

# Christ Church Primary School

## Whole School Food Policy

### January 2015



#### Our School Mission Statement

***Christ Church School is dedicated to providing a nurturing environment in which all children have the opportunities to reach their maximum academic and social potential. Excellent teaching, learning and relationships are at the heart of our school.***

We are extremely proud of the food culture in our school and the experience that we offer children at Christ Church. We have completely reviewed the way we educate children about food and eating. We have taken account of the School Food Plan and the new requirements for cooking in the curriculum.

This policy has been written in consultation with representatives from the whole school community including staff, pupils, parents, governors and catering staff. It represents our vision for food education, the eating experience in our school and our current policy and practice in this area.

#### School Background Information January 2015

<b>Healthy Schools Status?</b>	<b>Yes and new Bronze and Silver standards applied for.</b>
<b>School Meals Provider</b>	<b>In house chefs and catering staff employed directly and line managed by the school.</b>
<b>Number of Pupils</b>	<b>211</b>
<b>Proportion of pupils having school dinner</b>	<b>94% (78% in 2013)</b>
<b>Proportion of pupils entitled to free school meal over and above Key Stage 1</b>	<b>6% (18% in 2013)</b>
<b>Take up rate of free school meals</b>	<b>97%</b>

#### Key Contacts

Members of the Leadership Team who oversees food: Avis Hawkins and George Webb  
School Chefs: Katie Dance and Sonia D'Agostino  
Lead Healthy Living Teacher: Camilla Nelson  
Lead Governor: Andrew Greetham

## Dissemination of this Policy

Key information from this policy will be incorporated into the following documents where appropriate:

- 🍎 New Pupil Pack
- 🍎 Newsletters
- 🍎 Team Forums
- 🍎 Letters to all Parents
- 🍎 School's website

## Aims

To outline and define our commitment to healthy food and nutrition, to enable our pupils to develop appropriate life skills and behaviours.

This will be achieved through:

- 🍌 providing support to parents / teachers / pupils
- 🍌 providing nutritious schools meals in a relaxed and social environment
- 🍌 ensuring healthy food / drink throughout the whole school day in line with the National standards & guidelines.

We have used the following approach to identify what areas we need to change in order to develop a more healthy approach to food & drink in our school:

- 🍌 What are we doing currently and is it consistent with government targets?
- 🍌 What are the areas we need to change and are there any gaps?
- 🍌 What more should we aim to achieve?
- 🍌 What action should we take to make this happen?
- 🍌 How do we review our progress?

\*See separate action plan.

## Rationale

We are working towards the new healthy school status. It is important that we consider all elements of our work to ensure that we promote health awareness to all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership and a strong school ethos, all elements of the school day can be brought together to create an environment which supports a healthy lifestyle.

## Objectives

- 🍎 To ensure consistent messages about food and health are given across the whole school day.
- 🍎 To ensure pupils have access to nutritious and safe food during the whole school day.
- 🍎 To ensure involvement from the whole school community when creating, implementing and reviewing this policy.
- 🍎 To increase the level of practical food education.
- 🍎 To give our pupils the information they need to make healthy choices.

- 🍎 To promote health awareness.
- 🍎 To support all members of the whole school community to adapt to healthy lifestyles.
- 🍎 To support teaching staff to increase knowledge & confidence in delivering healthy eating/drinking messages to the whole school community.

## **Key Food Areas:**

To make the process of developing a Whole School Food Policy easier, food provision throughout the school day has been divided into the following key areas:

### **Breakfast Club:**

Christ Church has a very successful breakfast club. The breakfast club operates on a daily basis in the school for all children from age 4. This is promoted through distribution of flyers to parents/carers. We actively encourage children who have little or no time for breakfast in the mornings at home, by promoting the breakfast club through the newsletter and website. The school fund children who are in need of this calm start to the day and the assurance that they have had a proper breakfast.

Our breakfast club runs in line with Government guidelines for “Food other than Lunch” and has a wide range of healthy choices available over the week.

### **Areas for improvement:**

- 🍌 Ensure fruit is available every morning and that cereal choices are only ever from the lowest sugar varieties.

### **After School Childcare:**

This academic year Christ Church has started its own after school club. This is also run in line with Government guidelines for “Food other than Lunch” and has a wide range of healthy choices available over the week.

### **Areas for improvement:**

- 🍎 The school to conduct an audit of after school snacks.

## **Snacks**

KS1 are entitled to one piece of fruit or vegetable free of charge from the Government Fruit and Vegetables Scheme, which is offered during morning break time.

KS2 children are encouraged to bring in fruit for their mid morning snack.

### **Areas for improvement:**

- 🍌 To promote KS2 children to bring in a piece of fruit for mid-morning snack.

## School lunches

After extensive reviews completed by staff, pupils, Governors and parents, we have completely changed lunches at Christ Church. We took the opportunity of universal free school meals for Key Stage 1 to take a fresh look at the lunchtime experience we offer to our children. We continue to really emphasise good matters such as pouring each other water and cutting our food with knives and forks. In addition to this the children's food is on china plates and children eat lunch in much smaller sittings with many teachers eating with the children each day. We are a Christian school and so the children always say grace before eating.

We thought carefully about what we wanted our school meals to look like and informed by this, wrote job descriptions for the kitchen staff. We have employed our own chefs and kitchen assistants. An in-house team leads to excellent shared vision for food in our school between the chefs and the rest of the school team. In addition to this there is total transparency about the money we spend on all aspects of the school kitchen and the food suppliers we use.

All of our school meals are cooked on the premises by the school's chefs and fully comply with the Government's National Food Based Standards for School Lunches. The Chefs have engaged in nutrition training and are ensuring the weekly menu balances all the food groups in the right ratios.

A three week cyclic menu is being developed in partnership with the chefs and other members of school staff and supported by the school nutritionist. Children have been consulted on the menus and the dining room environment through the Children's Parliament. Children regularly review their lunches and report on menus that have worked well and not so well. The food available reflects the religious and cultural needs of the school community. There is always a vegetarian option if the main meal contains meat or fish. We work in partnership with parents of certain children (including SEN children) to provide all children with a school lunch which suits their dietary requirements.

A group of Year 6 prefects do lunch duty everyday on a rota system to assist the lunchtime supervisors. A member of the SMT and three members of staff are always on duty through lunch service. They are aware of children who are of concern with regard to eating habits including SEN children.

The school is committed to keeping parents and carers up to date with what is happening with school lunches and the upcoming menus. This is done through the school newsletter, on the school website and outside the school office. There is also a "Christ Church Kitchen" Instagram page that is updated daily and has a great many followers.

### Areas for improvement:

- 🍌 Fully establish a three week menu so children consistently see the same menu items repeated.
- 🍌 More opportunities for taster bowls while children wait to go up for their lunch.

- 🍌 A daily menu in the dinner hall as well as in the entrance hall for the children to see as well as a copy for all classes to look at and discuss on the interactive white board in all classes during registration time.
- 🍌 Increase the range of vegetarian options on meat and fish based days.
- 🍌 A new Christ Church cook book for the three terms of the year.
- 🍌 An up to date list of suppliers on our website for parents to view.

## Packed Lunches

This section relates to all packed lunches brought from home, those provided by the school and by parents for trips.

Approximately 6% of pupils bring a packed lunch to school. A recent audit showed a very low number of lunchboxes contained foods that were high in sugar, salt, or fat and did not include enough fruit and vegetables.

A small piece of cake or one small biscuit is permitted in packed lunches, providing it is part of a nutritionally balanced packed lunch (defined as one portion of starch based food, milk/dairy product, at least one portion of fruit and/or vegetables, and a protein based product). No chocolate or chocolate containing products are permitted.

KS1 and KS2 pupils with packed lunches integrate with pupils who take school meals. They are always allowed to try interesting new taster foods that are on offer for children having school meals.

### How Packed Lunches Compare 2013-2014 Nutritionist Audits (new audit is due).

Packed Lunch Items	Packed Lunch Audit	
	31 <sup>st</sup> January 2013	28 <sup>th</sup> January 2014
<b>Fruit</b>	<b>55%</b>	<b>100%</b>
<b>Salad / Vegetables</b>	<b>41%</b>	<b>42%</b>
<b>Carbohydrates</b>	<b>98%</b>	<b>100%</b>
<b>Healthy Protein</b>	<b>37%</b>	<b>48%</b>
<b>Meat Products</b>	<b>24%</b>	<b>31%</b>
<b>Milk and Dairy</b>	<b>65%</b>	<b>73%</b>
<b>Crisps</b>	<b>4%</b>	<b>2%</b>
<b>Confectionary</b>	<b>33%</b>	<b>37%</b>
<b>Water or Fruit Juice</b>	<b>41%</b>	<b>98%</b>
<b>Sugary Drinks</b>	<b>10%</b>	<b>0%</b>

In line with Government recommendations, certain foods are strongly discouraged in packed lunches (see separate chart for food/drinks which are encouraged, discouraged and alternatives).

We have implemented our own monitoring system for packed lunches at half termly intervals as well as the ongoing daily awareness of lunchtime supervisors about what is a healthy choice and not for packed lunches.

All midday supervisors are very clear about the packed lunch policy and foods that are encouraged and those that are not.

## After School Snacks and Treats

The school strongly encourages children and their parents and carers to make healthy choices for after school snacks. The children have all learnt about the difference between a snack and a treat. As treat ingredients are from the very small part of the healthy living plate we encourage parents and carers to only give a treat after school very infrequently.

## Birthday Treats and School Celebrations and Fundraising Events

If parents or carers wish their child to bring something in to celebrate their child's birthday we encourage them to think about what that is and where possible make it something healthy or homemade. If a child has brought in treats to share with their friends teachers explain to the children that this is a treat and they need to decide with their parents when they will have it.

We keep fundraising events involving cakes and treats to a minimum (no more than one per half term). There is also a healthy alternative at most after school events.

## Areas for improvement:

- 🍎 Review packed lunches provided by the school on trips.
- 🍎 Reissue clear guidance to parents on how to pack a healthy lunchbox in line with National recommendations, with emphasis on foods strongly discouraged in our Whole School Food Policy whilst providing healthy economically viable alternatives.
- 🍎 Use stickers as a reward for pupils with healthy lunchboxes.
- 🍎 Regularly remind parents of this policy through newsletters, letters and website.

## Water for all:

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to bring in water bottles to store their water in, and to drink from them regularly during the school day. Water bottles kept either in boxes outside classroom or on tables in classroom depending on age of children.

Children take water bottle home every day to be cleaned. Filtered drinking water in staffrooms. Children are encouraged to take own water bottles to PE and playground. Water is available at lunchtime for all pupils.

## Areas for improvement:

- 🍷 Encourage KS2 pupils to bring own water bottles into school every day.

## Food across the Curriculum

We have excellent facilities for teaching about food providence, gardening, cooking and food preparation. We have a school garden with each class having their own growing box and a children's kitchen set up for cooking and food based activities before and after school and across the curriculum. The school chickens even provide eggs for breakfast club!

In YR, KS 1 and KS 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

This is delivered through:

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise. The work that goes on in the school garden very much contributes to children understanding about growing and understanding where our food comes from.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of D&T provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation. We are developing a Christ Church cooking curriculum.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle. Annual healthy living week is run in summer term for the whole school.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities that can enhance physical development, e.g. to activity centres; and enhance food knowledge e.g. to a bakery or supermarket.

Areas for improvement:

- 🍎 Installation of our new healthy eating display above the lunch serving area in the hall.
- 🍎 Further development of our cooking curriculum to ensure progression across the school in skills and knowledge about eating healthily.

Extra Curriculum Activities:

Pupils are encouraged to participate in a range of extra-curricular activities, to broaden both their knowledge and experiences. The school operates out-of-hours organic gardening club, where the food is grown, picked and used within the school lunches.

We have a very popular 'Let's Get Cooking Club' run bi-weekly for parents, pupils and the wider community.

Areas for improvement:

- 🍌 Provide parents with information and guidance on healthy snacks for after school clubs, in line with National Standards.

Partnership with parents and carers:

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on school-meal menus, as well as our water and packed-lunch policies through school newsletters, letters home, website and new parents pack. The whole school food policy is available upon request from the school office.

Areas for improvement:

- 🍎 Make parents aware of the Whole School Food Policy through individual letters home highlighting changes particularly with regard to packed lunches.
- 🍎 Encourage changes and involvement in reviewing the whole school food policy.
- 🍎 Obtain regular feedback on areas such as the breakfast club, school meals which can be incorporated during the review of the whole school food policy.

Management of allergy/medical conditions and children at risk of under eating or over eating

Teaching staff are trained in the management of allergies. Catering staff are made aware of children with food allergies. Catering staff can accommodate food allergies in most cases



provided they are well informed. We have very clear signposting for staff about which children have which allergies.

The school actively promotes the MEND (Community based Childhood Obesity Treatment Programme) to all children between the ages of 7-13 years by distributing a MEND flyer to each appropriately aged child and by displaying the MEND posters within the school.

If a child appears to be eating too little at lunch over a period of time the parents will be invited to discuss the issues with the class teacher and school nurse if appropriate.

### Areas for improvement:

- 🍌 Liaise with school nurse re best practice for managing food allergies at school.

### Monitoring and review

- 🍎 Governors will monitor and check that the school food policy is upheld and can offer guidance.
- 🍎 The Head Teacher and PSHE Coordinator are responsible for supporting colleagues in the delivery of the food policy.
- 🍎 The breakfast club manager is responsible for ensuring that the food served is in accordance with this policy.
- 🍎 Key Stage managers and subject managers are responsible for the curriculum development of the food policy.
- 🍎 The school caterer and member from the SMT is responsible for ensuring the quality of the food offered as part of the contract with the caterer.
- 🍎 The Food in Schools team are responsible for reviewing the impact the policy is having.

**This policy will be reviewed every two years to incorporate new developments.**

**Policy written:** June 2010/ Reviewed and updated May 2012/ Reviewed and updated January 2015

Signed: *Avis Hawkins*

<b>Name of School</b>	Christ Church Primary School
<b>Policy review Date</b>	January 2015
<b>Date of next Review</b>	January 2017
<b>Who reviewed this policy?</b>	Avis Hawkins, Achievement Committee
<b>Ratified by Governors</b>	January 2015

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