- Chewy and crunchy cereal bars
- Processed fruit bars
- Choc ices and ice cream
- Cakes
- Crisps
- Squash/cordial
- Fizzy drinks
- 'Sports' carbonated or non-carbonated drinks
- Flavoured water
- Flavoured milk

School Lunches

All St John's meals are provided by Leicestershire County Catering and lunch includes a daily choice of fresh fruit and vegetables. There is always a hot option available and a choice of meals. Children's dietary requirements are always adhered to. All meals reflect the new requirements for school food regulations 2014 which came into force on 1st January 2015 (see appendix 1 for information).

Universal Free School Meals (UFSM)

From Autumn 2014 children in Foundation, Year 1 and Year 2 have the option of having a free school meal each day. In order to increase uptake, the school have worked closely with the caterers to provide information to parents about UFSM and the contents of school meals. The caterers have endeavoured to encourage uptake by introducing exciting meal combinations, special events and themes.

The school will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at mid-day in the school. The school will provide a clean, sociable environment indoors and out for children to eat their lunch. In doing so the school requires children adhere to the following rules:

- All children are required to sit at a table in order to eat their lunch.
- Children are encouraged to eat all or at least try to eat most of the food provided either by the school or in their lunch box.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal times.
- Children are expected to behave whilst eating their lunches and to be polite and helpful.
- If a child has a problem or wishes to leave, they should raise their hand and wait until a lunchtime supervisor speaks to them.
- If children are unsure of what the meal or any meal item is they can ask the Lunchtime supervisors to explain
- Caterers and Lunchtime Supervisors should thank children for using the facilities as children should thank them for their help and assistance.
- Children leave the area where they have eaten their lunch in a clean and tidy condition.

The school will reward pupils for good meal time etiquette and behaviour. To encourage good behaviour and social interaction during the meal time:

- Children will be provided with a positive environment.
- Children will be encouraged to behave appropriately at all times.
- Adults will model positive behaviours.
- Children who disrupt lunch time will be reported to the class teacher.

1.1.1 Packed Lunch Policy

As a school St John's endeavours to promote a healthy, balanced packed lunch to the children and their parents/carers. This will be done through offering guidance on a healthy packed lunch to parents.

Where children consistently bring in lunchboxes with unhealthy contents this will be brought to the attention of the pupil's class teacher, and parents/carers will be given advice about providing a nutritious packed lunch for their child.

Lunchbox contents should reflect a balanced, nutritious meal and consist of:

- A form of carbohydrate (bread, crackers, pasta, couscous, rice) preferably whole-wheat.
- A piece of fruit or vegetable.
- Water or 150ml of pure fruit juice.
- A form of dairy (yoghurt, cheese, milk)
- A form of protein (chicken, egg, hummus, soya, meat)

We will actively discourage any of the following as contents of packed lunches due to their low nutritional value:

- Chocolate
- Cereal bars
- Cakes
- Sweets
- Crisps
- Sweet drinks including 'sports' drinks, carbonated drinks or flavoured water

We will encourage parents to provide children with water, pure fruit juice (150ml) or plain milk. Water will be available for all children.

No Nuts Policy

As we have several children in school who suffer from a severe nut allergy, the school has a 'No nuts policy'

This means that the following items should not be bought into school:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts