

St James’ Church of England Junior School

(Voluntary Controlled)



Whole School Food Policy

Drawn up by	Lara Dempsey
Approved by	
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Agreed by Governors	
To be reviewed	

Head Teacher: R Boland-Bourne
St James’ C of E Junior School
Tower Hamlets Road
Forest Gate
London
E7 9DA
020 8534 4030

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Introduction

St James' CofE Junior School are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices about the food they eat. This will be achieved by the whole school approach to food provision and food education documented in this whole school food policy.

In the Department for Education document, 'School Food in England: Departmental Advice for Governing Bodies (January 2015)', "Governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the uptake of school lunches." This policy has been developed to take into account and comply with the mandatory national School Food Standards (January 2015).

These standards:

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)

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- Ensure a wide variety of foods are served across the school week for a good balance of nutrients

The work the school does in relation to school food will also contribute to the Ofsted framework. In particular:

- Are pupils supported to make healthy and informed lifestyle choices?
- Does the school provide a positive lunchtime dining environment?

Aims

This policy aims to:

- Enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- Ensure all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- Ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- Provide healthy food choices throughout the school day in line with the mandatory School Food Standards
- Ensure that mandatory food based standards are implemented routinely and consistently
- Ensure that the school follows the principles laid out in the School Food Plan, encouraging the take up of school meals
- Ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
- Ensure that every reasonable effort is made to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils

Food Provision in our School

Food Safety

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe (the activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

Food Standards National Nutritional Standards for school lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches came into force in January 2015. Together with the existing standards they cover all food sold or served in schools (<http://www.schoolfoodplan.com/standards/>). Checklists for monitoring provision are available from the Children's Food Trust (<http://childrensfoodtrust.org.uk/>).

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Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and support pupils to be ready to learn at the start of each day. Staff will inform the Designated Safeguarding Lead (Mrs Hall) or Deputy Lead (Mr Danquah) if a child is identified as not being given breakfast.

The school provides breakfast for a small number of pupils who attend Booster classes on a Tuesday morning from 7.45am-8.00am. The breakfast menu includes a range of healthy cereals, milk and water.

Break Time

Currently, due to the COVID-19 pandemic, snacks at break time are not brought in from home or provided by the school.

Lunchtime Provision

Dining environments should be a pleasant, social and cultural experience. Positive lunchtime environments help to promote a positive lunchtime experience. We aim to:

- Provide a dining environment that is a desirable place to eat
- Ensure there is enough space to sit and eat a meal feeling refreshed and relaxed ready for learning in the afternoon

School Lunches

School meals are provided by Juniper Ventures and are served between 11.45am and 1.00pm in the school hall. The school meals meet the mandatory requirements of the School Food Standards 2015 and the National Nutritional Standards for School Lunches. Every primary school aged child attending school in Newham has the opportunity to have a free school lunch even if their parents/carers are not in receipt of one of the qualifying benefits for free school meals. The school fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behavior and attainment.

At St James', we provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. We also ensure the service is consistent with our teaching of healthy eating including the 'Eatwell Plate.' School meals are planned on a 3-week cycle and always contain a meat/fish and vegetarian option. The school meals menu can be found on our school website.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious and cultural practices. St James' is a nut-free school.

All food served at St James' is Halal. Children with specific food allergies and dietary requirements have care plans which are shared with all staff and are kept in the school's medical room.

Packed Lunches

The school's packed lunch guidance is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, rice or couscous
- One portion of fruit and one portion of vegetables or salad
- A dairy product such as cheese or yoghurt
- A source of protein such as meat, fish, eggs, beans and pulses, hummus or falafel

Packed lunches should not include:

- Crisps or crisp type snacks
- Sweets
- Any items containing chocolate
- Any items containing nuts

Drinks

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community have access to drinking water, every day, free of charge.

The school is a water only school, with the exception of milk that is also provided at lunchtime. Pupils are encouraged to bring in their own water bottle to have during the day. Pupils are encouraged to drink water frequently.

Rewards and Celebrations

Rewards

The school does not allow food to be used as a reward for good behavior or achievement. Other methods of positive reinforcement are used in the school.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. As St James' are a nut-free school, parents/carers are advised not to send in any food to celebrate their child's birthday. Instead a range of alternative celebrations will be used in school e.g. singing happy birthday in class.

For school events, such as International Day, we welcome a variety of foods from different cultures, for children to try. Parents/carers will be provided with suggestion lists and will be advised of ingredients not to use in these dishes in order to adhere to our nut-free school initiative and allergies.

Food in the Curriculum

Curriculum Design

The headteacher has a responsibility for preparing the curriculum policy. Food and nutrition is taught at an appropriate level in each year group and was brought in as a statutory requirement of the National Curriculum in September 2014. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation. The aim of our curriculum is to:

- Enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills
- Educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and other health benefits
- Ensure that the curriculum design will reflect the whole-school approach to healthy eating
- Ensure opportunities within the whole school curriculum to promote and raise awareness of healthy weight and oral health

As part of their work with food, pupils are taught how to prepare food and cook, applying the principles of nutrition and healthy eating. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. St James' also recognises that food has great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to DT, Science and PSHE.

Visitors

The school values the contribution made by outside agencies including the school nurse. It is the responsibility of the school to ensure that contributions made by visitors to the classroom reflect the school's vision and ethos around this subject.

Extra-Curricular Activities

Termly clubs also support the teaching of food and healthy eating and include Science and Cooking club. Staff delivering these sessions actively encourage healthy eating and the importance of a varied diet.

Expectations of Staff and Visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors are expected to model good practice and behavior around food and drink and in line with the policy, when in the company of pupils. Support staff are provided with a subsidised school lunch.

Monitoring arrangements

This policy will be reviewed frequently by SLT. At every review, it will be approved by the headteachers and the full governing body.

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Role of Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos. The governing body is responsible for:

- Ensuring that the National Food Standards are met
- All food and drink provided in schools meet the National School Food Standards
- Ensuring catering services are coordinated across all school food and drink outlets
- Ensuring they receive reports on compliance with school food standards and take-up of school lunches and financial aspects of school food provision

Links with other policies

This policy is linked to our:

- Medical Needs Policy
- Health and Safety Policy
- Curriculum Policy

Supporting Documents

The School Food Plan and School Food Standards

<http://www.schoolfoodplan.com/standards/>

School Food in England: Departmental advice for governing bodies

http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School_food_in_England_2015.pdf

Information on food allergens

<http://www.food.gov.uk/allergy>

Standards for food and catering services

<http://www.gov.uk/government/collections/food-buying-standards-for-the-public-sectorthe-plan-toolkit>

Children's Food Trust

<http://www.childrensfoodtrust.org.uk/childrens-food-trust-schools/>

Food Standards Agency

<http://www.food.gov.uk/Food>