

Kempshott Junior School Whole School Food Policy

Policy Ratified by Governing Body	10 th October 2019	Review 3 Yearly
Date of Review	May September 2019	
Date of Next Review	September 2022	

Safeguarding Statement

At Kempshott Junior School we respect and value all children and are committed to providing a caring, friendly and safe environment for all our pupils so they can learn, in a relaxed and secure atmosphere. We believe every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at Kempshott Junior School. We recognise our responsibility to safeguard all who access school and promote the welfare of all our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying.

Rationale

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. We wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro-active approach to improving the health and wellbeing of children, while attending class.

In the past, as part of the curriculum and to improve the well-being of our children, we have incorporated:

- Healthy eating days
- Provision of water containers for children
- Achieved accreditation as a Healthy School
- No 'nuts' School

We are now taking the work, already done on food in our school, a stage further by introducing a **Whole School Food Policy**. This policy will cover the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind**.

Aim

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

Objectives

Working with the Schools Caterers

Fruits and vegetables - these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)	<ul style="list-style-type: none">▪ Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice).▪ A fruit-based dessert shall be available at least twice per week in primary schools.
Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)	<ul style="list-style-type: none">▪ A food from this group should be available on a daily basis.▪ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools.▪ Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks.▪ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein.
Manufactured meat products	Manufactured meat products may be served occasionally as part of school lunches, provided that they: <ul style="list-style-type: none">i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers.ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; andiii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.
Starchy foods (also see additional requirement on deep frying below) - these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal	<ul style="list-style-type: none">▪ A food from this group should be available on a daily basis.▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week▪ On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available.▪ In addition, bread should be available on a daily basis.
Deep fried products	Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.

Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	A food from this group should be available on a daily basis.
Drinks	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> ▪ plain water (still or fizzy); ▪ milk (skimmed or semi-skimmed); ▪ pure fruit juices; ▪ yoghurt or milk drinks (with less than 5% added sugar); ▪ drinks made form combinations of those in bullet points 1 to 4 on this list (e.g. smoothies); ▪ low calorie hot chocolate; ▪ tea; and ▪ coffee <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
Water	There should be easy access to free, fresh drinking water.
Salt and condiments	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
Confectionery and savoury snacks	Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.

3.2 The school and its caterer will introduce school meal themes days/weeks, such as:

- Bringing in the harvest
- Potato day
- Bonfire night
- Chinese new year
- International themes
- Make your own meal day with the cook
- Historical themes
- Farm day, etc
- HC3S healthy living promotions – meals turned into activities
- Taster days
- Curriculum theme days

3.3 The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum

As part of the work that children do for sciences, and for personal, social, health and citizenship education (SMSC), they will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/Breakfast/evening meal
- Cost of menus, etc
- Measuring and weighing recipe games
- Have a growing club where vegetables can be grown by the children
- Food on the plate games
- Food in history
- Celebrity eating habits

- Design a healthy menu for your favourite celebrity
- Extra curriculum activities, including:
 - After school cookery clubs
 - Caterer's talks about the changes in school meals and nutritional standards
 - Breakfast clubs with cooks and/or volunteers

The school will enlist the help of its school caterer/dietician/healthy living co-ordinator or another professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

3.4 The school will provide information on healthy foods through this policy that should be included in Lunch boxes from home

The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).

Please respect our 'No Nuts Policy'. We have pupils who have nut allergies, which can be life threatening.

Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packets of savoury snacks high in salt and fat.
- Fizzy drinks/sugary drinks.
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Nut spreads i.e. peanut butter and Nutella type chocolate spreads
- Packets of salted nuts.

Parents who have difficulty following these guidelines are requested to contact the school.

3.5 The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school.

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table in order to eat their school meal.
- Children are required to eat all or at least try to eat most of the food provided either by the school or in their lunch box.
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain.
- Caterers and supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition.

3.6 The school will ensure their school representative is trained, at least, to Basic food Hygiene Standards

The school will ensure their representative will receive basic food hygiene training.

Either

- Through the school meal provider, e.g. HC3S
- Local college