

Through all of its policies, Wellstead Primary School aims to provide:

A caring, family ethos in which all children can flourish.

Excellent standards of teaching which enable all children to achieve their full potential.

A curriculum which builds enthusiasm for learning and equips children for the next stage of their education.



Wellstead Primary School Policy on Food in School

This policy has been formulated to enable Wellstead Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

The policy and future amendments to the policy must be communicated clearly and consistently to pupils, parents and staff.

Aims and Objectives

- Wellstead Primary School recognises the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.
- The school aims to ensure that pupils are well nourished at school and that every pupil has access to tasty and nutritious food and a safe, easily accessible water supply during the school day.
- The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- Through effective leadership, 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.
- The school is committed to providing a welcoming eating environment that encourages the positive social interaction of pupils and teachers.
- The school recognises that sharing food is a fundamental experience for all people and an excellent bridge for building friendships and intergenerational bonds.
- The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school and enables them to contribute to healthy eating and acts on their feedback.

Roles and Responsibilities

The school Governors are responsible for:

- The provision of school food. A school lunch must be provided for pupils where a meal is requested and either the pupil is eligible for free school lunches or it would not be unreasonable for lunches to be provided
- Deciding the form that school lunches should take but must ensure that the lunches and other food and drink provided meet the school food standards
- Providing hot lunches wherever possible to ensure that all pupils are able to eat at least one hot meal every day
- Providing school meals to a pupil free of charge if the pupil and/or parent meets eligibility criteria
- Providing drinking water free of charge at all times on school premises
- Providing facilities to eat the food that pupils bring to school. This should include adequate furniture and supervision
- Providing lower fat or lactose reduced milk to be available for drinking at least once a day during school hours. Milk must be free of charge to benefits-based free school meal pupils.
- Providing KS1 children a free piece of fruit or vegetable every school day through the School Fruit and Vegetable Scheme
- Evaluating the food and drink provision against the standards and produce an evidence of compliance
- Ensuring that they receive regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

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- Working with the Headteacher to develop a whole school food policy; setting out the school's approach to its provision of food, food education, the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches

Specific Aspects of Food in School

The school and its caterer, HC3S, must meet the new nutritional standards for food in schools as set out in the 'School Food Regulations 2014', which is explained in more detail within the 'School Food Plan'. The regulations set out the requirements for school lunches as well as the requirements for food and drink other than lunch, provided to children on and off school premises, including breakfast clubs, tuck shops and after school clubs.

Break time snack

All pupils are welcome to bring a healthy snack from home for the morning break time. This may include:

- Fruit
- Vegetables
- Milk (lower fat or lactose reduced)
- Seeds
- Fruit-based snack bars (containing at least 50% fruit)
- Yoghurt

The following foods are not suitable for snacks:

- Savoury crackers or breadsticks
- Chocolate or chocolate coated products
- Cakes, biscuits, pastries or desserts

Water

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. Therefore, all children are encouraged to bring a plastic water bottle for which they are responsible. Regular opportunities to drink water are given throughout the school day. Children are regularly reminded to drink water at break times. Other drinks that are permitted in the school food standards include:

- Lower fat milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks
- Unsweetened combinations of fruit or vegetable juice with water
- Plain fermented milk e.g. yoghurt drinks
- Tea, coffee and hot chocolate

School Lunches

Universal Infant Free School Meals

From September 2014 every child in Reception, Year 1 and Year 2 in state funded schools is entitled to a free school lunch.

School lunches have undergone a thorough review by Hampshire Caterers, our contractors, to ensure that the children receive all the nutrients required for a balanced diet.

On a daily basis, pupils must be offered starchy foods, dairy, proteins and fruit and vegetables on their plate. Every effort must be made to ensure that appropriate choices are available for all pupils throughout lunchtime.

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Currently, all our school meals are provided by the Local Authority's chosen contractors, HC3S. All meals provided must meet the School Food Standards. It is noted that Genetically Modified foods, foods containing nuts and mechanically re-claimed meat are strictly banned from school lunches.

The School Food Standards clearly sets out the expectations for school lunches. HC3S complies fully with the School Food Standards and this is monitored regularly by the Senior Leadership Team and school Governors.

| Food group | Food Based standards for school lunches |
|---|---|
| STARCHY FOOD | One or more portions of food from this group every day Three or more different starchy foods each week One or more wholegrain varieties of starchy food each week Starchy food cooked in fat or oil no more than two days each week Bread - with no added fat or oil - must be available every day |
| FRUIT AND VEGETABLES | One or more portions of vegetables or salad as an accompaniment every day One or more portions of fruit every day A dessert containing at least 50% fruit two or more times each week At least three different fruits, and three different vegetables each week |
| MEAT, FISH, EGGS, BEANS AND OTHER SOURCES OF PROTEIN | A portion of food from this group every day A portion of meat or poultry on three or more days each week Oily fish once or more every three weeks For vegetarians, a portion of non-dairy protein three or more days a week |
| MILK AND DAIRY | A portion of food from this group every day Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours |
| FOODS HIGH IN FAT, SUGAR AND SALT | No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated No more than two portions of food which include pastry each week No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food No confectionery, chocolate and chocolate-coated products, Desserts, cakes and biscuits are allowed at lunchtime. Salt must not be available to add to food after it has been cooked Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful. |
| HEALTHIER DRINKS | Free, fresh drinking water at all times The only drinks permitted are: Plain water still or carbonated Lower fat milk or lactose reduced milk Fruit or vegetable juice (max 150mls) Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk Tea, Coffee, hot chocolate Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice |

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The school and HC3S also arrange theme days, such as:

- Curriculum theme days
- Bonfire night
- International themes
- Taster days
- Celebration and religious festival themes

The school is committed to publicising menu information received from the contractors to parents and carers. This information should be available in the school newsletter each term, in the school website, on school notice boards and on request at the School Office.

Packed Lunches

The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend this to parents. However, should parents decide to send in a packed lunch from home then parents will be asked to follow the guidelines above when preparing a packed lunch for their child.

The following foods are not permitted as regulated by the School Food Standards.

- No confectionary, chocolate or chocolate covered products
- No fizzy drinks
- Nuts

The following foods are permitted at lunchtime only:

- Savoury crackers or breadsticks
- Deserts, cakes and biscuits (non-chocolate based)

The Food Standards Agency survey of packed lunchboxes showed that in general children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthy lunchboxes. To facilitate this, the school will provide guidance to parents based on the School Food Standards in Schools recommendations of what constitutes a healthier lunchbox.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We encourage parents to include in lunchboxes those foods, which will provide a balanced meal and are known to have a positive impact on the child's development such as starchy foods, protein, fresh fruit and vegetables, milk and dairy fruit. Lunchtime staff will engage with children and chat to them about what they are eating.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social of pupils and teachers. The school will aim to provide a calm, ordered environment conducive to good behaviour.

It is also committed to the following:

- Active help for children who find the physical process of school dinners or packed lunch difficult, for example, carrying trays, opening tubs or packets.
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children having school dinners and packed lunches, in terms of provision and supervision.
- Provision of water jugs, containing clean water and cups available.
- Encouraging children to wash their hands before eating.

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In providing this clean and sociable environment for children to eat their lunch, the school requests that the children adhere to the following rules:

- Eat or at least try to eat most of the food provided as part of their school or packed lunch
- Take litter home or dispose of it in the bins provided
- Follow the Wellstead Way when eating their lunch at their 'house' dinner tables
- Leave the table that they are sitting at in a reasonably tidy condition

The school will reward pupils for good meal time etiquette and good behavior with stickers and house points.

Celebrations & Festivals

The school also recognises that food plays an important role in celebration of culture, and religious festivals. As part of RE and topic work throughout the school, children will have the opportunity to experience foods significant to different countries and to different religious beliefs.

Food in the Curriculum

Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils' experience of food and healthy eating. Schemes of work in a range will reflect the whole-school emphasis on healthy eating.

Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth
- The development of strong healthy bodies
- What constitutes a balanced diet
- An understanding of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others
- How food is produced
- Growing their own vegetables
- Food in history
- After-school cookery clubs

Exemptions to the School Food Regulations

The School Food Regulations do not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- As rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils

Partnership with parents and carers and pupils

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 our school is well placed to lead by example.

Parents, carers and pupils must be regularly updated on food policy settings through school newsletters and consulted on a regular basis.

Monitoring and Evaluation

Evaluation of the progress made by the school in implementing and sustaining the aims and objectives of this policy will be made by the Senior Leadership Team and School Governors on a termly basis.

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Communication/dissemination of the Policy

The policy will be disseminated in the following ways:

- School Website
- On display in the School Foyer – parents advised in Newsletter of availability
- Staff Meetings

Revision Record

| Revision No. | Date Issued | Prepared By | Approved | Comments |
|--------------|--------------|-------------|----------|--|
| 1 | April 2008 | RW | FGB | Policy presented |
| 2 | January 2015 | BR | FGB | Updated to reflect new School Food Standards |
| 3 | January 2016 | EB | FGB | |
| 4 | January 2017 | MR | FGB | |

Governor suggested amendments

| Reviewing Governor | Page number | Amendment suggested | Comments from other Governors |
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