

St John's Highbury Vale CE Primary School

Whole School Food Policy

“I can do all things through Christ who strengthens me.”

Philippians 4:13

This can be lived out through our school motto,

‘every child, every opportunity, every day.’

At the heart of our school vision is a desire for an authentic and life-giving relationship with one another and with God. We believe that it is through Christ who gives us the strength, all can achieve within a learning environment where every child is valued as a unique individual created in the image of God, and where teaching and learning is of a consistently high standard.

Why is a policy needed?

At St John's Highbury Vale Primary 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:

- Break time 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 lunchtime, 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

St John's 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, that the school allergy sheet is updated and that the parents of any new child who starts at St John's, complete the relevant paper work. All first aid staff are trained to deal with allergy reactions. A list of children with specific food allergies is provided to the kitchen staff, is available in Maberly Hall kitchen and is shared with all staff members at the beginning of each academic year. A folder containing all food allergy and intolerances is kept in the Head of Schools office. Parents are asked to update their child's medical care plan annually at the start of a new academic year and if any changes are required to their child's Medical Care Plan.

School lunches including packed lunches

At St John's Highbury Vale 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, Key Stage 1 and Key Stage 2. We will encourage parents to take up this offer. Advice on how to do so is provided to parents in new starter packs and is offered from the front office staff.

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. 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 St John's we have a specialised area to support cooking in the school environment. The room has three 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'**

Classes 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.

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 children 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 at school but to promote healthy eating choices. We would ask that parents and carers to provide sensible choices to share in school, such as; popcorn, healthy home baked goods or fruit based goods. No sweets, chocolates or cakes are allowed.

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.