

# St. John's Church of England Infant and Nursery School



## Food Policy

### Statement of Intent

As a church school everything we do is rooted in our Christian values. At St. John's we teach the children about these core values: Love, respect, honesty, forgiveness, friendship, courage, cooperation, peace, perseverance, trust, patience and understanding.

This is reflected in all our relationships between staff, children, parents, governors and the local community. It is reflected in how we teach, what and how our pupils learn within and beyond the classroom.

These values are fundamental in the implementation of this policy to ensure that we maintain our distinctive Christian character of which we are proud.

| <b>Food Policy</b> |                     |
|--------------------|---------------------|
| Written by:        | Alice Aharon        |
| Date:              | June 2015           |
| Approved by:       | Personnel Committee |
| Date:              | 03.12.15            |
| Review frequency:  | Every two years     |
| Target Audience:   | All Stakeholders    |

The governing body shall conduct the school with a view to promoting high standards of educational achievement. St John's Nursery and Infant CE School is committed to eliminating discrimination, advancing equality of opportunity and fostering good relations between different groups. These factors were considered in the formation and review of this policy and will be adhered to in its implementation and application across the whole school community.

## **ST. JOHN'S INFANT and NURSERY SCHOOL** **WHOLE SCHOOL FOOD POLICY**



### **Aim**

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors.

### **Objectives**

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make safe, healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in 5 a day campaign.
- To be recognised as a Healthy School

### **Snacks and treats**

Children are offered fruit each day from the 'Free fruit Scheme. They are offered a carton of milk or water to drink. The children should be encouraged to choose the healthy alternative and so teachers will reward children with treats other than food.

### **Water for all**

From reception to Year 2 the children are encouraged to bring **water** bottles to school daily. Chilled water is freely available throughout the school day to all members of the community. Children may drink their water at any time except during the 15 minute assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers. Children throughout the school are reminded to drink water throughout the day.

### **School lunches and packed lunches**

**See Appendix 1 for the School Packed lunch policy**

Our school meals are provided by the Local Education Authorities chosen contractor, Hertfordshire Catering. All meals provided meet the Government's Minimum Nutritional Guidelines for school catering. The menus follow a three week cycle and are displayed in the foyer and on their website. <http://hertscatering.co.uk/schools-academies/primary-schools/primary-schools-menu/>

Menus are sent home and parents are encouraged to talk to their child about what to choose and what they have eaten. Copies are also displayed at the main office. All food served is coloured coded to encourage a balanced, healthy meal. Water is provided on each child's tray.

The school encourages parents to provide healthy packed lunches. The parents are given guidelines as to what to include in lunch boxes on their initial visit to school and in the school's brochure. Fizzy drinks and sweets are not allowed. **NO NUTS, NUTELLA OR PEANUT BUTTER ALLOWED DUE TO CHILDREN WITH NUT ALLERGIES.**



The school is committed to providing a welcoming eating environment that encourages positive social and cultural interaction of pupils. Posters and books inform the children about a healthy balanced meal.

All the children are encouraged to wash their hands before eating.

### **Curriculum**

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns. The school recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals or end of term; in this context treats can be enjoyed.

The curriculum in Personal, Social, Health Citizenship and Emotional Education, Science, Design and Technology and Physical Education provides opportunities for the following learning opportunities:

- The importance of food groups
- The development of strong bodies
- What constitutes a balanced diet
- An understanding of cultural diversity
- Where food comes from

### **Partnership with parents and carers**

The partnership of home and school is critical in shaping how our children behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies through the news letters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day. During out of school events, e.g. school disco's the school will encourage parents to consider our Food Policy in the range of refreshments offered to the children.

### **Children's dietary needs**

The school is a nut free school. For cakes sales and other school events the school encourages a range of produce to be provided including 'Free from' range of nuts, gluten and dairy. 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.

### **Role of Governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a particular member of the body has expertise.

### **Monitoring and review**

The SMT and the PSHE co-ordinator, along with the DT co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The local authority is responsible for ensuring the quality of the food offered as part of the contract with the caterer with Hertfordshire Catering Limited.



## Appendix 1

### PACKED LUNCHES - GUIDELINES

At school we aim to encourage all children eat a healthy balanced meal at lunchtime.

Nutritional guidelines state that every child should have a meal including one piece of fruit, one vegetable, one milk or dairy item, one portion of meat, fish or other protein and one starchy food such as bread, pasta or rice.

The lunchtime staffs encourage the children and also monitor what the children are eating. If any problem arises the senior meal time supervisor will share this with the child's class teacher so they can discuss further with the child's parent/ carers.

All food that is not consumed will be sent home so parent/ carers can monitor themselves what the children are consuming.

#### Packed Lunch Containers

Pupils and parents/carers are responsible for providing a suitable 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.

Pupils who provide their own packed lunch for school trips should ensure it is fully disposable including the drink container. The school has purchased 60 backpacks with a reusable cold gel pack to be used by the children on a trip.

A "**Healthy lunchbox**" would be one that contained a healthy mix of foods, including something savoury. We suggest the sandwich be savoury rather than sweet.

#### **The children also seem to like:-**

- Cherry tomatoes (cut in half)
- Sticks of carrots, celery, and cucumber
- Grapes (cut in half) and other fruit
- Yoghurts
- A drink
- A small piece of cake

#### **Don't forget to include things that are easy to open and handle.**

- Please ensure your child has a drink (no fizzy drinks)
- No chocolate bars, sweets or crisps please. Rice Cakes would be an alternative.
- We suggest you provide a variety of foods in small portions that can be eaten by your child in approximately 30 minutes.

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