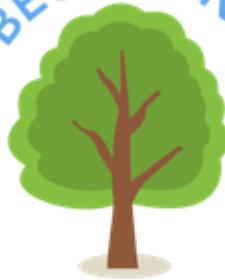
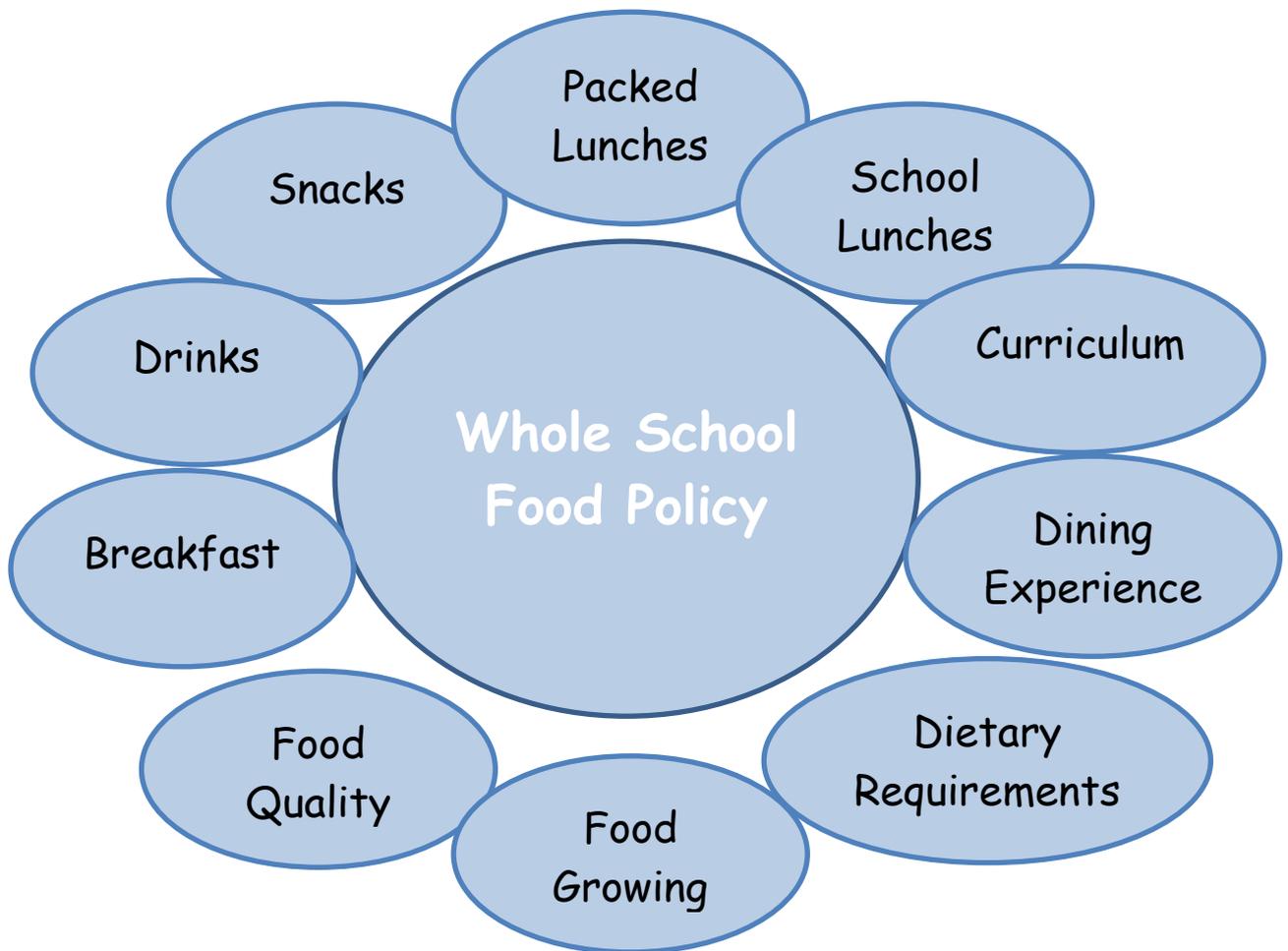


BEORMUND



Primary School





Whole School Food Policy

Introduction

Beormund Primary School 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 the whole school approach to food and nutrition.

Key Contacts:

The school food policy is co-ordinated by Julia Padmore SBM/SLT and Kristan Engmann PHSE/Induction Team.

Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

Food Policy Objectives

To ensure that the information we share with our children and families relating to food and nutrition in the curriculum is consistent practical, relevant and up to date.

For example Nutrition is part of the PSHE programme and the aspect 'choices'. In science, pupils study Health and Growth, teeth and eating, and keeping healthy. In RE where other religions are considered – attitudes to particular food are studied. In D&T pupils receive practical cookery skills

Food and Drink Provision throughout the day

At all stages we refer to the school food standards - <http://www.schoolfoodplan.com/>

A sugar smart school

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families

- Packed lunch policy and regular monitoring
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake
- Cooking lessons with the emphasis on savoury dishes or low sugar recipes
- Promoting oral health - for free resources you can visit the Oral Health Foundation's website: <https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on ohp@clch.nhs.uk
- Encourage families to register with a dentist, have a record of those registered.
- Monitor absences due to oral health reasons to highlight need for intervention

Breakfast – Morning Munch at Beormund

Breakfast is an important meal and should make up 25% of a child's energy requirements and can provide essential vitamins and minerals. The school operates a Morning Munch which provides wholemeal toast, reduced sugar jam, honey, marmite, low sugar/salt cereal, a variety of fruit along with water and milk.

Snacks

Our school understands that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. The school only allows fruit as a snack. Children can eat this on request, to overcome hunger or during allocated sessions within the school day where LSA's wash, prepare and share fruit e.g. during massage and/or Reading for Pleasure.

School Lunches

Food prepared by Harrison the school catering department who meet the national nutritional school food standards. Our lunch menus are displayed on our school website and around the school. Copies are available on request.

The Department for Education have published the revised new school food regulations which were statutory from January 2015 and are based on the following food groups:

| | | |
|--|---|--|
|  <h3>Starchy foods</h3> <p>One or more portions of food from this group every day</p> <p>Three or more different starchy foods each week</p> <p>One or more wholegrain varieties of starchy food each week</p> <p>Starchy food cooked in fat or oil no more than two days each week <i>(applies across the whole school day)</i></p> <p>Bread - with no added fat or oil - must be available every day</p> |  <h3>Fruit and Vegetables</h3> <p>One or more portions of vegetables or salad as an accompaniment every day</p> <p>One or more portions of fruit every day</p> <p>A dessert containing at least 50% fruit two or more times each week</p> <p>At least three different fruits and three different vegetables each week</p> |  <h3>Milk and dairy</h3> <p>A portion of food from this group every day</p> <p>Lower fat milk must be available for drinking at least once a day during school hours</p> |
|  <h3>Meat, fish, eggs, beans and other non-dairy sources of protein</h3> <p>A portion of food from this group every day</p> <p>A portion of meat or poultry on three or more days each week</p> <p>Oily fish once or more every three weeks</p> <p>For vegetarians, a portion of non-dairy protein on three or more days each week</p> <p>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 <i>(applies across the whole school day)</i></p> |  <h3>Foods high in fat, sugar and salt</h3> <p>No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week <i>(applies across the whole school day)</i></p> <p>No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i></p> <p>No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i></p> <p>Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food</p> <p>No confectionery, chocolate or chocolate-coated products <i>(applies across the whole school day)</i></p> <p>Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery</p> <p>Salt must not be available to add to food after it has been cooked</p> <p>Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful</p> |  <h3>Healthier drinks</h3> <p><i>applies across the whole school day</i></p> <p>Free, fresh drinking water at all times</p> <p>The only drinks permitted are:</p> <ul style="list-style-type: none"> • 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 <p>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</p> |

In September 2014 the Government introduced universal free school meals for all children from reception to year 2 and in Southwark all primary school children are able to access free school meals. These benefits are discussed with parents/carers when their child joins Beormund.

Food and Drink Brought into School

Packed lunches

Parents are encouraged to provide healthy well-balanced packed lunches. We do not allow sweets & chocolate, fizzy drinks and any drinks that are high in sugar.

Any packed lunches that are prepared by the school caterers adhere to the National Nutritional Standards.

A balanced child's lunchbox, can include

- starchy foods - these are bread, rice, potatoes, pasta and others
- protein foods - including meat, fish, eggs, beans and others
- a dairy item - this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water or milk.

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat/ fish eggs and non-dairy protein e.g. pulses everyday
- Oily fish at least once every few weeks
- Starchy food such as bread, pasta, rice, potatoes
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack

DO NOT INCLUDE

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

For more information: www.childrensfoodtrust.org.uk

Drinks

Water is freely available throughout the school day to all members of the school community. Every child is provided with a free water bottle which is personalised and refilled by LSA's. Children may drink their water at any time except during assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers. Children are reminded to drink water from their bottle throughout the day. Milk is also available during Morning Munch and at Lunch. No added sugar squash is occasionally used during lunchtime. This is used as a whole class reward.



School Events

For exceptional events i.e Enrichment, Family Fun Day and cultural events, food rules may be slightly relaxed with consultation with the Headteacher and the catering company. Healthy options will always continue to be provided and encouraged

Rewards and Special Occasions

Food is not used as a reward or sanction. Instead we rely on praise, complimentary remarks, stickers, stars and celebration assembly certificates, trips out and extra Shillings in accordance with the schools behaviour policy. Food is not used for end-of-term presents to pupils.

Cooking and Food Education in the Curriculum

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. There are a number of opportunities for pupils to develop their knowledge and understanding of health and well-being including healthy eating patterns and practical skills that are needed to understand where food comes from and the preparation and cooking of food through the various different areas of the curriculum. In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Extra Curricular Activities

Currently we do not provide any extra curricular activities before or after the school day.

Special Dietary Requirements

The school caterers offer a vegetarian option at lunch every day and where necessary can provide food options for Vegans in accordance with pupil's religious and cultural practises.

Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

The Dining Experience

Our dining hall is a welcoming eating environment and is clean, clear of other equipment and is appropriate for the young people that use it. All children collect and eat their meal at their class table alongside members of staff who eat with them. Staff are also provided with a healthy school lunch if they sit with the children at lunchtime or have an afternoon break duty that day. Staff act as role models to the children at the dining room table, display and also support behaviour.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that 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. Our current Food Standards Agency rating is 5 (which is the highest rating obtainable)

Monitoring and Evaluation

We constantly monitor the food plan as part of the curriculum and in consultation with Harrison caterers. We also have a parent survey which includes issues relating to healthy eating in school.

Sharing the Policy

This policy is available on our school website which is accessible to staff, parents/carers and our caterers. It is also stored on our shared drive in staff on the server



REVIEW

Policy implementation date:

Policy review date:

Signed:

Dated: