

Roberttown CE (VC) J & I School

Whole School Food Policy



Approved by:	Resources Committee	Date: January 2024
Last reviewed:	March 2022	
Next review:	Resources Committee January 2025	

At Roberttown school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, drug, behaviour, and RSE policies.

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

As a school, it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, and the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To provide healthy food choices throughout the day.

These aims will be addressed through the following areas:

Equal Opportunities

The school recognises its legal duty under the Equality Act 2010 and in healthy eating. As in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

Eg EYFS/KS1 – eating the right amounts of different types of food and drinking water; Lower KS2 – nutrition and energy comes from the food we eat; Upper KS2 – Impact of diet and nutrition on the human body.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for interactive learning.

Pupils are consulted about the lunchtime menus through the School Council, and Munch, from Kirklees Catering, visits school to promote healthy eating choices.

Food and Drink Provision Throughout the School Day

Extended Schools provision

Breakfast and Out of School Clubs

The school operates a Breakfast Club that provides a nutritious breakfast for pupils before the school day. See Appendix 1 for an example of the Breakfast Club Menu.

The Out of School Club, Rascals, provides a nutritious teatime snack for the children at the end of the school day. See Appendix 1 for an example of the Rascals Menu.

The staff have undergone appropriate food hygiene training and our facilities meet appropriate food safety requirements.

National Nutritional Standards for School Lunches

[The Requirements for School Food Regulations 2014](#) introduced standards for school food into law, and specify which types of food and drinks should be served at school and how often. They cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. In addition, the school kitchen has been awarded the Food for Life Silver Award. Please click the link for menu details and meal costs. <https://www.kirklees.gov.uk/beta/schools/pdf/menus/Primary-and-Middle-schools/roberttown-ce-vc-junior-infant-school.pdf>

Snacks

All Foundation Stage and Key Stage One classes have a morning snack of cut and washed fruit or vegetables provided through the School Fruit and Vegetable Scheme. They are also entitled to free milk, or milk provided at a nominal charge which is subsidised through the School Milk Scheme. If pupils do not like milk, they are allowed to bring water – juice is not allowed.

Key Stage Two children can pay for fruit and milk or they may bring fruit or other low sugar snacks, which they can eat at playtime. Snacks high in sugar and fat e.g. chocolate bars, crisps, sweets (including fruit winders) are not allowed during break.

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. (See Behaviour Policy)

Children are allowed to bring sweets to share at the end of the day to celebrate their birthday.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

At Roberttown School we provide a free supply of drinking water via a water fountain situated in the KS2 shared area. The children can also bring a named water bottle which they can drink from at any time of the day (except Collective Worship times unless there is a medical need).

Packed Lunches

The school encourages parents and carers whose children have packed lunches to provide lunches that complement these standards. Due to severe allergies, we ask that **no nut based products** are included in home packed lunches.

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but we ensure we liaise closely with parents and carers to promote healthy habits. Parents and carers are regularly updated on Food Policy through the school Prospectus and school Newsletters.

Packed lunches **should** include:

- At least one portion of fruit and vegetables every day.
- Meat, fish or other source of non-dairy protein (lentils, kidney beans, chickpeas, hummus and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy such as bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

Packed lunch **should not** include:

- Meat products such as sausage rolls, individual pies, corned beef, sausage/chipolatas, pepperami. These should be included only occasionally.
- Snacks such as crisps or cheddars on a daily basis. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

Packed lunches **MUST NOT** include:

- Nuts – including peanut butter or Nutella because of the **life threatening risk** to another child who may have a severe allergy.
- Confectionery such as chocolate bars and sweets (fruit strings and winders are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Drinks other than water – fresh water is available at all times so you do not need to include this.

During out-of-school events, e.g. school discos etc., the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

Special Dietary Requirements

School catering service offer a vegetarian option at lunch every day and a vegan option if required.

School catering service is able to provide alternative options, e.g. vegetarian/fish, to enable pupils to follow their religious beliefs and cultural practices.

Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any medically confirmed food allergies and will complete a risk assessment and personally agree menus with the parent/carers and the school.

At Breakfast Club and Rascals Out of School Club, menus are carefully chosen with allergens in mind. For children attending these clubs, risk assessments are completed and personally agree menus with the parents/carers.

Natasha's Law

Although we do not package any of our food on site, we are aware of the legal responsibility we have for the preparation and distribution of food on our premises. To ensure the safety of our school community we will:

- Ensure that kitchen and Extended School Club staff are aware of their responsibility to provide correct allergen information.
- Ensure that kitchen and Extended School Club leader are trained in allergy awareness and how to respond to an allergy sufferer's questions.
- Ensure that all staff in school know who our allergy sufferers are and receive regular reminders.

We are aware that the standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions.
- Fundraising events.
- As rewards for good behaviour, achievement of effort.
- When teaching food preparation and cookery skills, including when the food prepared is served to the pupils as part of school lunch.
- On an occasional basis by parents or pupils.

However, we ask that parents label potential allergens in any food which they prepare for school events.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment, (including additional equipment to avoid cross-contamination) and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Food for the Breakfast and Out of School Club, Rascals, is bought from reputable suppliers.

The Eating Environment

- All pupils are required to sit for a reasonable amount of time, in order to eat their lunch.
- Pupils are encouraged to try to eat most of the food provided, either by the school or in their lunch box – if lunchtime staff do not feel that the pupil enjoyed what was provided, they will talk to the class teacher, who will liaise with parents/carers.
- All remains from lunch boxes must be taken home at the end of the school day.
- Lunchtime supervisors will help any pupils who have concerns or cause concern during meal time, eg. Pupils who may have problems eating their lunch, spill or drop their lunch, or have difficulty opening yoghurts etc.
- Pupils are expected to behave well whilst eating their lunches, be polite and helpful.
- Lunchtime staff should thank pupils for good behaviour, as pupils should thank them for their help and assistance. (6 pupils per week will be recognised by the catering staff for their good behaviour and will be able to eat their lunch with the Headteacher on a Friday, sitting at a special table in the dining hall).
- Pupils should leave the area where they have eaten their lunch in a reasonably clean and tidy condition.

Role of the Governors

Governors should receive an annual report on the monitoring and effectiveness of the policy.

Monitoring and Review

- Kirklees School Meals Service is responsible for ensuring the quality of the food offered as part of the contract with the caterer.
- The Headteacher and PSHE leader are responsible for supporting colleagues in the delivery of the food policy.
- The Deputy Headteacher is responsible for monitoring the food at Breakfast Club and Rascals.
- Subject Leaders are responsible for the curriculum development of the food policy.
- The Breakfast Club Leader is responsible for ensuring that the food served is in accordance with this policy.
- The Out of School Club Leader is responsible for ensuring that the food served is in accordance with this policy.

This policy will be reviewed as part of our rolling programme of policy review.

Appendix 1

Extended Schools Menu

Breakfast club menu

- Wholemeal bread, used for –
- Toast with a choice of dairy free spread, strawberry jam, lemon curd or honey

- Weetabix
- Special K
- Rice Krispies
- Cornflakes
- Porridge
- Milk
- Orange juice
- Apple juice
- water

Rascals menu

- Wholemeal bread, used for –
- Toast
- Ham sandwich
- Cheese sandwich
- Tuna sandwich
- Chicken sandwich

- Hoops/beans on toast
- Toasted sandwiches – fillings as above

- Also offered –
- Yoghurts
- Fresh fruit and vegetables
- Milk
- Water