

ST JOHN'S Highbury Vale C of E School

Whole School Food Policy

Our vision is: "to be a school where every child is valued as a unique individual created in the image of God, where everyone has equal opportunities and where teaching and learning are of a consistent high standard."

Summary of our school vision: *'Every Child, Every Opportunity, Every Day'*

We aim to provide the foundation on which children can grow, enabling them to move on to the next stage of their lives, confident that, in the words of St. Paul:

"I can do all things through Christ who strengthens me" Philippians 4:13

Date

Date to be reviewed

Why is a policy needed?

At STJHV we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Breaktime snacks including those brought from home.
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Water

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

Special Dietary Requirements

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance
- Nut Free School

STJHV is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian option for every meal. The schools SEND coordinator ensures at the beginning of every year the school allergy sheet is updated and that any new child who starts at STJHV complete the relevant paper work. All first aid staff are trained to deal with allergy reactions and the school folder is stored centrally in the staff room. Parents are asked to update the school if any changes are required to their child's Medical Care Plan.

School lunches including packed lunches

At STJHV all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. School meals are prepared by Caterlink, who are the preferred supplier by Islington Council. All pupils from Reception – Year 6 are entitled to a free school meal by the LBI - *'Every Child, Every Opportunity, Every Day'*

We will provide Universal Free School Meals for children in Foundation Stage two and Key Stage 1 and encourage parents to take up this offer.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. *'Every Child, Every Opportunity, Every Day'* (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards if parents decide to use their entitled lunch. As a school we encourage parents to use recyclable / environmental containers.

Any meals taken as part of on or off school site residential will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

Curriculum Food

At STJHV we have a specialised area to support cooking in the school environment. The room has 3 built in cookers, a variable height sink, a wide range of cooking utensils and space for 30 pupils to work independently or in small groups. The production and preparation of food is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology. Each year group has a focused cooking lesson with a school specialist for a half term over the school year. *'Every Child, Every Opportunity, Every Day'*

e.g. The class will learn progressive cooking skills linked to a class topic, that will enhance their knowledge of cooking, but also provide a wider range of learning. A good example is Year 6 who have a topic linked to India. As part of their cooking skills they learn about different spices, how to make Dal, flat breads etc and then share these recipes with their parents at home.

Also as part of our curriculum linked to food each half term pupils are given a cooking activity as part of their Homework Bingo. This is to support their learning at school, but also to excite pupils about cooking and sharing that experience with their family

Breakfast Club

Food provision at our breakfast club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. Child can choose their breakfast from a

range of fruit, cereals, toast, waffles, yogurt etc. All child sit down as a small group in a calm positive environment before they start their school day. *'Every Child, Every Opportunity, Every Day'*

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers to provide sensible choices to share in school.

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents or provided by the school. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

Monitoring

We consult annually with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals. The monitoring procedures for packed lunches can be found in Appendix one.