

# St Charles Catholic Primary School



## Whole School Food and Drink Policy

Designated Teachers: Tony Lynch and Nadine Gordon

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Date policy to be reviewed: Summer 2024

# Our Mission Statement

✠ *Love God, Love your Neighbour* ✠



*(Design by Claudia 5A - 2020)*

*Through God's love, and with guidance from the Holy Spirit, we, the Community of St Charles, share our Catholic faith together. We seek to nurture in our children an understanding of the importance of Christian values and a deep love and lifelong commitment to God.*

*We value the unique strengths and gifts of the children entrusted to us and strive to provide an excellent education, so that through our teaching the children may realise their full potential.*

*In partnership with our families, Governors and Parish, and inspired by our faith, we support the children of St Charles. We encourage them to shine, to have pride in their achievements, to show concern for others and contribute to society as responsible citizens.*

## **Our Aims**

- *To appreciate that we are all uniquely created and loved by God.*
  - *To deepen each child's understanding of the Catholic faith.*
- *To nurture in the children an understanding of Christian values and how these help shape our lives and the lives of others.*
  - *To understand the importance of forgiveness and reconciliation.*
- *To work in partnership with parents and Parish to create a Christian atmosphere enriched through prayer.*
  - *To provide an excellent education so children learn and achieve their potential.*
  - *To respect and care for one another in a happy, welcoming and nurturing community.*
- *To ensure children care and respect others, develop an understanding of the world and contribute to society as responsible citizens*

## **Introduction**

At St Charles, we are dedicated to the provision of a nurturing environment that promotes healthy eating and enables every child to make informed food choices. We believe in a whole school approach to food and drink provision and food education as outlined in this policy.

## **Purpose of the policy**

This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

We therefore aim to:

- Support pupils to make healthy food choices which in turn will allow them to be better equipped to learn and achieve;
- Provide a range of healthy food choices throughout the school day which exist in line with the mandatory School Food Standards
- Promote an informed and consistent approach to healthy eating across the St Charles school community, including pupils, staff and parents/carers.

## **FOOD AND DRINK PROVISION THROUGHOUT THE DAY**

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

For maintained nurseries and nursery units attached to primary schools, there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

- Fruit and vegetables (fresh, frozen, canned or dried)
- Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)

- Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
- Milk and Dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, for maintained nurseries and nursery units, whole milk, rather than lower fat milk, should be provided. Fresh clean free drinking water should also be available for children every day.

## **Breakfast**

Breakfast is an important meal and should make up a quarter of a child's energy requirements and can provide essential vitamins and minerals, allowing them to be ready to learn throughout the day.

Breakfast is served daily between 8am and 8:50am each morning at Breakfast Club and is provided by members of our school staff.

We provide the following foods/drinks at Breakfast Club:

- A variety of different fruits and vegetables e.g. fruit pots, fresh fruit, dried fruit, canned fruit in natural juices
- A selection of fortified low sugar cereals. We mix plain cereal with wholegrain varieties to reduce overall sugar content. We offer porridge.
- A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
- A variety of different toppings for toast and bread e.g. low fat spread, reduced sugar jam, low fat soft cheese, cooked tomatoes, bananas or beans
- Semi -skimmed milk for drinking or with cereal and low fat dairy products such as yoghurt or cheese.
- 150ml fresh fruit juice per child
- Fresh drinking water

## **Snacks**

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day. Schools cannot provide crackers, breadsticks, chocolate, chocolate coated products, or confectionary (defined as cereal bars, processed fruit bars, non-chocolate confectionary) as snacks.

For more information on snack guidelines for schools please refer to:

<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>

For maintained nursery schools and nursery units attached to primary schools only, the Eat Better Start Better guidelines recommend that each snack for 1-4 year olds includes:

- A starchy food e.g. crackers, breadsticks, rice cakes. With a variety of at least 3 different varieties of starchy food across snack each week.
- Fruit or vegetables as part of some snacks. With a variety provided across the day and week
- No dried fruit, cakes, biscuits or confectionary
- Beans, pulses, fish, eggs, meat or other protein provided as part of snack once or twice a week
- Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
- A meal or snack is offered to children at least every 1.5 – 3 hours. This is because children have small stomachs and high nutrition needs as they grow and develop.

For information on snack guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 38 and 39: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

## **Our Snack Provision**

The following applies to the organisation of snacks during the school day:

- Fresh fruit is available to all children at break and lunch times
- Fresh semi-skimmed milk is available to all children at lunch time
- We are a nut-free school and snacks are distributed with careful consideration to special dietary requirements and allergies
- If snacks are brought to school from home, these should be a portion of fruit or vegetables (please see guidance for parents/ carers below)
- Snacks distributed to 2-4 year olds attending the nursery are in accordance with the recommendations outlined in the Eat Better Start Better guidelines

### **School Lunches**

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

For maintained nursery schools and nursery units attached to primary schools only, the Eat Better Start Better guidelines recommend that lunches include:

- One lunch that only uses pulses or meat alternatives as the protein source for all children
- Restricts the use of pastry to once a week
- Providing small portion sizes on child sized plates. This is because it is better for children to ask for seconds than to serve them too much
- Children are not praised for finishing the food on their plate. This helps children to recognize when they are hungry and when they have eaten enough.

### **Our School Lunch Provision**

Our school lunches meet the statutory school food standards and nutrient based standards for primary schools. This means that our school lunch menu must provide no more than the maximum amount of total fat, saturated fat, non-milk extrinsic sugars and sodium (please see the table attached in appendix 1).

Lunch is served between 11:00am and 1:00pm and is provided by our school chef. School meals are operated on a 3 week rotation and always contain a vegetarian option. On Weeks 1 and 2, we observe a Meat-free Monday.

Our chef works to source high quality ingredients for our school lunches and school meals are cooked and served with consideration of any cultural and dietary needs.

**WE ARE A STRICTLY NUT FREE SCHOOL.**

At St Charles, we highly value pupil voice and regularly provide opportunities for pupils to share their opinions on the school lunches. Consequently, the lunch menus at St Charles are regularly reviewed to ensure that they are appealing and meet the needs of our pupils. School lunches for our nursery children are compliant with the the Eat Better Start Better guidelines

Our school lunch menus can be found on our website and in the school office.

**Packed Lunches**

We encourage parents to provide healthy well balanced packed lunches.

For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

<b>INCLUDE:</b>
<ul style="list-style-type: none"><li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li><li>- Meat, poultry, fish and non-dairy protein e.g. pulses</li><li>- Oily fish at least once every few weeks (e.g. sardines, salmon)</li><li>- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties</li><li>- A dairy product milk, cheese and yoghurt</li><li>- Water or milk (semi-skimmed or skimmed).</li></ul>

## LIMIT:

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

Foods to provide	Examples of foods that could be provided
<b>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates</b> (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
<b>At least one portion of vegetables and/or fruit</b> (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
<b>A portion of beans, pulses, fish, eggs, meat and other proteins</b> (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
<b>A portion of dairy or an alternative</b> (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
<b>Desserts, cakes, biscuits and crisps</b>	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
<b>A drink</b>	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

## Discouraged Items

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should avoid the following:

- No nuts at any time, including food containing sesame (e.g. hummus)
- Fizzy / sugary juice drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee/ salted popcorn



- Crisps or any packet savoury snacks high in salt and fat
- Energy drinks
- Flavoured water

#### **DO NOT INCLUDE:**

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

We understand that many of our pupils have various dietary requirements and preferences. We therefore aim to support you as much as possible in order to make healthy substitutions for your child/ren. Further information on what a healthy packed lunch looks like can be found on our school website.

### **Storage of Packed Lunches**

Each classroom provides storage facilities for packed lunch bags, in the most convenient and appropriate place possible. However, we are unable to provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

### **Packed Lunches during School Trips**

A packed lunch will be offered by the school for all children who are entitled to Free School Meals. Children who have packed lunches are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above. Where school trips will include lunch provision for children, we will seek to ensure that this meets healthy food requirements as much as possible.

### **The Dining Environment**

At St Charles, we recognise that good quality eating environments significantly increase the uptake of school food. We enforce the following measures to ensure that we have a pleasant eating environment for children:

- Encouraging all children to wash or sanitise their hands prior to entering the lunch hall.
- Operating a number of sittings throughout the lunchtime period, where children eat with members of their class and key stage. This ensures children are able to sit in the lunch hall and enjoy their meals calmly and in an ordered fashion.
- Ensuring a range of staff (both teaching and non-teaching) are available to eat with and help children where necessary e.g.: the opening of packets, carrying trays.
- Promoting a sense of ownership and responsibility by encouraging children to clear and stack their own trays whilst being supervised and supported as required.
- Encouraging children to try new foods and rewarding these efforts through our sticker initiative.
- Ensuring an unlimited amount of fresh water is always available and that all children have access to this.
- Promoting a comfortable environment which is well lit and ventilated and where noise levels are controlled.
- Awarding house points for positive behaviours observed in the lunch hall.
- Decorating the hall with children's work (including Student Council projects) whilst ensuring these are not overstimulating to ensure the environment is inviting to all.

### **In the Early Years**

We believe that lunchtime is a valuable opportunity for our early years children to develop their language and communication skills whilst learning about healthy eating. Staff promote this by:

- Sitting and eating with children and engaging in conversation as appropriate
- Modeling good manners including saying please and thank you as well as food hygiene and table manners.
- Supervising children whilst eating by serving them and sitting with them throughout meal times.
- Rewarding positive behaviour choices (effort and attitude) whilst in the lunch hall.

- Maintaining a positive attitude around food by encouraging children to taste and try different foods on their plate and praising any levels of effort to do this.

## **After School Club**

### **Our after school club food provision**

Children who attend the Tea Time afterschool club at St Mary's are served snacks between 3:30 and 5:50pm.

Children are offered the following foods/drinks at Tea Time club:

- A variety of different fruits and vegetables including: fruit pots, fresh fruit, and vegetable sticks.
- Low fat yogurts
- A variety of sandwiches/ toasted sandwiches with fillings including, chicken, chicken salad, cheese and low sugar spreads.
- Fresh drinking water is available for all children who attend

## **Drinks**

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Milk is available for children at least once a day in addition to Breakfast Club. Whole milk is provided for pupils up to the end of the school year in which they reach age 5, and semi-skimmed milk is provided thereafter.

With the exception of the breakfast club, where 150ml of fresh fruit juice is offered to children, we do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content.

## **SPECIAL OCCASIONS AND CELEBRATIONS**

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. The levy makes soft drinks companies pay a charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy is invested in programmes that encourage physical activity and healthy eating to school-aged children.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart':

<https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches).

### **Birthdays**

The school recognises the importance of celebrating birthdays and special occasions. Therefore, chocolates, sweets and cakes are discouraged for birthdays and instead, we welcome any parents/ carers who wish to send in fruit or a book/ stationery donation for their child to share with the class on their birthday.

### **Special school events**

For celebration events, such as our International Fair in the Summer Term, we welcome a variety of foods, from different cultures, and recognise this as an important opportunity for parents, children and staff to share foods from their countries of origin in school, enjoy each other's company and celebrate their beliefs and routines.

### **CURRICULAR AND EXTRA-CURRICULAR ACTIVITIES**

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition). Through their science and PSHE lessons, children also explore nutrition including a balanced diet along with oral health and hygiene.

Throughout the academic year, pupils engage in gardening lessons where they develop an understanding of growing fruit and vegetables and learn about various herbs both locally and internationally. Produce from our school garden is distributed to children to take home with them along with meal suggestions.

### **SPECIAL DIETARY REQUIREMENTS**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. A vegetarian offer is available each day on our school menus.

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these. Pupil's food allergies are displayed in a sensitive way next to the serving hatch and all members of staff are aware of any updates to this information.

Several members of lunchtime staff are First Aid trained and all members of staff have completed the adrenaline / anaphylactic shock training to enable them to manage food allergies, intolerances and dietary requirements.

### **FOOD SAFETY**

Appropriate food safety precautions are always taken when food is prepared and/or stored. These vary depending on the food that is on offer and include ensuring:

- adequate storage and washing facilities are available;
- food handlers undergo appropriate food hygiene training;
- suitable equipment and protective clothing are available.

Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **MONITORING AND EVALUATION**

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.

This policy will be reviewed as part of the schools agreed policy review process. Additionally, any major legislative or governmental changes regarding school food may lead to this further policy amendments.

A copy of this policy will be supplied to all staff and governors and a hard copy of this will be placed in the school library. A full copy of this policy will be published on the school website and made freely available to parents/ carers on request.

## Appendix 1

	<b>An average day's primary school lunch</b>
<b>Energy (calories/kilojoules)</b>	<b>557 kcals 2328 kJ</b>
<b>Total fat</b>	Not more than <b>21.7 g</b>
<b>Saturated fat</b>	Not more than <b>6.8 g</b>
<b>Total carbohydrate</b>	Not less than <b>74.3 g</b>
<b>Non-milk extrinsic sugars</b>	Not more than <b>16.3 g</b>
<b>Fibre (NSP*)</b>	Not less than <b>4.5 g</b>
<b>Protein</b>	Not less than <b>8.5 g</b>
<b>Iron</b>	Not less than <b>3 mg</b>
<b>Calcium</b>	Not less than <b>165 mg</b>
<b>Vitamin A</b>	Not less than <b>150 µg</b>
<b>Vitamin C</b>	Not less than <b>9 mg</b>
<b>Folate</b>	Not less than <b>45 µg</b>
<b>Sodium‡</b>	Not more than <b>745 mg</b> (not more than 686 mg by 2010)
<b>Zinc</b>	Not less than <b>2.1 mg</b>