



School Health UK
This is the Bigger Picture

QUEEN VICTORIA PRIMARY SCHOOL

Whole School Food Policy

January 2023

Review Date: January 2024

Table of Contents

1. Policy Sources	- Page 3
2. Arrangements for Monitoring and Review	- Page 3
3. Introduction	- Page 3
4. Vision	- Page 3
5. Equal Opportunities	- Page 4
6. Objectives	- Page 4
7. Food in School	- Page 4 - 7
8. Food in the Curriculum	- Page 7 - 8
9. Food Safety	- Page 8
10. Partnership with Parents and Carers	- Page 9

Appendices:

Appendix 1- School Food Standards

Appendix 2 – Checklist for School Lunches

Appendix 3- Nut policy

Appendix 4- Balance of Good Health

Policy Sources

Queen Victoria Primary School Whole School Food Policy reflects advice based on the following sources:

- The Education Act 1996 (free school meals Section 512)
- School Food in England DfE updated August 2021
- School Food Regulations 2014
- School Food Standards 2014
- Natasha's Law 2021

Arrangements for Monitoring and Review

This policy shall be reviewed in full by the Head Teacher and Senior Leadership Team in line with the timetable for other policy reviews, or earlier should guidance or legislation change. The person named on this policy shall inform the governing body of any required changes to this policy or new statutory or non-statutory guidance or new legislation.

The Head Teacher and Senior Management team will provide information, as required to Governors, on compliance with the school food related legislation as well as take-up of school lunches and financial aspects of the school food provision.

Parents are signposted to this policy when their child joins the school, so they are aware of the school's commitment to maintaining a healthy school community.

This policy will be monitored and evaluated through normal lesson observations, through pupil and parent surveys and through monitoring of the catering provision provided by the kitchen.

Introduction

Our 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 a whole school approach to food provision and food education.

Vision

We aim:

- To ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory standards for school lunches and food served throughout the school day (Appendix1)
We are committed to being a health promoting school.
- Our pupils are served tasty and nutritious food at school, with no child going hungry.

- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- To ensure equal access to healthy food and drink and appropriate nutritional education.
- Our pupils will know how to feed themselves well, and will enjoy cooking and growing with their families, both at school and at home, embedding a whole school culture of health.

Equal Opportunities

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.

We aim:

- To ensure that food provision in school reflects the ethical and medical requirements of the school community.
- To make sure that pupils entitled to Universal infant free school meals or free meals are not identifiable by their peers.
- To celebrate special occasions by consulting with pupils how that occasion should be celebrated.

Objectives

The governors and staff aim to:

- Take a Whole School Approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.
- Ensure that all aspects of food and nutrition at Queen Victoria Primary School promote the health and wellbeing of the whole school community.
- Encourage pupils to develop healthy diet habits and attitudes - eating more fruit and vegetables, eating less sugar and fat, and drinking more water.
- Enable pupils to make healthy food choices through the provision of information about healthy foods and where food comes from, and the development of appropriate skills, including food preparation.
- Ensure that all adults in our school community are aware of this approach and work towards it.

Food in School

1. School Meals

The school catering service is managed in-house with the support of a catering consultancy.

Menus are changed on a seasonal basis with input from stakeholders within school.

The menus operate on a three-week menu cycle.

Good procurement practices ensure that the food provided to pupils is nutritious and good quality, to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating principles.

The menus meet the School Food Standards and monitoring of the menus forms part of the role of the consultancy, using the standard School Food Plan “Checklist for School Lunches”) part of the audits carried out by the consultancy. The checklist for School Lunches is shown at Appendix 2.

At the start of each school day, the pupils choose the lunch they would like from a choice of vegetarian or non-vegetarian hot meal, jacket potato and filling, filled wrap or a sandwich plus a choice of desserts.

Lunchtime Supervisors in the dining hall encourage an atmosphere that promotes healthy eating and develops positive social interaction between pupils.

Pupils are encouraged required to eat all or at least try to eat most of the food provided.

Lunchtime supervisors will help any pupils who have concerns or cause concern during meal time, e.g., pupils who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch skip etc.

School lunch menus are distributed to parents and are available on the school’s website; the week’s menu is displayed for pupils by kitchen staff in the dining hall and in the classrooms.

1.1 **Special dietary requirements.** Individual care plans are created for pupils with food allergies/food intolerance. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

Parents of pupils with special dietary needs must request a meeting with Family Support Worker and agree a menu before their pupils can partake of school meals. The school will provide a photograph to enable the kitchen staff to identify pupils with special dietary requirements.

The catering team are also supported with guidance from our catering consultants.

- 1.2 **Universal Free School Meals.** From September 2014, all pupils in Reception, Year 1 and Year 2 are eligible for free school lunches. The school fully supports this initiative, encouraging pupils to have their free school meal.
- 1.3 **Encouraging take up of school meals.** Through the school newsletters, parents on low incomes will regularly be encouraged to register and take up their entitlement to free school meals for their pupils.

Our catering team and our catering consultancy are able to attend the annual open evening/ parent evenings to promote the catering provision and the good value the lunch represents.

Opportunities will be given for some parents to eat a school meal with their pupils on special occasions (KS1).

2. Packed lunches from home

Although the governors encourage parents to choose a school meal for their child, pupils are permitted to bring a packed lunch from home.

Parents are informed that sweets, chocolate, chewing gum and fizzy drinks and products containing nuts are not permitted in school.

A school packed lunch guide is available for parents and also on the school website.

We also promote the consumption of vegetables in school lunch boxes through ‘Veg Power’ initiative that provides information for parents on how vegetables can be added to lunchboxes with their ‘60 Second Lunch Box Hacks’.

Pupils are required to eat all or at least try to eat most of the food provided by their parents. All uneaten food from packed lunch boxes is taken home in the packed lunch box to enable parents to monitor as well as school.

3. Morning snacks

EYFS and Key Stage 1 pupils have fruit and vegetables provided for them by the School Fruit and Vegetable Scheme. KS2 pupils are encouraged to bring a fruit or vegetable snack from home for break time.

KS2 pupils are able to purchase a healthy snack at break time at school. This is Toast or Crumpets and milk.

4. Water for All

Pupils are encouraged to bring a water bottle to school. Pupils can bring either water or flavoured water to drink during the day. They are allowed to have cordial a lunchtime. Regular water and brain breaks are built into the school day and curriculum by class teachers.

5. Milk

Milk is an important source of nutrients for growing pupils and the school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. (Whole milk can be provided for pupils up to the end of the school year in which they reach age 5).

6. Confectionery

Pupils are not allowed to have sweets, chocolate, chewing gum or fizzy drinks in school. Pupils are encouraged to bring in something other than sweets for birthday treats.

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

7. Nut Awareness

Queen Victoria Primary School operates a Nut Allergy Awareness Policy throughout the schools, as there are pupils with allergies. (Appendix 3).

Curriculum

1. Cooking and Nutrition

The new primary curriculum for Design and Technology includes Cooking and Nutrition and emphasises the importance of cooking nutritious, savoury dishes, understanding where food comes from, and taking pleasure in the creative arts of the kitchen. Pupils should be taught to:

Key Stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from

Key Stage 2

- understand and apply the principles of a healthy and varied diet (Balance of Good Health – Appendix 4)
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

2. Food across the Curriculum

Topics in Science, PHSE and PE address the benefits of healthy eating to promote physical and mental wellbeing and there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills such as shopping, preparing and cooking food.

English provides pupils with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g., writing recipes for favourite meals (KS1) or writing to a company to persuade them to use non-GM foods in pupils' food and drink (KS2).

Math's 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.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils are able to experience different foods associated with religious festivals. School's annual 'cultural week' and multicultural event provide opportunities to expose pupils to new and diverse food experiences.

ICT provides opportunities to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g., advertising and sustainable development.

Geography provides focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who 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 food as fuel and the practical impact of sport, exercise and other physical activity, such as dance and walking.

3. Food Safety

Our catering consultancy supply a full food safety management system to ensure we are compliant with current legislation.

The kitchen team receive food safety training and ongoing on the job training and support.

Compliance is monitored by our catering consultancy.

All kitchen staff are provided with catering uniforms.

4. Food Information Regulations 2014 and Natasha's Law 2021

Our catering consultancy supply a full allergen management system to ensure we are compliant with The Food Information Regulations 2014 and Natasha's Law 2021.

The Catering Supervisor has been trained to use and manage the allergen system and the kitchen team receive food allergen training and ongoing on the job training and support. They have also received guidance and support in relation to compliance in reference to Natasha's Law. Compliance is monitored by our catering consultancy.

Partnership with Parents and Carers

The partnership of home and school is critical in shaping how pupils and young people behave, particularly where health is concerned.

Parents and Carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water/ flavoured water may be drunk during the school day, except at lunchtimes when pupils may drink juice or squash.

School Food Standards



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 to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* 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 only 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 and lactose reduced 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*

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)



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

• 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

Combination drinks are limited to a portion size of 330ml. 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



Appendix 2

Checklist for school lunches

NAME OF SCHOOL:		DATE OF MENU:		
Food group	Food-based standards for school lunches	Standard met (Y/N)		
		Week 1	Week 2	Week 3
STARCHY FOOD	One or more portions of food from this group every day			
	Three or more different starchy foods each week			
	One or more wholegrain varieties of starchy food each week			
	Starchy food cooked in fat or oil no more than two days each week <i>(applies to food served across the whole school day)</i>			
	Bread - with no added fat or oil - must be available every day			
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			
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 three or more days a week			
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, <i>(applies across the whole school day)</i>			
MILK AND DAIRY	A portion of food from this group every day			
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours			
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated <i>(applies across the whole school day)</i>			
	No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i>			
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i>			
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food			
	No confectionery, chocolate and chocolate-coated products, <i>(applies across the whole school day)</i>			
	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 limited to sachets or portions of no more than 10 grams or one teaspoonful.			
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times			
	<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>			

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.

NUT ALLERGY AWARENESS POLICY

Purpose

The purpose of this policy is to

- Raise awareness about allergies to all our school community
- Ensure we provide a safe learning environment for all
- Give assurance to those pupils/families with severe allergies that we take the management of these seriously.

Aim

We are not a nut-free school but we aim to be as nut-free as we can. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimise this as much as we can.

Management

We ask that all members of the school community manage the day to day application of this policy in the following ways:

- Parents and carers are requested NOT to send food to school that contains nuts. This includes all types of nuts, peanut butter, Nutella, cereal/chocolate bars and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- Pupils that DO bring in food that does contain nuts or nut products will be asked to eat that food away from any child with a nut allergy and to wash their hands before going to play.
- Pupils will be asked NOT to share food.
- Pupils will be encouraged to wash hands before and after eating.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- With regard to the kitchen – all products are checked on delivery as part of the Food Information Regulations management system – any product stating “may” contain nuts will be classed as containing nuts. All recipes are nut free as in the actual use of nuts, but some recipe items may have been manufactured in an environment that is not guaranteed nut free.

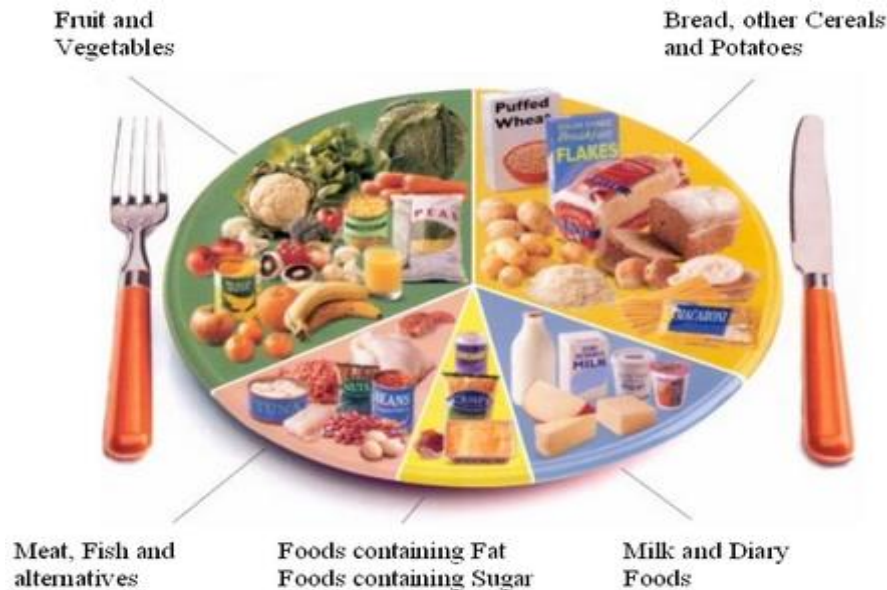
Promotion

The policy will be promoted by:

- A copy of this policy being made available to all parents and carers.
- Staff being informed and provided with training opportunities.
- Pupils being informed via teachers and support staff.
- Publication of this policy on the school website.
- Issue of the policy in the new admission packs.

SCHOOL FOOD POLICY

APPENDIX 4 – The Balance of Good Health



What is *The Balance of Good Health*?

The Balance of Good Health is a new way of helping you understand and enjoy healthy eating. It makes healthy eating easier to understand by showing the types and proportion of foods which make up a well-balanced and healthy diet.

For most people this means a change towards more vegetables, fruit, bread, breakfast cereals, potatoes, rice and pasta. Most of all, it means **variety**. *The Balance of Good Health* shows that you don't have to give up the foods you most enjoy for the sake of your health. But remember that everything you eat, snacks as well as meals, counts towards the balance of your diet.

Much of what we eat is as dishes or meals that are combinations of foods from several of the food groups, like casseroles, spaghetti bolognese, sandwiches and pizza. To make a healthy choice, think about how the main ingredients fit with the proportions in the picture.

Take a pizza for example:

- dough base
- mushroom and tomato purée
- cheese and ham

This only provides a little in the way of 'Fruit and vegetables' foods, so adding a salad or some vegetables and following with a piece of fruit would provide a meal with a balance of foods as shown in the picture.