



Food Policy

REVIEWED OCTOBER 2022
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St Cuthbert's C of E Junior School



Whole School Food Policy

Policy History	Date
First draft Presented to Governors and approved	May 2020
Review To add Covid-19 guidance	01 September 2020
Reviewed	October 2022

Introduction

St Cuthbert's CofE Junior School is dedicated to providing an environment that promotes the health and well-being of pupils, parents and staff and the focus of this policy is promoting healthy eating and enabling children to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

Food policy aims

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

To boost productive learning, happiness and general well-being

These aims will be addressed through the following areas:

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.

Curriculum

The curriculum develops pupil's knowledge of healthy eating through science, design and technology, PE and PSHE lessons. Food and nutrition is taught at an appropriate level throughout each key stage. Health and well-being messages are also reinforced through assemblies.

Visits and/ or visitors linked to healthy eating are encouraged as part of the curriculum to enhance the curriculum further e.g. school nurse; dentists; sports persons; trips to local supermarket, such as Farm to Fork and Carrymoor

Food and drink throughout the school day

The eating environment

- All pupils have a drink of water and eat their morning snack during the morning break.
- Pupils who eat packed lunches sit with pupils who eat school dinners
- Children have set places in the dinner hall and children are seated with children in other year groups and classes within their key stage. The seating changes each half term to enable all children to develop socially as they eat and talk with a wide range of other children.
- Staff can choose to have a duty meal and sit with the children to eat their meal as a positive role model to the children.

Breakfast Club

- We run our own breakfast club who share our healthy wellbeing message and promote play, physical activity and encourage positive play.
- Breakfast club items are designed to be balanced and healthy.
- Our breakfast club staff have undertaken food hygiene training.

Break time snacks

- The school provides an opt-in milk drink scheme for any child on roll. Payment from pupils entitled to free school meals is not required for milk.
- Children may bring a small, healthy, wrapper-free snack for morning break time. Foods high in fat and sugar are not permitted e.g. crisps, biscuits, cakes or chocolates. The school will encourage the take up of the 'School Fruit and Vegetable Scheme' for all pupils.
- Snacks containing nuts are not permitted as the school may have a number of pupils with severe nut allergies.

School Meals (lunches)

- Food is provided by The Mendip School and meets the required food standards for schools (Education England, The requirements for School Food Regulation 2014)
- Free school meals are provided for all eligible children where parents complete the relevant application.
- Parents select menu choices for their children using the school's online booking and payment system, ParentMail.
- Healthy dessert options are offered ranging from fruit, yoghurts and a hot alternative.
- The menu is clearly displayed for the children on the display board by the serving trolley
- Special menus are occasionally offered e.g. Roald Dahl themed menu for Roald Dahl Day.
- Children are encouraged to try different foods and to eat most of their dinner
- Children are monitored by staff on duty in the dinner hall and any concerns are discussed with parents.
- Smaller portions are discussed and agreed with parents where school staff or parents feel the standard portion size is not the correct size for the pupil.

Packed lunches

- The school requests that parents/ carers provide pupils with a packed lunch container where food can be stored securely and appropriately until the lunchtime period.
- The school recommends that an ice pack be included to reduce the risk of harmful bacteria growing in warmer temperatures.
- Packed lunch containers should be re-usable.
- School will provide appropriate facilities to store packed lunches
- The school requests that packed lunches be based on the Children's Food Trust guidelines and the Government packed lunch advice.
- Foods to include are: fruit and vegetables; protein e.g. meat, fish, egg or other non-dairy protein; oily fish; carbohydrate such as bread, pasta, rice, couscous, noodles, potatoes; dairy such as cheese, yoghurt, soya products
- Drinks of water, pure fruit juice, yoghurt or milk drinks or smoothies.
- Foods to avoid or limit to occasional treats include crisps, cakes and biscuits, sausages and pies.
- Packed lunches should not include any of the following: fizzy/ sugary drinks in cartons, cans or bottles (including diet or energy drinks, which can contain high levels of caffeine, or additives, which are not suitable for children); confectionary such as

chocolate bars and sweets; chocolate spread as a sandwich filling or nuts and nut products.

Daytime drinks

- The school will encourage pupils to drink water on a regular basis, by providing space in the classroom for pupils to access their own drinking water in a small plastic container. • Drinking bottles should be re-usable, rather than disposable.
- During morning snack and story time children are reminded to have a drink of water from their bottle. If children have forgotten their bottle, water can be accessed from the school water fountains. Where children regularly come to school without a water bottle, parents will be contacted by the class teacher.
- Water is available to all pupils in the dinner hall and pupils can access their water bottles at lunchtime for additional drinks during the break as required.

Food Technology

During food technology sessions, pupils will be made aware of healthy options during lessons and projects. Where appropriate healthy products will be used and convenience foods avoided.

Food Allergies

The school must be informed of any pupil with a specific food intolerance. This information is recorded on the Schools Information Management System (SIMs) and a register of all pupils with food intolerances is shared with all staff. These registers are kept securely in classrooms and the school kitchen. Where children have severe allergies, photos and details are displayed in the classroom, staffroom and kitchen. Parents give permission for photos to be used in this way.

Pupils with food allergies/intolerances will be encouraged to select the healthiest foods that are within the restrictions of their individual diets and sensitive planning will be necessary when involved with any Food Technology lessons or special events.

Use of food as a reward

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 as detailed in the school's behaviour policy.

Food safety

- The school food provider and the school receive inspections from Somerset Support Services for Education with a detailed 'Received-in Meals' report
- Mendip District Council conduct periodic inspections and the school currently has the highest 'Food Standards Agency' hygiene rating of 5
- All staff serving food hold a current Level 2 food hygiene certificate.

Action plans

Action plans are developed and implemented for any areas identified from annual inspections and regular monitoring. These are reviewed termly at the Governor Business and Strategy meeting.

Monitoring and evaluation

This policy will be implemented and then reviewed on an annual basis. Governors will review this policy annually.

Additional information

<http://www.schoolfoodplan.com/actions/school-food-standards>

<https://www.gov.uk/school-meals-healthy-eating-standards>

<http://www.childrensfoodtrust.org.uk/>

<http://www.healthylunch.org.uk/government/>



School-food-in-England-April2019-FINA

Published 8 January 2015

Last updated 26 March 2019

26 March 2019

Updated 'School food in England' and included a link to healthy eating resources for schools.

9 September 2016

Updated information on where the School Food Standards are mandatory for some academies and free schools.

14 July 2016

Added the 2016 version of the document.

8 January 2015

First published.



School-Food-Standards-Guidance-FINA

Appendix 1 Re-opening of kitchen following COVID19 shutdown

Prior to Opening

A deep clean must take place, especially if the kitchen has been closed or used for alternative provision.

The week before re-opening:

- Check all equipment (cookers, fridges, hobs) are working correctly.
- Check gas and water supply.
- Check waste systems are flushed and treated.
- Check IT and software systems (such as payment systems).
- Ensure your dishwasher is in good working order and reaching a suitable temperature to adequately sanitise plates and cutlery.
- Consider staffing levels that are possible in your kitchen whilst ensuring safe social distancing, keeping workstations 2m apart whenever possible. Where a 2m distance is not possible, consider what extra PPE (e.g. face masks) is needed, and recommend staff work side by side or with backs to each other.
- Ensure the kitchen is well ventilated, with windows kept open whilst occupied, and ventilation systems in good order.
- Implement a one-way movement system where possible.
- Order any required PPE equipment or clothing that is needed, especially cleaning materials, disposable aprons, gloves and face masks.
- Put in place good signage throughout the kitchen to explain any new advice on what staff should and shouldn't do
- Check that you have sufficient stocks of detergent, disinfectant, sanitiser and hand sanitiser (minimum 60% alcohol) to manage an enhanced cleaning regime
- Install any additional handwashing and sanitation equipment and agree new protocols to be put in place.
- Update your HACCAP or COSHH protocols – and check in with your Environmental Health Officer if needed. Make sure the entire kitchen and midday supervision teams are briefed on the plan and actions that are required of them.

Staff

- Staff should change into clean uniforms outside the kitchen in a designated changing area, one staff member at a time.
- Consideration should be given as to how to manage staff in high risk categories, or those with family members who are shielding. Managing this should be discussed and agreed in line with the school-wide policy.
- No personal items should be brought into the kitchen.
- Have contingency plans in place in case of staff sickness.

Food Offer

- Check your food suppliers are able to deliver to your revised schedule. Agree ordering and delivery protocols (we suggest no entry to kitchen areas, delivery boxes unpacked and wiped before storage, items date stamped etc).
- Set up serving stations and clearly mark out your dining area for queuing, service, seating and waste/clearing stations
- For breakfast and break services, keep this offer simple, with minimal choices that can be served, rather than self-service. Consider staggering mealtimes for different

year groups if you are not able to maintain social distancing in queues or with individual seating stations in your dining area.

- Children will have packed lunch only for the first 6 weeks. Children who are entitled to free school meals will be provided a packed lunch from school meals supplier.

Daily Tasks

- Hand wash often. Disposable gloves are not a substitute for hand washing.
- Appropriate PPE (including aprons and disposable gloves) should be worn at all times.
- Use fresh PPE when moving from kitchen to other school areas.
- Make sure all hand-contact surfaces (including handles, doors, taps, light switches, telephones, storage bins etc) are cleaned regularly throughout the day.
- Maintain existing HACCP/COSHH protocols (e.g. fridge and freezer temperatures).

Brought in or transported meals

- Make sure that vehicles used for transporting meals are clean and disinfected and that drivers wear appropriate PPE and follow sanitation processes.
- Ensure any external packaging, surfaces and handles are wiped down with sanitiser on delivery.
- Cleaning of all transported equipment (such as hot boxes, cool boxes etc) must be carried out at the beginning of the day, before packing and after deliveries.
- Hotboxes and all light equipment to be taken straight to the serving point to reduce risk of contamination.

Links

Department for Education Guidance -

<https://www.gov.uk/coronavirus/education-and-childcare>

School Food Plan Alliance – <http://www.schoolfoodplan.com/contact/>

Food Standards agency - <https://www.food.gov.uk/businessguidance/reopening-checklist-for-food-businesses-during-covid-19>