



Whole School Food Policy

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***Loving Learning,
Striving for Success,
Achieving Everyday***



Aims

Colegrave Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Colegrave staff recognise and are committed to the fact that healthier children learn more effectively.

Contextual Information about the School

- Colegrave School has total of 616 pupils. The school is made up of three main groups and these include Eastern European, Black African and Bangladeshi pupils.
- The number of children entitled to free school meals is approximately 300

The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the playground.
- An attractive salad bar has been made available to children with a variety of choices.
- Colourful paintings and displays of children's work make the dining halls inviting for pupils.

School Meals (lunch)

- Food is provided by Newham Catering and Cleaning Services (NCCS).
- These healthy options are promoted at the admissions phase.
- Free school meals are provided for all children in this school.
- The school menu is available for all children to see. An example of each meal is displayed, so all children know what is on offer each day.
- Food is presented at child height and the cooks and other staff go through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff.
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches with a choice of fillings are on offer daily.

- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative
- A member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with pupils.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas, French Day.

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage 1.
- Unhealthy food may be removed by staff and returned to the child at the end of the day.
- Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch

New Standards:

- That starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week.
- To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.

- The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available.

School meals (breakfast)

- We provide a breakfast club from 7.30-8.55am, which is sponsored by ‘Magic Breakfast Club.’
- Children arrive in school from 7.30am and social interaction is encouraged whilst eating breakfast. After they have had breakfast, pupils have the opportunity to play a variety of board games or read books. Outdoor play is also encouraged.
- The criteria of selection is dependent on social factors. Places are offered to children in need who are entitled to free breakfast and working parents who pay £1 per day.
- The food is prepared fresh on site by two welfare officers and a learning assistant lead on social interactions. We also have local volunteers in to support and interact with the children once a week.
- The food on offer ranges from, sugar free cereals, wholemeal bagels, fresh fruit and juice.

Extended School Standards for school food other than lunch

Many of the food based standards apply to food served throughout the school day including breakfast clubs, midmorning break and after school clubs.

Restrictions apply with regards to foods which are high in fat sugar and salt and as these restrictions apply throughout the school day a process must be in place to ensure breakfast, morning break, after school club food provision doesn’t contravene the standards throughout the school day. For example if the weekly menu has a chicken pie and an apple pie featuring the same week no other pastry item cannot be served during this week.

Restrictions

No more than two portions of food that has been deep-fried, batter coated, 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.
- No confectionery, chocolate and chocolate-coated products.

- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)
 - 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 teaspoon.
- Snacks
- Milk is available to all pupils in Reception and where possible, Year 1
 - A range of fresh fruit or vegetables are offered to children in KS1 during morning play.

Drinking Water

- The school also has 3 water fountains, 1 in Key Stage 1 and 2 in Key Stage 2. Children are encouraged to drink water at playtime and lunchtime.
- Children are encouraged to bring bottled water to school and they are allowed to drink this throughout the day
- Water is provided for all children during lunch

Curriculum

- The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Healthy School Week and Science Week.

Provision for Staff

- Staff are encouraged to eat healthily themselves.
- Many staff members choose to have a school dinner. Some choose to eat with the children.
- Staff involved in food preparation for breakfast and extended school has a food hygiene certificate.

Parents

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and Colegrave website.
- When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.
- The school provides numerous healthy eating workshops for parents.

Other Issues

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion.
 - Multicultural food is encouraged during celebrations such as Christmas, Eid, Diwali
 - We do not use sweets for rewards. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit from Key Stage 1 is given to Key Stage 2 when possible.
- Year 6 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Management Team.
- During SATs week all year 6 pupils are offered free healthy breakfast

Actions carried out recently:

- We began Spring term with a Healthy School Week and we are working towards our Healthy School Award.