



School Food Policy

Nominated member of staff to oversee the policy development: Mark Cahill

Nominated Governor: Miriam Watson

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Review date: February 2023

This policy has been approved and adopted by the Governing Body and developed in consultation with the following:

- Our school council and school food ambassadors
- Our parents
- The Leeds healthy eating adviser

1) Introduction and rationale:

At Swillington Primary School we recognise the importance of a healthy life-style and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

Mission Statement

To influence and improve the health of the whole school community by providing pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This will be accomplished by providing high quality food education and ensuring we deliver a consistent message with regard to food and a healthy life-style throughout the school day.

The aims of our food policy are:

- To improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents in the school meal service;
- To support the provision of healthy packed lunches and snacks;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies

2) Food Provision

Breakfast Club

Our school has a breakfast club that runs every morning. The breakfast club is available to all pupils and costs £2 per child for the session 8:00am – start of the school day.

The food provided includes; cereals, toast, yoghurts, fresh fruit, a hot choice once a week and also porridge in the winter. We ensure all food served is healthy and meets the current food standards. Full details of our breakfast club and how to book a place can be found on our school's website.

Tea Time Club

Our school has a tea time club that runs every afternoon 3:30-5:30pm. The tea time club is available to all pupils and costs £2.50 per hour.

The food provided includes; toast, crackers, yoghurts and fresh fruit, we ensure all food served is healthy and meets the current food standards.

Break time

At break time all EYFS and Key Stage 1 children are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to older children.

We do not currently have a tuck shop in school.

If pupils are bringing snacks from home, we encourage a fruit and vegetable only policy to promote healthy snacking.

Drinks

Children are encouraged to drink water in school (see below).

Children throughout school can purchase a small carton of milk to drink in the mornings.

If pupils bring drinks in from home, sugary drinks are not permitted. This is reflected within our packed lunch policy. The 'Leeds Drinks Policy Guidance' has been used to guide our policy.

Fruit juice and milk shakes are sometimes served with school dinners.

Access to water

All pupils have access to drinking taps within all of the classrooms. Water bottles can be brought into school and some classes also have drinking cups available.

3) Lunchtimes

Dining environment and procedures

We have the school hall as the dining room. It is an attractive and well-kept area and all pupils are able to sit with their friends during lunch. We operate family dining sittings to give children time and space to eat their meal in a welcoming environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children with an older key stage 2 pupil) who find the physical process of school dinners or packed lunch difficult – for example, serving from the tagines, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging children to wash their hands before eating;
- Creating a social dining environment and encouraging good manners (Please may I leave the table? Please and thank you).

- Holding termly 'Talking Lunches' where parents are invited to discuss a topic related to the SEAL theme.



School Meals

Our school meals are provided by the Leeds Catering Company who ensure the menus are balanced and compliant with the mandatory food and nutrient based standards introduced in January 2015 (see appendix 1). We support the catering company by carrying out our own monitoring once a term. Our school food ambassadors also carry out monitoring and give regular feedback to our school cook and senior leadership.

We operate a 'band' system where children pre-order the main dish and dessert they prefer from a choice of two. This enables all the children to have the dish they prefer as well as cutting down on wasted food. We encourage parents to support their children in making a good lunch choice. The menus are regularly reviewed in consultation with pupils and parents. Our menus are varied and include a range of meals from different cultures and countries and we send copies home each term. Children can have a school dinner every day or on selected days when they prefer the dishes served.

We promote our school meals through the school website and we try to offer tasters at school events eg: parents and children have a school dinner as part of their transition into school. Increasing school meal uptake is included as a key objective in our Healthy Schools action plan.

Free School Meals

Our school also strongly encourages families to claim their free school meal (FSM) entitlement. The eligibility criteria are outlined on our school website. We make sure FSM pupils cannot be identified at any point of the school day.

Universal Free School meals

As introduced by the government in September 2014, all children in Reception, Year 1 and Year 2 are entitled to a free school meal.

Packed Lunches – also see Packed Lunch Policy

Our school has a packed lunch policy in place that has been developed through consultation with parents, governors, staff, pupils and support from the Leeds Healthy Eating Adviser. Our policy is aligned to the same standards as those that apply to the school meals. The full policy is accessible on the school website. The policy includes the following:

- Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner.
- All wastage will be sent home to help parents monitor their child's/children's eating.
- Parents will be encouraged to provide a balanced packed lunch in line with the school's packed lunch policy.
- Packed lunches will be expected to include at least one piece of fruit and/or vegetables.
- Unhealthy snacks such as crisps, chocolate and sweets are strongly discouraged. This is consistent with the standards for school meals.

- Sugary drinks are not permitted and it is not essential to bring a drink as the school provides all packed lunch pupils with access to water.
- Occasionally the school food ambassadors will carry out monitoring of packed lunches to help support pupils and parents to make healthier choices.

4) Cultural, age appropriate, special diets

At Swillington Primary School, we are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus. All pupils' dietary needs are recorded and communicated sensitively with the catering team. We also ensure portion sizes are age appropriate.

5) Sustainable food and drink

As a school we take pride in our food culture and the environment and we are registered to the 'Leeds Sustainable Schools Framework'. Our menus include locally sourced ingredients where possible and this is supported by our catering provider.

6) Special occasions, birthdays and rewards

We understand that all children enjoy a treat on special occasions although as a Healthy School we encourage parents not to send in sweets and cakes for birthdays or similar celebrations. If parents do send in sweets we give these out at the end of the day so parents can make the decision on if and when their child can consume them. We ensure all children's birthdays; celebrations and achievements are recognised and celebrated with non-food special rewards eg: singing Happy Birthday, extra playtime etc.

7) After school and extra-curricular activities

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events. At school discos, celebrations, and school fairs we aim to provide both healthy snacks and limit unhealthy options.

8) Curriculum

Our policy is reinforced and embedded through learning in the classroom. From September 2014 every child will learn to cook healthy and nutritious dishes as part of the new National Curriculum (DT, Science and PHSE) see appendix two.

Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the eat well plate;
- Preparing and cooking a variety of predominantly savoury dishes using a range of cooking techniques;
- The sustainability of our food supply and the effect on our planet;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others.
- Healthy eating week- 13th-17th June 2016.



9) Pupil and parent involvement

We will communicate and share our policy with parents each year and listen and act on views and opinions through ongoing surveys. We will regularly consult with parents on any matters arising relating to the food policy or other areas of health in school. This policy will be displayed on our school website.

Appendix One:

The standards for school lunches



Starchy foods

One or more portions of food from this group every day

Three or more different starchy foods each week

One or more wholegrain varieties of starchy food each week

Starchy food cooked in fat or oil no more than two days each week
(applies across the whole school day)

Bread - with no added fat or oil - must be available every day



Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools
(applies across the whole school day)



Fruit and Vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week
(applies across the whole school day)

No more than two portions of food which include pastry each week
(applies across the whole school day)

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat
(applies across the whole school day)

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products
(applies across the whole school day)

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked
(applies across the whole school day)

Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful
(applies across the whole school day)



Milk and dairy

A portion of food from this group every day

Lower fat milk must be available for drinking at least once a day during school hours



Healthier drinks *applies across the whole school day*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice

Appendix Two:

Design and technology – key stages 1 and 2

Cooking and nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Science – key stages 1 and 2

Year 2

- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Year 3

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

Year 4

- describe the simple functions of the basic parts of the digestive system in humans
- identify the different types of teeth in humans and their simple functions

Year 6

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- describe the ways in which nutrients and water are transported within animals, including humans.

PHSE (non-statutory guidance)

Key Stage One:

- what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health

Key Stage Two:

- to recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet