

# St Nicholas CE Primary Academy



***“Learning, loving and encouraging through Christ.”***

## **Whole School Food Policy**

### ***Vision Statement***

*St Nicholas provides a welcoming, inclusive and aspirational learning environment at the heart of its community. We nurture, encourage and support all children, adults and their families to be the best as God intended. Following God’s example of love and trust, we develop resilience and creativity in all we do.*



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### Introduction

At St Nicholas CE Primary Academy, we are committed to giving all our pupils consistent messages about all aspect of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

We support the '5-a-day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity. A portion of fruit and vegetables can be estimated as about an adult handful or a glass of fruit juice or a portion of one type of food is counted each day, i.e. 5 **different** fruits or vegetables are needed each day not of the same.

### Legislation and guidance

This policy is based on advice from the Department for Education (DfE) in;

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the [Education Act 1996](#), as amended
- Section 114A of the [School Standards and Framework Act 1998](#)
- 2014 No. 1603 Education, England [The requirements for School Food Regulations 2014](#) and
- The Food Safety Act 1990, and
- Follows guidance offered in the [School Food Standards](#).

The documents highlighted above set out the law and guidance for responsibilities for food in schools in England. Academies are required to comply with legislation as part of their funding agreements.

### Rationale

St Nicholas CE Primary Academy in line with its vision, *encourages* a healthy lifestyle for everyone in our community. Therefore, it is important we consider all elements of our work, and the examples we give children, to ensure that we promote health awareness in all members of the school community. The school staff can provide a valuable role model to pupils and we hope that our families can support us with regards to food and healthy-eating patterns.

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

### Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign
- To make the provision and consumption of food an enjoyable and safe experience.

### Food Across the Curriculum

At St Nicholas we provide a number of opportunities for pupils to develop knowledge and understanding of health issues, including healthy eating patterns and the practical skills that are needed to understand where food comes from. Outlined below are just a few of the curriculum links to other areas of learning and food and drink;

- **Maths** can offer the possibility of calculating quantities for recipes, weighing and measuring ingredients.
- **Science** provides an opportunity to learn about the types of food available, their nutritional composition and the function of different nutrients in contributing to health and how the body responds to exercise. It can also provide pupils with knowledge about the different properties of cooked and uncooked foods and opportunities to grow food.

- **Religious Education** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children may experience different foods associated with religious festivals and other multicultural events.
- **ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils may design packaging and adverts or posters to promote healthy choices.
- **Food technology**, as part of Design Technology, provides the opportunity to apply healthy eating messages through practical work with food, including preparation and cooking.
- **Geography** provides a focus on the natural world and changing environment, offering the chance to learn about where food comes from.
- **Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activities such as dance and walking.
- **School visits** may provide pupils with the opportunity to shop for food and experience food in other locations.

### Snacks

All classes have a morning break when children fill the gap between breakfast and lunch with a healthy snack, where snacks from home may be eaten. These snacks are confined to fruit and vegetables or a piece of hard cheese (not processed cheese such as cheese strings). At St Nicholas, the following snacks are available:

- All under 5's are entitled to free milk.
- All remaining Reception and KS1 pupils may purchase milk through the Cool Milk Scheme.
- Any child not drinking milk may have a drink of water at snack time and are encouraged to drink water throughout the day.
- All children in Key Stage 1 have access to a free piece of fruit/vegetable each day via the National Health scheme
- Children in Key Stage 2 are encouraged to bring a healthy snack into school, as outlined above, to eat at playtime

### Water for all

Every child is encouraged to bring their own water bottle (plain water only, not flavoured) and to refill it during the day as necessary.

- All classes have access to clean drinking water.
- Children are encouraged to bring a water bottle to school each day and regular water and brain breaks are built into the school day and curriculum by the class teachers.
- Reusable water bottles can be purchased via the ~~school office~~ [parentmail](#)
- Children are also encouraged to drink water after play and physical activities, more so in hotter months.
- Children are encouraged to have a drink at snack time during the mid-morning break.
- Lunchtime Assistants ensure the children have drunk the drinks provided with their meals by checking the container before allowing the children to go out to play.

### Milk

Children are entitled to receive free milk up until their fifth birthday. After that parents have the option to decide whether they wish to purchase milk for their child through the Cool Milk Scheme. This is a service parents will need to pay for and it is arranged by an external company called *Cool Milk*. Parents open an account and manage payments at home. The school receives a register of children who are booked to receive milk on a weekly basis.

### Mealtimes

Following the introduction of Universal Infant Free School Meals, hot meals are provided free of charge to all children from Reception to Year 2 ~~and~~ [along with](#) those who are entitled to a benefits related free school

meal in Key Stage 2. Hot meals can also be purchased by all other families. All such meals meet the nutritional standards required of school meals.

At St Nicholas, we are fortunate to manage our own catering team, with a high quality of service and food provision for our pupils.

We provide a choice of meals from a three weekly menu and we meet or exceed the nutritional balance and healthy options as laid down by the Government.

At St Nicholas we offer the following food groups as part of each meal:

- Fruits and vegetables, at least two portions daily.
- Meat, fish and non-dairy protein, daily.
- Starchy foods including bread, pasta, noodles, rice, potatoes, sweet potatoes etc.
- Milk and dairy produce, daily.
- Drinks should be plain (still) water or milk.
- Manufactured meat products are only offered once a fortnight and deep fried products are only offered a maximum of twice a week. Table salt is not to be available to children.

Other pupils bring a packed lunch from home and parents are provided with information on how to prepare a healthy packed lunch. ***Fizzy drinks, sweets and chocolates are not allowed. Neither are peanuts, peanut butter or other nuts or nut products, due to the risks to pupils who suffer from anaphylaxis.***

Pupils with restricted or unsuitable diets are encouraged to expand the variety of food they eat by lunchtime assistants, class teachers and teaching assistants alongside parents.

#### **Participation in National Events and Initiatives**

All initiatives linked to the consumption of food or drink or concerned with increasing pupils' knowledge and understanding of food and related health issues will be judged against the school policy and if there is a benefit to the pupils the school will consider participation. Any participation will be evaluated and participation will cease if it is found to be working against the policy.

#### **Food Handling and Preparation**

Staff are actively encouraged to make use of the children's kitchen located through the infant hall if they are working with the children on a food related project. Whilst in the kitchen, all staff, parents or pupils preparing food are expected to follow stringent health instructions. They need to ensure that they have correctly followed the steps below;

- Wash hands before touching food.
- Cover all cuts with blue plasters.
- Wash hands after visiting the toilet.
- Use designated equipment for the preparation of food.
- Wipe clean all surfaces, with a clean cloth and multi-surface cleaner, which is available in the kitchen.
- Take care when handling knives and other sharp cooking utensils.
- Ensure dairy foods and cooked and raw meats are stored separately and kept covered.
- Ensure dairy foods and cooked and raw meats are prepared separately with surfaces and tools washed before each item is prepared.

#### **Pastoral Care and Welfare Issues**

Breakfast Club is available via Abacus Nursery and all children are welcome to attend for a small fee. The breakfast and after school club work in conjunction with the academies policies and follow the statutory documents outlined in this policy.

Children who arrive at school having not eaten breakfast may be provided with cereal and milk, and a drink or some fruit. Teachers will speak with parents if it becomes apparent that children are frequently missing breakfast.

Parents are asked to notify the school if their child suffers from any food allergy or intolerance and all staff are made aware of this information. The children's dietary requirements are made known to all the relevant staff. Care is taken to ensure that these children avoid any known food triggers in school. Parents of children who require special diets due to religious or other purposes are also asked to notify the school and care is taken to avoid food products which are not in the diet of these children.

### **Free School Meals**

Parents of children who are entitled to a free school meal are encouraged to apply for this benefit. At the time of writing this policy, eligibility for free school meals is based upon the following criteria:

- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit.

For more information of Free School Meals visit the KCC website - <https://www.kent.gov.uk/education-and-children/schools/free-school-meals>

### **Partnership with Parents and Carers**

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. All new entrants are made aware of the school food policy in the induction process. They are given leaflets about healthy packed lunches and the benefits of drinking water in their prospectus. We ask parents not to send in fizzy drinks and we remind them that only water (and school milk) may be drunk during the school day, except at lunchtime when children may drink juice or milk if provided by parents as part of a packed lunch.

During out of school events, which are organised by the school or the PTFA, the school will encourage parents and carers to consider its Whole School Food Policy in the range of refreshments offered for sale to the children and will always endeavour to offer a healthy option.

### **Gifts and Rewards**

These may occasionally be sweets but we will look for other alternatives where this is possible/economically viable.

For children's birthdays we are unable to give out cakes and would kindly ask if these can be saved for parties at home. This will help us in encouraging healthy choices at school.

### **The Governing board**

The governing board has overall responsibility for approving and monitoring the implementation of this policy.

### **Monitoring and review**

The headteacher, PE and PSHE Leaders are responsible for supporting colleagues in the delivery of this food policy and ensuring that it is being applied consistently throughout the school.