



# St Agnes C of E Primary School

# Food Policy

**Approved by:** Acting Headteacher

**Date:** September 2017

**Last reviewed on:** October 2016

**Next review due by:** 2019

## St Agnes C of E Primary School- Whole School Food Policy

### Rational

St Agnes C of E Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. St Agnes C of E staff recognises and are committed to the fact that healthier children learn more effectively.

### Contextual Information about the School

St Agnes C of E School has total of 468 pupils. The school is made up of three main groups and these include Pakistani, Somali and Bangladeshi pupils.

The number of children eating school meals is 328.

The number of children entitled to free school meals is approximately 61.

### Provision of Food

#### The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the either EYFS Outdoor Provision, the Rooftop Playground or the main playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals
- All children sit at long tables enable more children to be seated with their class and more time for them to eat lunch.
- An attractive salad bar is available to children with a variety of healthy choices.
- In the EYFS classrooms have designated snack areas or times for the children to access healthy snacks of fresh water, milk and a variety of fruit and vegetables which changes daily.

### School Meals (lunches)

School Meals Cost:

£2.20 Child

£2.40 Adult

St Agnes C of E Primary School food is provided by Manchester Fayre.

The children having school meals get a healthy, nutritious 2 course meal, made fresh every day using local ingredients, prepared by qualified staff. Staff encourage parents to choose 'School Meals' for their child as these are a means of exposing the children's pallets to a variety of different foods whilst socialising with their peers.

- These healthy options are promoted at the admissions phase.
- Free school meals are provided for Year R to Year 2 Children.
- Food is presented at child height and the cooks and other staff talk through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff.
- Children have a choice of halal meat or a vegetarian dish.
- Children are expected to choose one of the main options and vegetables and salad each day. Jacket Potatoes with a choice of fillings are on offer daily.
- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative

- A member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with pupils.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Slow eaters go for dinner first and are encouraged by the staff in Key Stage 1.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The school cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- Children who have dietary requirements wear special identification badges to make all staff aware of their dietary need.
- The school has themed days related to a topic or the time of the year such as Eid, Christmas, and Multi- Faith Week.

#### New Standards:

- That starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week.
- To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.

St Agnes C of E Primary School adheres to the new Standards which became mandatory in January 2015. Menu's are reviewed termly by the council and the School Cook and the Kitchen staff are informed of these changes to implement them immediately.

### **Packed Lunches**

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage 1.
- Unhealthy food may be removed by staff and returned to the child at the end of the day.
- Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' workshops are offered to parents by the PSHE Lead.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.

### **Before and After School**

Many of the food based standards apply to food served throughout the school day including Morning Sports Clubs, Midmorning Break, Learning Lounge and After School Clubs.

A variety of snacks are offered to support the children during clubs to support sustaining energy levels. No snacks will contain nuts or seeds and the children with allergies will be noted and things that may cause harm omitted.

### **Snacks**

- All children are offered milk, free upto the age of 5, at St Agnes C of E.
- Since September 2014, all infant school pupils have been entitled to a free school lunch (this does not include the Nursery children).
- A range of fresh fruit or vegetables are offered to children in EYFS and KS1 during morning sessions.
- The list of permitted healthy packed lunch foods, also applies to snacks brought for after school clubs.

### **Drinking Water**

- Drinking water is provided in all classes, on tap for children to drink water throughout the day. Clean plastic cups are provided in the classrooms for the children to access water when needed.
- The school also has 2 water fountains available for staff.

### **Curriculum**

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.
- In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.
- An after school gardening club runs where vegetables, fruits and herbs are grown seasonally.
- In the EYFS vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups.

### **Provision for Staff**

- Staff are encouraged to eat healthily themselves.
- Many staff members choose to have a school dinner. Some choose to eat with the children.
- All Staff are encouraged to have discussions about healthy eating and support the food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.

- Staff involved in food preparation in the kitchen have a food hygiene certificate.

### **Parents**

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and St Agnes C of E website.
- When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.
- The school provides numerous healthy eating workshops for parents.
- The school provides school meal tasting sessions during parent's evenings.

### **Other Issues**

- Multicultural food is encouraged during parties such as Eid, Christmas, Multi-Faith Week for example.
- Children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Year 5/6 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Management Team.
- During SATs week all year 6 pupils are offered free healthy breakfast