

## Somerset Whole School Food Policy South Petherton Junior School

### Introduction

South Petherton Junior School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was adapted from a model policy from Somerset County Council and through consultation between members of staff, governors, parents and pupils. This school food policy is co-ordinated by Catherine Walker, Head Teacher.

### Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards (January 2015)
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community, including pupils, staff and parents/carers

### Food throughout the school day

#### 1. Breakfast

Breakfast is an important meal that could provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school does not run a breakfast club but signposts to Hassockmoor Childcare. It does, however, offer a voluntary breakfast within the week of SATs in May. The school will ensure that it only provides bread for toast (wholegrain where possible) and cereals without added sugar. Drinks of water, milk and fruit juice will also be provided.

#### 2. School lunches

School meals are provided by Figs, based in Somerton, and served between 12.20pm and 12.45pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. 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 the **ParentPay website**.

#### 3. Packed lunches from home

Using guidance from the Children's Food Trust, the school is asked to ensure that parents have current recommendations to support their child / children to have a balanced lunch and best prepare them for learning in the afternoon. We acknowledge parental choice but ask all parents to consider this guidance when preparing lunchboxes:

- Some starchy foods, such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon
- **No confectionery eg. chocolate and chocolate-covered products**

#### 4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

- Pupils are able to bring fruit and vegetables/cereal bars into school to eat at break-times **(please note that we are a 'Nut-Free' zone)**
- After school snacks are not provided by the school

## **5. Drinks**

The school promotes healthy drinks. Water is provided via water fountains around the school grounds and during lunchtime. Pupils are also encouraged to bring a water bottle to school (sports cap preferred to reduce spillage). At break time, there is free milk entitlement for all free school meal pupils (lower fat or lactose reduced milk).

## **6. School trips**

Children usually bring their own packed lunches on trips; however, these lunches should adhere to the same food and drink guidance described above. A packed lunch option will be available on the school menu and, for those children who are entitled to free school meals, they will also receive this option.

## **7. Rewards and special occasions**

### **Rewards**

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school eg. House points, Diners' Club and Golden Tickets (see Behaviour policy).

### **Celebrations**

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will be mentioned within their classroom. If parents choose to send in a Birthday treat, we will give these out at the end of the day to enjoy at home. Occasional fund-raising events may include the sale of cakes but these events will occur outside of the school day.

## **8. Curricular and extra-curricular activity**

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). Termly clubs also support the teaching of food and healthy eating and include Cookery and Gardening club. Staff delivering cooking clubs have achieved at least Level 2 in Food Safety and Hygiene. Forest School sometimes uses hot drinks when activities are outside eg. cocoa and lower fat or lactose reduced milk.

## **9. Special dietary requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Mrs Doreen McCarthy. Pupil's food allergies are displayed in a sensitive way within the Hall kitchen.

## **10. Expectations of staff and visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and, in line with the policy, when in the company of pupils.

## **11. Parents, carers and family members**

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Updates are put on the school newsletter and shared via ParentPay / the school website.

## **12. Monitoring and review**

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The policy will be reviewed every 2 years or when there has been a material change in the provision pertaining to any section of this policy. Parents will be given the opportunity to complete a questionnaire on hot lunches that will be shared with Figs.

**Date policy implemented:** February 2018

**1<sup>st</sup> Review Date:** February 2020

**2<sup>nd</sup> Review date:** February 2022

**3<sup>rd</sup> Review date:** February 2024