

# CORSHAM PRIMARY SCHOOL

## Food Policy



Reviewed: May 2019

Policy Ratified by the Governing Body: May 2019

Next Review Date: May 2022

## **Corsham Primary School**

### **Food Policy**

#### **Rationale**

At Corsham Primary School, we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.

Corsham Primary 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 a whole school approach to food and nutrition documented in this whole school food policy.

Corsham Primary School gained the Healthy Schools Gold Award 2019-2022

Corsham Primary aims to ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school.

The school is committed to:

- Providing easy access to drinking water and encourage children to drink fresh water throughout the day.
- Providing nutritious food at a reasonable cost at lunchtimes.
- Encouraging healthy packed lunches and snacks to be brought from home.
- Ensuring that all pupils are given the information they require to make healthy dietary choices now and in the future.
- Involving the School Council in food issues.

#### **Ways in which food is consumed at Corsham Primary:**

##### **Lunchtimes**

###### **Packed Lunches Brought From Home**

A large number of pupils at Corsham Primary School are provided with a packed lunch from home for consumption at school. Whilst the school acknowledges that the contents of the packed lunch are an element of parental responsibility, it will continue to encourage parents to make healthy choices. The school will continue to offer advice to parents as to what would be suitable through the school newsletter. Parents will be encouraged to consider providing food with reduced salt, sugar and fat content. We will provide ambient storage facilities on the class lunch box trolley but cannot take legal responsibility for foods prepared at home and then brought into school.

Corsham Primary will provide a clean, safe and sociable environment for children to eat their lunch. Packed Lunches may be eaten alongside those pupils who have chosen to purchase their meals from the school kitchen. This facility will be provided free of charge.

## **School Lunches**

Corsham Primary School recognises that for some pupils, the school lunch may be the only substantial meal they eat during the day. It is therefore important that the school lunch provides a tasty and nutritious meal for all pupils.

The Governors are committed to the continued provision of hot meals for all children whose parents request it. However, a school provided packed lunch, which adheres to the schools commitment to healthy eating, is also available to those children whose parents request it.

The Governing Body accepts its responsibility to ensure that it complies with The School Food Standards 2015 (See Appendix 1). The Governing Body will continue to work with the catering contractors to work beyond these minimum standards.

Certain benefits may entitle families to a Free School Meal (please check with the school office for the up-to-date criteria). All Key Stage 1 children are now eligible for Universal Infant Free School Meal (UIFSM) and all parents are encouraged to take up this offer. Even if the child is in receipt of UIFSM in Key Stage 1, parents are encouraged to apply via the Local Authority as acceptance may attract extra funding to the school. Other children in receipt of Pupil Premium are also eligible for Free School Meals.

Corsham Primary School is committed to:

- Maintaining and/or increasing the levels of uptake of school lunches.
- Ensuring that the food provided is of a high quality and promotes healthy eating.
- Ensuring that the choices provided address cultural, religious and dietary needs.
- Ensuring the school has the capacity to provide a meal for all those who require one.

### **Other opportunities:**

#### **Breakfast Club**

Corsham Primary provides a breakfast club on both sites for children identified as being vulnerable and is an intervention used to support children in the mornings. The children are provided with a healthy meal consisting of a choice of toast, non-sugary cereals, yoghurts, croissants and fruit.

#### **Break Time Snacks**

Children in the Foundation Stage are provided with snacks by the school. The children prepare and serve many of these snacks. It is the school's aim to ensure that these children can access healthy food.

Children from Year 1 onwards are encouraged to bring in a small snack (plain biscuits/fruit) and drink (juice or water) from home for break time. Parents are continually advised not to send in chocolate or other non-wholesome foods. Fizzy drinks are banned.

**Free Milk**

All children up to their 5<sup>th</sup> birthday in the Foundation Stage can apply to receive a free carton of milk daily.

All children throughout the school can register to receive a daily carton of milk at a nominal cost.

**Tuck Shops**

Corsham Primary will continue to resist the financial temptation to install vending machines at the school. The children bring their own break time snacks (no chocolate/fizzy drink) so that families can have input into the choices their children make for snacks and drinks.

**School Fruit & Vegetable Scheme**

Corsham Primary School enthusiastically endorses this programme. Every Foundation Stage and Key Stage 1 child is provided with one piece of fruit or vegetable per day. Extra fruit and vegetables are distributed to Key Stage 2. The Catering Team washes and sorts the daily delivery and prepares it for distribution by the children themselves.

**Drinking Water**

The school promotes the consumption of water, as its health benefits are widely acknowledged. Water fountains are provided around the school, within the building and separate from the toilet areas. The children have free access to them at meal and break times.

In addition, every child is provided with a named plastic water bottle, which is kept by their desk and refilled by the child at the start of the day or as needed. The bottles are sterilised weekly by the school kitchen.

Children are encouraged to drink water at frequent intervals throughout the day, including during lessons. Extra encouragement is given after bouts of physical activity such as breaks and P.E. lessons.

**Curriculum**

Corsham Primary School actively promotes healthy eating through its PSHEE, Science and Design Technology curriculum. The whole school Curriculum Framework ensures progression of nutrition understanding and the importance of a healthy lifestyle. Opportunities to cook and prepare food are planned into the Curriculum Framework. Class and Whole School Assemblies and displays around the school hall also provide opportunities to promote healthy eating.

**School Council**

The school council will, wherever possible and when appropriate, involve pupils in the assessment of the meals provided and encourage pupil suggestions for improvement in the quality of the food provided.

### **Success Criteria**

- Water bottles are used and promoted within the classroom. (Water bottles are evident in the classroom)
- Water fountains are maintained and serviced regularly. (See contracts folder)
- The level of uptake of school lunches increases. (See catering figures)
- School lunches and healthy eating initiatives are promoted across school. (See displays, notice boards, newsletters etc)
- School lunches that are promoted are nutritious and good value for money. (See published menus and catering contract details)
- The school's Curriculum Framework ensures that Healthy Eating and cooking/preparing food is promoted within the classroom. (See Curriculum Framework)
- The School Council is consulted and involved in promoting healthy eating and a healthy lifestyle. (See School Council minutes)
- Healthy school lunch boxes are promoted through the school newsletter. (See newsletter folder)

### **Equal Opportunities**

When writing and reviewing this policy staff have completed an Equality and Diversity Impact Assessment in order to ensure it complies with equality obligations outlined in anti-discrimination legislation. We believe the policy positively reflects the aims and ambitions identified in Corsham Primary's Single Equality Scheme.

### **UNICEF**

Corsham Primary is a UNICEF *Silver Rights Respecting School* which promotes the Convention of the Rights of the Child. This policy underpins Article 29 of the convention:

**Aims of Education:** Education shall aim at developing the child's personality, talents and mental and physical abilities to the fullest extent. Education shall prepare the child for an active adult life in a free society and shall foster in the child respect for his or her parents, for his or hers cultural identity, language and values and for the cultural background and values of others.



# The School Food Standards

*Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.*

*These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.*

*As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com/news](http://www.schoolfoodplan.com/news) to find examples of what other schools are doing to encourage children to eat well.*

*Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.*

\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



## 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



## Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week\*
- 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 or chocolate-coated products\*
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked\*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*



## Milk and dairy

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during school hours



## Meat, fish, eggs, beans and other non-dairy 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 on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*



## Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods 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



## 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 150 mls)
  - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
  - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
  - 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, all with less than 5% added sugars or honey
  - Tea, coffee, hot chocolate

## Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

