

ENGLISH MARTYRS' CATHOLIC PRIMARY SCHOOL



Food Policy 2022-2024

Our English Martyrs' School community aims to follow the example of Christ in welcoming, recognising, fostering and developing each individual as a unique and special gift of GOD with value and dignity

Food Policy

Introduction

English Martyrs' is dedicated to creating a culture and Ethos of healthy eating and fitness by providing an environment that promotes and enables pupils and the wider school community to make informed lifelong healthy living choices.

"Food has a significant part to play in determining health and well-being, establishing social roles and reflecting and shaping the schools ethos and individual values"

Our Whole School Food and Nutrition Policy is crucial to improving the health and well-being of our school and is a requirement for achieving National Healthy Schools Status. Our policy has been compiled within the last 3 years in order to complete our Annual Review and to possibly engage in the Enhanced Model of National Healthy Schools in the future.

Our whole school policies have been developed to empower our school to make and sustain changes. Our School Food and Nutrition Policy 2016-2017 conveys our school's shared vision, ethos and values of our pupils, staff, parents and visitors and ensures that we all understand the important role food plays within our school. It is also key to developing healthy eating and drinking activities in our school which will benefit the whole school community.

Our whole school policies have been developed to empower our school to make and sustain changes. Our School Food and Nutrition Policy 2016-2017 conveys our school's shared vision, ethos and values of our pupils, staff, parents and visitors and ensures that we all understand the important role food plays within our school. It is also key to developing healthy eating and drinking activities in our school which will benefit the whole school community.

The process of creating our whole school food and nutrition policy has promoted much discussion within our school around healthy eating and drinking issues, which will ensure that our outcomes are achievable and importantly that our pupils feel ownership of the school's food vision. Our policies therefore have been carefully put together through consultation with pupils, staff and the wider school community. In order for the policy to be successful, planning and effective monitoring will be implemented. We will ensure that our policy content is relevant and that it will make positive changes in our school as it is vital that all ideas and issues within the school are considered.

Rationale

English Martyrs' Catholic Primary School recognises that snack and meal times are an important part of a child's day and believe that, depending on the type of meal or snack consumed, it can heavily impact a child's learning or behaviour to learning. English Martyrs' also recognises the importance of children having the right amount of fluid intake and a well-hydrated body. We therefore are committed to providing healthy, balanced, varied and nutritious snacks and meals in addition to ensuring that children have regular access to fresh water to drink through-out the day.

We are also committed to providing a curriculum that informs children about healthy eating and drinking so that they are equipped to make informed choices about their own food and drink consumption. Our rationale also link into other school policies ie Teaching and Learning, Behaviour Leadership, Attendance etc.

Key Messages

Encouraging children to be more involved and have a greater understanding about diet and health is key to a sustained healthier, longer life.

Pupils with better health and wellbeing are likely to achieve better academically. The culture, ethos and environment English Martyrs' Catholic Primary School is to positively influence the health and wellbeing of pupils and their readiness to learn.

FOOD POLICY AIMS

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils and staff.
- To provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.
- To make pupils aware of the consequences of food choices made now and in later life. They specifically include nutritional awareness, influences on food choices such as food productions, marketing and impact on our environment.
- To ensure provision and consumption of food is an enjoyable experience.
- To involve the whole school community in improving eating habits and knowledge and skills surrounding healthy eating.
- To provide clarity about schools policy on food brought into school e.g. packed lunches.
- To ensure that contracts for school food providers meet the needs of the school and comply with the government regulations.

Objectives

- To include the whole school community in the promotion of healthier lifestyles.
- To regularly review food and drink served during the school day.
- To create a pleasant eating environment that encourages social interaction.
- To deliver a curriculum that delivers a consistent message of food, drink, nutrition and healthy lifestyles.
- To ensure catering staff and supervisory assistants are involved in the schools community. To ensure that they are well trained and understand why they are serving healthy food.
- To ensure class room staff are trained to deliver healthy eating message.
- To involve the wider community including parents in activities which promote balanced eating, enjoyment of food.
- To contribute to improved and sustained pupil behaviour and health, helping them to achieve their learning potential.
- To provide easy access to free, fresh drinking water across the whole school day.
- To ensure that school food/drink provided across the school day reflects the government food and nutrient based standards.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014.

Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm. (Full details and the documents and guidance relating to this are available from the Children's Food Trust) www.childrensfoodtrust.org.uk

Key Messages:

We are creating a good school culture where:

- The dining hall is an integral part of the school, where pupils and teachers eat together
- Food is a vital element of school life and the catering team are important and valued members of staff
- All children have practical cooking skills and knowledge to keep themselves healthy; making informed choices about healthy eating and fitness
- Children take home learned habits and the school engages with parents and others, so that a good food culture spreads throughout the community
- Pupils' voice is taken seriously, to encourage a sense of ownership throughout the school.

BREAKTIME 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.

In line with legislation and in sync with the Universal free fruit scheme, at English Martyrs', we expect children across the school to consume an item of fruit and/or vegetables at break time.

We participate in the National School Fruit and Vegetable Scheme. Fruit and vegetables are delivered to the school and it is the responsibility of each teacher in EYFS, KS1 and 2 to ensure that children have access to this. EYFS have a rolling snack throughout the morning; between 9.30 and 11.00a.m. Children can help themselves. In KS1 the fruit and vegetables are available at morning break.

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

- Fruits and milk are provided for all children
- 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 that meets the Food Standards Agency Guidelines for a Healthy Packed Lunch and School Food Trust Guidelines.
- No vending machine in school. Fizzy drinks and juice are not served on the on grounds of health and safety.

Staff are always expected to act as role models to children and as such will only consume non-fruit items in the staff room, out of the sight of pupils

SCHOOL LUNCH

The lunch break in our school is from 11.50 – 1.30 pm for KS1 and KS2.

Year groups are rotated at lunch times so that each Key Stage has fair choice and plenty of time to eat and enjoy their food. There are no alternative catering outlets around our school.

Pupils are encouraged to stay for hot dinners and they can choose to go on packed lunch for each half term if they wish.

There is a choice of hot and cold food, including hot meat and vegetarian dishes, as well as a comprehensive salad bar. There is also a choice of dessert dishes, including fresh fruit and yoghurt. Provision is made for vegetarians and those children who require a special diet (vegan/halal/allergies) if requested.

Pupils choices are monitored formally and informally and the pupils are encouraged to try alternatives at times. We ensure that the pupils choose enough food to make them feel content.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. As a school we encourage pupils to have a school lunch provided by our in house catering service. To ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day. There are regular healthy eating assemblies and workshops for both pupils and families.

Our children are not involved in menu planning or tasting sessions at present but their suggestions will be noted in our meeting with the cook and senior leadership team so that we can include their healthy choices and preferred options. Menus are made available to pupils / parents and teachers in advance and available on our school office and school website.

PACKED LUNCHES

Packed lunches should be healthy in content, with a healthy sandwich, preferably brown bread, fruit, and healthy low fat yoghurt and perhaps sliced vegetables or fruit eg carrot or celery sticks, apple or grapes. Fresh orange juice or water are acceptable healthy drinks. 150 ml is advised for fruit juices.

Parents are advised to limit the amount of fatty foods including too much cheese, chocolate spread sandwiches, sweets including chocolate and biscuits, crisps and sugary drinks including flavoured lemonade, coke and fruit shoot drinks as they are full of sugar.

Healthy packed lunches are encouraged at all times and parents are regularly reminded of this in our half termly news letters. We also send out Healthy school messages during our whole school collective worships and whole school and class / reward assemblies. Positive messages are also communicated in our school council meetings.

We occasionally inform parents of the need to think about alternative healthy choices if we think there is an ongoing issue. We aim to monitor the contents of the packed lunches, our SLT, our staff including our school Family Support Partner are all eager to see that our pupils are eating healthily.

Letters and leaflets are sent home to parents / carers to assist them in preparing a healthy packed lunch to be sent into school.

We have held healthy eating taster sessions during our Health Week and Induction meetings to encourage parents to taste a wide variety of fruit and healthy foods in general. Parents meetings are good opportunities to discuss healthy eating and living options as they link into our science and PSHE throughout our school.

If parents bring in packed lunches which do not meet the school standards we offer them advice, guidance and support and encourage them to make links with our Family Support Officer, our Healthy School co-ordinator or our Headteacher. We will advise them of the importance of avoiding child obesity. Year 6 pupils are weighed and their height is measured and monitored by the Healthy School services.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. We have water dispensers in Key Stage 1 and Key Stage 2 so all children can access water at all times, and all children can bring a water bottle into school to be kept in their classroom.

Special diets, allergies, diet related disorders

New Allergen legislation

On December 13th 2014 the new Food Information Regulations 2014 (SI 2014/1855) came into force. This placed the European Union Food Information for Consumers Regulation (EU Reg 1169/2011) into UK law. The regulations place a new requirement on those selling food in a canteen or restaurant and those wrapping loose food such as sandwiches. The EU law has listed 14 allergens that need to be identified if they are used in ingredients in a dish. From 13th December 2014, caterers will be required to provide information on the allergenic ingredients use in the food prepared by them. **This includes schools.**

Religious and Ethical Diets

Schools have a diverse population and we are aware of the needs of our staff, pupils and parents. We do know the eating requirements of the children as parents inform us of this. Our catering staff are also informed and accommodate for such specialist eating needs. Our school kitchen has the facility/capacity/time to cater for individual needs of our children. Alternative provision can be delivered (vegetarian/halal/kosher) if requested.

Our school is aware of pupils / staff with allergies and we display a notice board in our staff room with a picture and information about selected pupils who have special diets, or diet related disorders and even medical conditions / medications that we may need to know. All staff are informed of these matters in their classes and shared with our staff and catering staff.

Our staff are aware of how to react if a pupil has an allergic reaction to a food and 10 members of staff have received first aid training – October 2015. Pupils know to inform our staff immediately if they come across something that concerns them.

Our school has a procedure for identifying and accessing support for pupils who are at risk e.g. failing to thrive, eating disorders, and allergies, overweight, obese or dietary related conditions. Teachers including our School Family Support Officer swiftly raise confidential concerns if they notice anything that is obviously noticeable and needs addressing.

SPECIAL DIETS – MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should 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. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

We ask that children do not bring foods containing peanuts into school in their lunchboxes. Children who require a special diet wear a red lanyard so that they can be easily identified by lunchtime staff.

Staff Room

Our school staff are very professional and ensure that positive messages are consistent across the whole school community. We are all aware of the importance of healthy eating and healthy lifestyles and act as positive role models for our pupils.

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 safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

The cook – Kathy Nunn have Food Hygiene Certificates – level 2.

THE FOOD AND EATING ENVIRONMENT

Our dining room environment is bright, clean and well designed to ensure comfort and safety for our pupils.

We provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating. All staff are encouraged to lead by example and are encouraged to eat the school meals that are provided in the dining room. Good opportunities are sought to interact with the pupils and praise for eating healthy options is given accordingly.

Pupils are given ample time to eat and enjoy their food. Opportunities to socialise are evident and good manners are always encouraged by our staff and supervisory lunch time assistants. Pupils are encouraged to think about why they have chosen their food and are given time to reflect on whether they have made healthy choices. The pupils are taught the importance of healthy eating and living within our school curriculum, including good PSHE links.

Plates are cleared away by our children and the older pupils are encouraged to clear the plates away themselves as we foster independence at all times. Our younger children are also encouraged to be independent and our supervisory assistants encourage this. Our pupils are praised for good manners and behaviour and inappropriate behaviour is addressed immediately and dealt with by our SMT if required. Pupils are encouraged to line up sensibly and quietly.

Our lunch time supervisors know their roles and responsibilities and carry them out accordingly. Our pupils know how to respect our lunch time staff and our staffs are good role models and reinforce the importance of respecting others.

Our lunchtime supervisors contribute to a friendly and welcoming dining environment. Our behaviour and bullying policies are firmly in place.

Staff encourages our pupils to eat their packed lunches and hot dinners and assist our pupils with eating and holding their knife and fork correctly i.e. basic table manners. Our school council is in place and we are currently setting up a new SNAG meeting (School Nutrition Action Group) to offer further opportunities for everyone to share their thoughts, ideas and to raise concerns if there are any to be addressed.

Litter throughout our school is kept to a minimum. We have numerous bins that are placed around our school grounds and also within our dining area. Our dinner canteen is also litter free and pupils are encouraged to tidy up after themselves and we therefore encourage and promote independence.

LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers and lunchtime supervisors 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. It is essential that staff are committed to setting an example with food in school; we actively encourage staff to promote a healthy lifestyle and to be good nutrition role models.

PROMOTION OF HEALTHY EATING IN OUR SCHOOL

CURRICULUM

Food and nutrition is taught and is weaved into cross curricular areas of the curriculum.

There are numerous opportunities in the curriculum for pupils to develop knowledge of health -explore and include them here.

We run an afterschool 'Let's Get Cooking' cooking club in school for Key Stage Two children. We have whole school growing various vegetables and soft fruits, some of which is sold to parents or eaten in school.

In Foundation Stage, KS1 and KS2 there are a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from e.g. shopping, preparing and cooking food. They visit the market nearby to buy fresh produce.

Healthy Eating and lifestyle is also taught through the Science curriculum across all the Key Stages. Dental

Health is addressed throughout the curriculum with a focus in Reception and the juniors (Year 3). The use of outside agencies ie dentists reinforce the importance of looking after our teeth. We use a range of resources in school to promote healthy eating ie posters, power points, models of teeth, assemblies and smartboard activities.

It is legislation (September 2015) that nutrition education is embedded in the curriculum and there is consistency across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy.

Other examples of coverage are:

English – poetry, persuasion and argument e.g. writing to a company to persuade them to use advertising to encourage children to make healthier choices and offer those choices in their products.

Maths – offers the opportunity to look at labelling for weights, calculating quantities for recipes and measuring ingredients.

Science – We are part of the learning about the main food groups and the foods that are present in these groups, how they help us to stay healthy, are digested and how our body responds to exercise.

R.E. - discussion and understanding about the roles of certain foods in the major religions of the world - experience of foods that may be associated with particular religious festivals.

D.T. – food technology provides the opportunity for planning, cooking and preparation of a variety of foods that can also be packaged in individually designed boxes.

P.S.H.E. – encourages the children to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.

Geography – provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. For example, Fair trade is taught in Year 5.

Physical Education – provides children with the opportunity to develop physically and to understand the practical impact of sport, exercise and other activities such as walking that will improve their long term health.

Whole focus weeks are also organised to further support pupils and their families with visits from Nurses and other health practitioners.

A CPD programme is to be put in place to ensure that our staff are up to date and trained according to their needs. The Headteacher and the Healthy school co-ordinator is to arrange a training programme for our staff.

Rewards, Celebrations and Events

Our school aim to give consistent messages regarding healthy eating. Healthy foods or treats are used as rewards and they are given out appropriately according to the discretion of our staff. Our pupils, parents, staff and the wider school community are aware of the current regulations that are in place as regular leaflets, posters and information is shared through newsletters.

Birthday cake and party bags provided by parents are given out as part of birthday celebrations. We continue to suggest healthy options at all times.

Extra-Curricular Activities

Our school and external providers occasionally run cookery clubs / gardening and growing clubs and our pupils are enjoying these learning experiences.

Our school has the space and members of staff are involved in developing our school garden areas, this includes a gardening club. External links are welcomed and are currently in place assisting ourselves to develop our vegetable patch.

Risk assessment and Health and Safety procedures being adhered to and are firmly in place. Pupil voice and involvement is encouraged through school councils meetings

CONSULTATION/MONITORING AND EVALUATION

Monitoring and Evaluation

We will know that our policy has made a difference by seeing improvements of food provision and consumption throughout our whole school.

We are to continue to monitor healthy eating and drinking options and general food provision, with a focus on the food provided.

We have worked together as a whole school and are all in agreement as to the importance of healthy eating, food and nutrition. We are in the process of achieving our silver Healthy School Award.

This policy has been developed in line with The Healthier Child Project, with reference to The School Food Plan (2013) The School Food Standards (2014) and Childhood Obesity – A Plan of Action (2016).

Furthermore, we have consulted the whole school community. The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.