



Whole school Food Policy

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Delegated to: HT
Reviewer: K. Oakley

Mission Statement

Botwell House Catholic Primary School is distinguished by the care, courtesy and concern extended to all its members, regardless of cultural differences and strives to follow the teachings of Jesus Christ to:

“Love one another as I have loved you”

Through an effective partnership between home, school and parish and through a broad and balanced curriculum, each valued individual is encouraged to grow in their journey of faith and strive towards excellence.

Botwell House Catholic Primary School seeks to ensure that all pupils receive a full-time education which maximises opportunities for each pupil to realise his/her potential.

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1. Aims:

Botwell House Catholic Primary School aims to:

- Ensure that we are giving consistent messages about food and health
- Enable families to provide healthy choices based on the national standards set for schools
- Promote health awareness
- Contribute to the healthy physical development of all members of our school community
- Provide a positive dining experience for all food consumed at lunchtime

2. Rationale:

Obesity rates in children are growing as is the propensity of dental issues in children. Both of these pertinent points drive the necessity for our school community to prioritise the importance of healthy eating. We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. With the London Mayor's expansion of free school meals for all primary school aged children until further notice, there were enhanced expectations made on school, which also implicates what we expect to see in lunch boxes also which is included in this policy. With free hot school meals available to every child during a national cost of living financial crisis, it is our ambition for every child to have a hot school meal every day.

Our school:

We have used the following approach to identify what areas we need to change/improve to be a consistently healthy school.

- Ongoing audits of lunchboxes
- Family feedback
- Nutritionists feedback
- Advice/guidance from the Government
- Feedback from the pupils via the school council

There are very clear expectations on hot school meals provided, we will ensure that any lunchbox options provided by the families are also in line with this expectation.

3. Settings for our food policy:

The following outlines typically where food is consumed within the school community context

3.1 Wraparound Care (School Friend Club)

School Friend Club is an external entity that rents the space to provide both a breakfast and afterschool club provision for our school community. They have their own food policy which is in line with national expectations. Information can be accessed via their website [click](#)

[here](#)). The Headteacher often quality assures the provision of food (and general provisions,) to ensure it meets the needs of the children. The school works with the provider advising how to best support the children that attend.

3.2 Snacks

All our children that are under 5 are entitled to the option of free milk daily, which is organised by the Nursery and Reception staff. All EYFS and KS1 classes have fresh fruit provided to them daily, but not citrus on a Wednesday. Children in KS2 are allowed to bring in a snack of their choice but it must be either a fruit or vegetable option.

3.3 School hot meals

Reception and KS1 children receive 'Universal Free School Meals', meaning that they are entitled to a free meal every day of the school term. Further funding has been received via the London Mayor's office also as stated above so every Key Stage 2 child is entitled to this for a limited period.

We very much recommend that all families take advantage of this as this will ensure children are eating a very healthy balanced meal daily whilst also saving the family a substantial amount of money over the year.

All our school meals are provided by our in-house caterer. Lunches include the use of fresh fruit and vegetables each day as a choice for the children. There is also a salad bar option.

The school's menus are analysed by a nutritionist to ensure that they are nutritionally balanced and abiding by government expectations. Please note that the menus are balanced rather than the individual meals.

We provide a hot and cold option, both of which take into account nutritional balance and healthy options.

3.4 Packed lunches

Some of our children who learn differently, who have for instance sensory needs, may require a bespoke meal offer that cannot be provided by the caterers. Where this is the case, the school will work with the family to meet the needs of the child.

The school discourages families making packed lunches when there is a free hot meal offer which is healthy and fresh.




The following items are never allowed in lunch boxes:

- Cold take away meals (e.g. chips/burgers)
- Meat on bones e.g. chicken drumsticks
- Anything containing nuts (citrus on Wednesdays)
- Fruit winders or other ultra-processed items
- Chocolate bars
- Sweets
- Items of food on skewer sticks

If providing grapes please provide cut in half

As noted before, we believe that everything should be in moderation and as such, children can have a bag of crisps on Friday and a sweet biscuit.

Examples of sweet biscuits are as follows:

 Classic Sweet Biscuits	 Chocolate & Cream-Filled	 Fruity
<ul style="list-style-type: none">• Digestive biscuits• Rich Tea biscuits• Shortbread• Ginger snaps	<ul style="list-style-type: none">• Bourbon biscuits• Custard creams• Oreos	<ul style="list-style-type: none">• Jammie Dodgers• Fig rolls• Fruit shortcake biscuits

What does a healthy packed lunch really look like?

It is vital that families that are determined to provide their child with a packed-lunch must ensure that it meets the nutritional standards. Please [click here](#) for tips to help you make a nutritious lunch and help you chose options from the main food groups, being:

- Carbohydrates and fibre
- Fats
- Fruits and vegetables
- Protein, including dairy
- Water (the school provides this for all so no need to send a drink in lunch box at all)

Top tips from the Association of UK dietitians:

- Lots of foods can be used to make a packed lunch varied and tasty
- There is a lot of overlap - for example - including fruit in your lunchbox also has fibre, including bread in your lunchbox not only adds fibre but protein too
- Don't feel pressured to include foods from every group in every meal, but aim for a balance across the day or week
- Remember to include something from each of the main food groups and you'll not only have a meal to look forward to, but a lunchbox packed full of all the right nutrients to fuel your child's body for the rest of the day

We periodically include information about the standard expected of lunch boxes in our Botwell Bulletin (the school's weekly newsletter) or feedback directly to individual families.

3.5 Educational visits

Often the children will visit off-site venues as part of the school's broad curriculum offer. Where they are there for a substantial time, they will be able to bring a snack and their water bottle. If they are there over lunch they will be able to order a packed lunch through the catering provider or alternatively provide their own within the expectations and nutritional guidelines listed above in 3.4.

3.6 Events

The school has a number of events through the year organised by the school directly or via our 'Friends of Botwell' volunteer group. At these events there will likely be a lot of treats that are not in line with our typical healthy model. We do this as we recognise that there are special occasions in life and we teach the children that unhealthy treats are to be enjoyed infrequently as a celebration and certainly in moderation. Events that this may be seen may be tuck shops, discos, class parties etc.

4. Water for all:

One of the caveats for attaining free school meals provision for all the KS2 children by the Mayor of London's office is that the school is a 'water-only school'. This is due to the detrimental impact of alternative drinks that are available. This means that no juice or other alternatives such as smoothies are provided by the school or by families in the cases of packed lunches.

There are a great number of water fountains across the school and children are actively encouraged to bring in water bottles.

5. Nut free:

Although we recognise that this cannot be guaranteed, Botwell House School aims to be a nut-free school. Our endeavour to achieve this is much more realistic due to the vast majority of children accessing the school's hot meal provision.

We aim to minimise the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive.

The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes.

This means that the following items should not be brought 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

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. Although we cannot 100% guarantee freedom from nut traces we ensure we limit risk in any way we can. On advise from the School Nurses and NHS as well as from the London Mayors office, we will not allow any items that stipulate that they 'may contain nuts'

6. Citrus free Wednesdays:

Due to having a member of the school community with us on Wednesdays with a severe citrus allergy, the school will endeavour to be citrus free for the day.

7. Birthdays

There have been a number of occasions where families have provided sweets/treats with nuts in or other allergens that could have had disastrous consequences had this not been seen by the staff. We have a great number of children and staff that are allergic to a variety of food types ranging from milk and eggs to citrus and gluten. With this in mind, the school took the stance some years ago that sweet treats cannot be handed out in class or in the playground. We will of course recognise every child's birthday and celebrate it in class together in different ways.

This policy will be reviewed every three years or prior to that should there be any relevant legislative or research updates.

Lunch Box Policy Botwell House Catholic Primary School

<u>Never allowed in Lunch Boxes</u>
<ul style="list-style-type: none">- Drinks other than water- Sweets- Chocolate bars or any items containing chocolate- Cold takeaway meals eg. chips/burgers- Hot food / drinks- Nuts! (Also no citrus on Wednesdays)- Items of food on skewer sticks- Fruit Winders or other ultra-processed food equivalents- Meat on bones e.g. chicken drumsticks
Allowed on Friday only – 'Treat day'
<ul style="list-style-type: none">- Crisps- Sweet biscuits- Cakes containing chocolate chip

We ask that parents include items from the 5 different food groups. Further information: <https://www.nhs.uk/live-well/eat-well>