

# Emmanuel CE School



## Food Policy

### **Mission Statement**

At Emmanuel we aim to provide all our children with a happy, safe and stimulating environment in which they can fulfil their potential, giving them confidence to be responsible, caring and tolerant adults in a diverse world, reflecting words contained in our mission statement,

“Always treat others as you would have them do to you” (Matthew 7:12)

### **Introduction**

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extracurricular events.

### **Why a policy is needed?**

We recognise the important part a healthy diet plays for a child’s wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people’s health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

### *Key Contacts:*

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### **Our approach to improving pupils’ health**

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm

- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

We have been recognised as maintaining healthy school status and our food policy reflects the standards expected of a healthy school.

### **Responsibility**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

The PSHE leader leads on the development and monitoring of the food policy and liaises with the lunchtime meals supervisor, cook, kitchen staff, food contractor (where relevant).

The PSHE lead is responsible for what is taught about healthy eating and practical food education in the curriculum.

The lead governor on PSHE ensures the policy is implemented alongside the Headteacher and PSHE Leader.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment

### **Key contacts:**

PSHE Leader: Julia Gibson  
 Lead Governor: Blaise Temple  
 Healthy School Co-ordinator: Julia Gibson  
 Catering contact: Caterlink

### **This policy will contribute towards other policies in the following way**

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and choices and practical food education is included in the curriculum
Science	Healthy eating and nutrition is part of the science curriculum
Equality	We take account of the needs of all our children, including those with disabilities and allergies

### **Development of the Policy**

This policy was drafted by the Headteacher and PSHE Leader, following advice from Camden School Improvement Service and discussed at a staff INSET, which included all the teaching and non-teaching staff.

We have taken account of national guidance produced by the School Food Trust Guidelines, The Caroline Walker Trust, Change4life and information from the Department of Health and NHS to develop this policy.

## **Teaching about Healthy Eating in the Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils. We plan opportunities for pupils to learn age-appropriate cooking skills and about food safety. Pupils learn about healthy eating across the curriculum through science, PSHE, PE and food technology.

We use a wide range of active and participatory teaching methods. When teaching practical lessons we emphasise safety issues and ensure that pupils are fully aware of any risks. School meal menus are used in the curriculum when teaching about healthy food choices.

### **School Lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the food based standards and nutritional guidelines and have achieved a Silver Food for Life Partnership award.

A copy of the weekly menu is on display in the dining area, and discussed with the children. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. We have Top Table, which is a reward system that gives children the opportunity to sit at a special table for making good choices, such as eating fruit, vegetables and salad. Staff monitor food choices and encourage pupils to apply for free school meals. We work with families who are eligible for free school meals to encourage them to take this up. Class teachers join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

### **Packed Lunches**

See Appendix A: Packed lunch Policy

### **Snacks**

All EYFS and KS1 classes include a morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. We share the fruit with KS2 children where possible. KS2 children are asked to bring fruit or another healthy snack e.g. breadsticks, which they eat at playtime.

Fizzy drinks, sweets, crisps and chocolate biscuits and other foods that are high in fat and / or sugar are not allowed in school or on school trips.

All food provided by the school at break times is in line with the School Food Trusts guidelines for food.

### **Breakfast Club and After School Clubs**

The Breakfast Club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and after school clubs is healthy and is consistent with the School Food Trusts Food Based Standards for Food other than Lunches.

We request that any food brought onto the school premises by pupils to after school club is consistent with the guidance given in the packed lunch policy and conforms to the school food trust standards for food other than lunches.

### **Health Week**

We have an annual health week to raise the profile of healthy eating and reinforce the work we do throughout the year.

## **Nut Allergies**

As much as possible we are a nut free zone. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school.

## **Partnership with Parents and Carers**

We inform and involve parents and carers about healthy eating through our parent workshops and coffee mornings, school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents are also informed of the school meals on offer through the school website.

Parents and carers are regularly updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy.

During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered.

Parents are given information about the annual national weight measurement programme that children in reception and Year 6 take part in and we give information to parents about local weight management services where applicable.

## **Rewards**

We reward children for healthy eating with stickers. We do not give children sweets or chocolate as rewards.

## **Water for All**

We have water fountains at various locations throughout the school grounds and children are encouraged to drink water regularly throughout the day. We also encourage children to bring in water bottles to use throughout the day. Cooled water is available to staff and visitors in the staff room.

## **Curriculum Assessment and Monitoring**

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and food technology. A review of what is taught includes feedback from staff and pupils.

## **Monitoring Food Provision**

The LA is responsible for ensuring the quality of the food offered for school meals, as part of the contract with the caterer.

## **Birthdays**

At Emmanuel we would like to celebrate birthday's in a healthy manner. Here are some examples of ways you can celebrate your child's special day:

- Sing happy birthday as a class
- Make fruit kebabs to celebrate
- Give out non-food related treats from the child e.g. pencils, stickers or stamps
- Give something special for the day e.g. a birthday badge or hat

Policy reviewed March 2016

Agreed review schedule 4 years

Next review due January 2020

Reviewed by (signature)

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Flick Rea, Chair of S&HR

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Kathryn Fitzsimmons, Head Teacher

**Date 8/3/16**

## **Appendix A: Packed Lunch Policy**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is regulated by national standards.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

### **Why was this policy formulated?**

- To make a positive contribution to children's health and Healthy School Status.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government.

### **Packed lunches should include:**

- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt (low in sugar), fromage frais, or calcium fortified soya products.
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive. Examples are fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, or fruit based crumbles
- One portion of fruit and one portion of vegetables
- One portion of non-dairy protein such as meat, fish, egg, hummus, beans and pulses
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or chapattis.

### **Packed lunches should not include:**

- Drinks that are high in sugar such as squash or fizzy drinks (including Ribena, Capri Sun and Fruit Shoot).
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Jam or chocolate spread as a sandwich filling.
- Crisps or other salted snacks.
- Meat/vegetable products that are high in fat and salt, such as sausage rolls, corned beef, individual pies, samosas or sausages/chipolatas, should be included only occasionally.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

### **Monitoring packed lunches**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.