

# Welton St. Mary's Church of England Primary Academy



## Our Vision

As an inclusive Christian community we value each person, seeking to release everyone's full potential as promised by Jesus Christ. We seek to provide a safe, inspiring and creative learning environment providing opportunities for all to flourish. Through challenge, support and care, we strive for excellence in all that we do; always building on the foundations of shared values with consistently high expectations rooted in God's love. Together we are encouraged to be agents of positive change in this world.

*'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.'* Romans 15:13

Wisdom Hope Community Dignity

## Whole School Food Policy

Approved March 2024

## EXECUTIVE SUMMARY

### RATIONALE

As an academy, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our academy. We now wish to extend this ethos by promoting healthy eating patterns to our children at the academy, by taking a more pro-active approach to improving the health and wellbeing of children while attending class.

In the past, as part of the curriculum and to improve the wellbeing of our children, we have incorporated:

- Provision of water bottles for parents to purchase.
- Achieved accreditation as a Healthy School
- Achieved the Food for Life Bronze and Silver Awards

We are now taking the work already undertaken on food in our academy a stage further by introducing a **Whole School Food Policy**. This policy will cover the following:

- School Meals
- Non-school lunch packs
- Food provided at the academy other than school meals
- Healthy eating, as part of the curriculum

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

### AIMS OF THE POLICY

- To ensure as far as possible that food and nutrition in school promotes health and well-being.
- To provide opportunities for children and adults to share food as a way to celebrate cultural diversity and to build friendships.
- To increase children's knowledge of food production.
- To ensure children and staff have access to water all day.
- To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils, e.g. vegetarians, people with allergies or specific medical needs.
- To ensure that children develop a healthy attitude towards food and understand the importance of a balanced diet.

## OBJECTIVES

1. Water for all - To encourage pupils to drink water at frequent intervals throughout the day; to educate them about the importance of hydration, and to ensure that they have easy access to free fresh drinking water throughout the school day.
2. Snacks - To ensure that break-time snacks and drinks are in line with the Whole School Food Policy.
3. Lunches - To provide a healthy, nutritious and enjoyable school lunch.
4. Lunch Boxes - To provide information on healthy foods that should be included in lunch boxes from home.
5. Dining Experience - To ensure the dining environment is a desirable place where there is enough space to sit and eat a meal, promoting social and community cohesion.
6. **Food across the curriculum** -The academy will include work associated with healthy balanced diets in its curriculum.
7. Increase Parental involvement and understanding around whole school Food.
8. Increased Food hygiene awareness.
9. The academy will make arrangements for monitoring and evaluating the activities to ensure these objectives are met.
10. Breakfast Club – supporting those who have been identified by the school as needing help within this provision
11. Partnerships – The links with other providers the 6am till 6pm whole school element and the School Friends.

The academy will make arrangements for monitoring and evaluating the activities to ensure these objectives are met.

## WHOLE SCHOOL FOOD POLICY

This document is freely available to the entire academy community. It has also been made available on the academy website.

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## OBJECTIVES

### 1. Water for all

**To encourage pupils to drink water at frequent intervals throughout the day; to educate them about the importance of hydration, and to ensure that they have easy access to free fresh drinking water throughout the school day.**

- Cooled water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time.
- Children are not permitted to bring in any other drink than water for class sessions.
- Water is available to all staff in the staff room.
- Children and parents are encouraged to provide water as the drink for packed lunches.

### 2. Snacks

**To ensure that break-time snacks and drinks are in line with the Whole School Food Policy.**

- **Foundation Stage and Key Stage One** children receive a daily portion of fruit/vegetables through the National Fruit and Vegetable scheme in the classroom immediately before morning break. They are encouraged to try the fruit/vegetable. Each class arranges how the fruit is distributed and shared.
- **Children in Key Stage Two** are encouraged to bring fruit (including dried fruit) and vegetables to eat during morning break.
- **Foundation Stage** under 5's children are provided with a carton of free milk daily.

### 3. Lunches

**To provide a healthy, nutritious, and enjoyable school lunch.**

- The academy works in partnership with its school meals provider to ensure the provision of a healthy, balanced school lunch. The academy and its caterer must meet the nutritional standards for school meals. These are attached at Appendix 1.
- The weekly menu will be on display for parents and children on the school meals providers website at [Good Lookin Cookin](#)
- If a child is not eating well, parents/carers will be informed. school meals provider ensures that food is provided for children with special dietary requirements such as allergies. Children will be encouraged to develop good eating skills and table manners.

- Children are entitled to a hot free school meals if their families are in receipt of Income Support, Income-based Job Seeker's Allowance. These can be applied for using the following link: [Apply for free school meals – Lincolnshire County Council](#)
- The Government provides a hot free school meal for all pupils in Key Stage 1 as part of the Universal Infant Free School Meal Government Initiative.

#### **4. Lunch boxes provided from home.**

**To provide information on healthy foods that should be included in lunch boxes from home.**

The academy recognises the benefits of a well-balanced hot school meal for children in the middle of the day and would recommend to parents that this is the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- A small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg, hummus, etc.
- A drink – fruit juice (**not fizzy or diluted squash**), water (not flavoured) or milk (not flavoured).

**The school is a 'NUT FREE' school and regularly remind parents that products containing nuts should not be brought onto the premise.**

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures can, after a period of between two to four hours, contain increased levels of bacteria which may be harmful to your child. Although the academy provides ambient storage facilities, the academy cannot take legal responsibility for foods prepared at home and brought into academy.

The midday supervisors will encourage children to eat all their food and not share with others. Food that is not eaten is left in their lunch boxes so that parents know what has been consumed.

## 5. Dining Environment

**To ensure the dining environment is a desirable place where there is enough space to sit and eat a meal, promoting social and community cohesion.**

- The academy recognises that dining is an important social and cultural experience. If you have a pleasant and happy dining environment, people will want to eat there. We believe that it is important to give the children ample opportunity to sit and enjoy their meal together, allowing them to feel rested and refreshed for learning in the afternoon.
- The academy will provide a clean, sociable environment indoors for children to eat their lunch. In doing so, the academy requests children adhere to the following rules:
  - Children are required to eat all or at least try to eat most of the food provided, either by the academy or in their lunch box.
  - Every element of the school meals providers menu will be served to ensure pupils have every opportunity experience all elements.
  - All litter from lunch boxes will be taken home for disposal. School encourages children to take it home as an indication to parents on food consumption.
  - midday supervisory assistants will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, do not eat their lunch or skip lunch, etc.
  - Children are expected to behave while eating their lunches and be polite and helpful.
  - If a child has a problem or wishes to leave, they should raise their arm and wait until a midday supervisory assistant speaks to them.
  - If children are unsure of what the meal, or any meal item is, they can ask the midday supervisory assistant to explain.
  - Midday supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance.
  - Children should leave the area where they have eaten their lunch in a reasonably clean and tidy condition.

## 6. Food across the curriculum

**The academy will include work associated with healthy balanced diets in its curriculum.**

Across the school, there are many 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.

- 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.
- 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.
- New Technologies 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 design technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- Vision & Values Education 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 can discuss issues of interest to young people, e.g. advertising and sustainable development.
- 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 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 the practical impact of sport, exercise and other physical activity such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- Food to Fork program includes cookery and gardening from time to time. Utilising allotment areas across the school to encourage children to grow a range of fruits and vegetables which they then use to cook with.

## **7. Children with Special Educational Needs.**

All staff are made aware of any medical/allergic conditions of individual children through staff meetings and discussion.

Information relating to individual needs is discussed with all parents before their child's admission to academy.



## **8. Parental Involvement.**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Primary School Parents and carers are regularly updated on our water and packed-lunch policies through class newsletters.

The schools utilises its newsletter and remind parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day. We provide Healthy Lunchbox Ideas, along with information reminding parents of the fact that we are a 'nut free school'.

The above is also sent out at the beginning of each academic year, as well as distributed through the new starter and in year admissions packs.

## **9. Food Hygiene.**

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom, they are helped to follow basic hygiene routines.

## **10. Partnerships with Premier Education wraparound care, School Friends, and other providers**

Premier Education provides its own in house provisions – more details can be located on their website [Welton St Mary's CofE Primary Academy – Premier Education \(premier-education.com\)](http://www.premier-education.com) Under bookings.

*They include breakfast, which is healthy and nutritious, providing best possible foods that are rich in grains, fibre, and protein, and low in added sugar. Children benefit from a boost to attention span, concentration, and memory - And of course, all dietary requirements are catered for.*

*Afterschool provisions are healthy snacks. No evening meal is provided.*

Parents are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences when children bring treats into school, we have made the decision not to accept birthday treats in school. We encourage a 'birthday book' donation to the school library for all to enjoy, to be considered by parents as an alternative.

All members of staff are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences, staff are asked not to provide treats (cakes, sweets, biscuits, etc.) for children.

During out-of-school events, e.g. school discos etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

**The academy will make arrangements for monitoring and evaluating the activities to ensure these objectives are met.**

This policy, and the supporting procedures and activities, will be monitored and reviewed periodically by the Governing Body.

All reports on the Whole School Food Policy and its findings will be published on the academy's website: [www.welton-st-marys.lincs.sch.uk](http://www.welton-st-marys.lincs.sch.uk)

## Appendix 1:

### Nutritional Standards for School Meals

All school food must meet the minimum standards set out in the Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007, which came into force on 10 September 2007, as amended by the Education (Nutritional Standards and Requirements for School Food) (England) (Amendment) Regulations 2008.

The regulations introduced combined food-based and nutrient-based standards for school lunches in primary schools from September 2008. These require school lunches to provide prescribed amounts of essential nutrients, vitamins and minerals.

<i>Food Group</i>	<i>Food included in group</i>
A. Starchy food (sub-divided as shown)	A1: All types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal. A2: All types of bread with no added fat or oil.
B. Fruit and vegetables (sub-divided as shown)	B1: Fruit of all types, whether fresh, frozen or dried. Fruit canned in water or juice. Fruit-based desserts (with a content of at least 50% fruit measured by the weight of the raw ingredients). B2: Vegetables of all types, whether fresh, frozen or dried. Vegetables canned in water or juice.
C. Meat, fish, eggs, beans and other non-dairy sources of protein	Meat and fish (in each case whether fresh, frozen, canned or dried), eggs, nuts, pulses and beans, other than green beans. Other non-dairy sources of protein. Any food containing meat together with food from groups A, B or D.
D. Milk and dairy (sub-divided as shown)	D1: Lower fat milk and lactose reduced milk. D2: Cheese, yoghurt (including frozen), fromage frais and custard.
E. Drinks (sub-divided as shown)	E1: Plain drinks: Plain water (still or carbonated).

<i>Food Group</i>	<i>Food included in group</i>
	<p>Lower fat milk or lactose reduced milk.</p> <p>Fruit juice or vegetable juice of no more than 150mls per portion.</p> <p>Plain soya, rice or oat drinks enriched with calcium.</p> <p>Plain fermented milk drinks.</p> <p>E2: Combination drinks of no more than 330mls per portion:</p> <p>Combinations of fruit juice or vegetable juice with—</p> <p>(a) plain water, in which case the fruit juice or vegetable juice must be at least 45% by volume, but no more than 150mls, and may contain vitamins and minerals;</p> <p>(b) lower fat milk, lactose reduced milk or plain fermented milk drinks (in each case with or without plain water) in which case the milk or fermented milk drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey;</p> <p>(c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Combinations of lower fat milk, lactose reduced milk, plain fermented milk drinks or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa, in which case the lower fat milk, lactose reduced milk, fermented milk drink, soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Flavoured lower fat milk, flavoured lactose reduced milk or flavoured soya, rice or oat drinks, in which case the lower fat milk, lactose reduced milk, soya, rice or oat drink must be at least 90% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Tea and coffee.</p> <p>Hot chocolate which may contain vitamins, minerals and less than 5% added sugars or honey.</p>

## **SCHEDULE 1 FOOD GROUPS**

Regulation 3

## **SCHEDULE 2 SCHOOL LUNCH REQUIREMENTS**

Starchy food

1. One or more portions of food from sub-group A1 must be provided every day.
2. A type of bread from sub-group A2 must be available every day.

3. Three or more different foods from sub-group A1 must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

4. One or more of the portions of food from sub-group A1 that is provided every week must be wholegrain.

#### Fruit and vegetables

5. One or more portions of food from sub-group B2 (vegetables) must be provided every day.

6. One or more portions of food from sub-group B1 (fruit) must be provided every day.

7. A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided two or more times every week.

8. Three or more different foods from sub-group B1 (fruit) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

9. At least three different foods from sub-group B2 (vegetables) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

#### Meat, fish, eggs, beans and other non-dairy sources of protein

10. A portion of food from group C must be provided every day.

11. A portion of meat or poultry must be provided on three or more days every week.

12. Oily fish must be provided once or more every three weeks.

13. A portion of non-dairy sources of protein must be provided on three or more days every week.

#### Milk and dairy

14. A portion of food in sub-group D2 must be provided every day.

#### Foods high in fat, sugar and salt

15. Savoury crackers or breadsticks which are served with food groups B or D may be provided as part of a school lunch.

Regulations 3, 4 and 5

### **SCHEDULE 3 REQUIREMENTS FOR FOOD PROVIDED AS PART OF A SCHOOL LUNCH OR OTHERWISE**

#### Starchy food

1. Food from sub-group A1 which is cooked in fat or oil must not be provided on more than two days each week.

#### Meat, fish, eggs, beans and other non-dairy sources of protein

2.—(1) Subject to sub-paragraph (5), meat products may not be provided more than once each week in primary schools and twice each week in secondary schools, and where they are provided they must be provided in accordance with this paragraph.

(2) Any shaped product comprising a mixture of meat and other ingredients which is not included in the reserved descriptions specified in Schedule 2 to the Meat Products Regulations may only be provided if it complies with the meat content requirements for “Burger” in that Schedule.

(3) No meat product shall be provided if it contains any carcase part listed in regulation 6(2) of the Meat Products Regulations, subject to the exception in regulation 6(3) of those Regulations.

(4) No economy burgers as defined in Schedule 2 to the Meat Products Regulations may be provided.

(5) In respect of boarding schools, meat products may not be provided more than twice each week as part of a school lunch, and where they are provided (whether as part of a school lunch or otherwise) they must be provided in accordance with sub-paragraphs (2) to (4).

Foods high in fat, sugar and salt

3. No more than two portions of food that has been deep-fried, batter-coated or breadcrumb-coated may be provided each week.

4. No more than two portions of food which includes pastry may be provided each week.

5.—(1) No snacks may be provided, except for nuts, seeds, vegetables and fruit with no added salt, sugar or fat.

(2) Where dried fruit is provided it must have no more than 0.5% vegetable oil as a glazing agent.

6. Confectionery must not be provided.

7. Salt must not be available to add to food after the cooking process is complete.

8. Condiments may only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.

Drinks

9. The only drinks that may be provided are those in group E, except that whole milk may be provided for pupils up to the end of the school year in which they attain the age of five.

Regulations 4 and 5

## **SCHEDULE 4 REQUIREMENTS FOR FOOD PROVIDED OTHERWISE THAN AS PART OF A SCHOOL LUNCH**

Fruit and vegetables

1. Either fruit or vegetables, or both fruit and vegetables must be available in any place on the school premises where food is provided.

Foods high in fat, sugar and salt

2. Savoury crackers and breadsticks must not be provided.

3. Cakes and biscuits must not be provided.

4. Desserts must not be provided, other than—

(a) yoghurt; or

(b) fruit-based desserts (with a content of at least 50% fruit measured by volume of raw ingredients).