

# Coppermill Primary School



## Food Policy

Ratified by the Curriculum & Achievement Committee on

21<sup>st</sup> January 2016

Updated 9<sup>th</sup> May 2016

Next review: Spring 2019

## **Rationale**

As a school, we have always prided ourselves in providing the best education for the pupils, within available resources. Our ethos is to continually promote healthy eating patterns for the pupils at our school and take a more pro-active approach to improving the health and well-being of children. We currently hold a Bronze Healthy Schools Award and are working towards gaining our silver award.

## **Aims of the Policy**

To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school and satisfy the government standards for food and nutrition.

We aim to support our whole school community in:

- Making informed choices on a healthy, balanced diet
- Ensuring information relating to food and nutrition in the curriculum is consistent and up-to-date
- Developing a healthy lifestyle
- Accessing healthy food and drinks throughout the school day
- Encouraging healthy foods and drinks to be brought into school
- Learning about food and nutrition and its relation to health
- Accessing water throughout the school day

## **Special Diets and Allergies**

**No nuts, gelatine, or pork products are permitted in school due to allergies and religious reasons.** The school is aware of pupils and staff that have food allergies and other special dietary requirements and has a procedure in place to manage these requirements within school.

## **The Dining Environment**

Coppermill believes that lunchtimes are an integral part of the school day where the social aspect of sitting and eating together plays an important role in children's development. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. The school will provide a clean, sociable environment for children to eat their lunch. In doing so, the school requests/expects children adhere to the following rules:

- Stay seated (in the same seat) throughout their meal
- Eat their sandwich or alternative first
- Ensure they have a drink

The school will reward pupils for good meal time etiquette and good behaviour.

To encourage good behaviour and social interaction during the meal time, children receive stickers or raffle tickets.

Our dining area offers a welcoming environment where pupils can enjoy their lunch whilst socialising with friends. All pupils eat in the dining area with their own class and then move into the playground. Children who eat a packed lunch can sit with children who are having

school meals. Pupils are supervised by Midday Assistants over the lunchtime period. They encourage the children to socialise with each other and behave respectfully at mealtimes. There are Midday Team Awards presented to the children in assembly to celebrate thoughtful and helpful behaviour. The Midday team follow the school Behaviour Policy and report to class teachers regarding behaviour and eating habits. Vibrant and attractive display boards in the dining hall have been developed to include the Midday team points, the school's values and an attractive solar system and rocket with all the class names.

### **School Lunches**

We recognise 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. The Universal Infant Free School Meal will be provided for all children in Years R, 1 and 2 unless parents have opted out. The school has an expectation that infant aged children will eat the free school meal. The school will also provide free school meals to all those pupils who are entitled to them.

School meals are provided by Waltham Forest Catering Service and fully meet the new Food Standards for schools – **Appendix 1**. Healthy food and drinks are promoted, and children are encouraged to eat balanced meals. The food available is Halal and reflects the other religious and cultural needs of the school community, for example, through the provision of vegetarian options. Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative. Free, fresh drinking water is always available at lunch times. Food is presented at child height and the cooks and other lunchtime staff go through the options verbally.

The Midday team monitor children who eat too little or too much food and ensure their parents and teachers are made aware. The cook is informed about children, who have special dietary needs or allergies and this information is also displayed in the kitchen and staffroom. The school occasionally has themed days related to a topic or time of the year such as Christmas, Chinese New Year and other cultural weeks.

Children receiving school meals are encouraged to try the different options and to try the vegetables and salad from the attractive self-service salad cart.

We monitor closely the payment of school meals and aim to enable families to access the free school meals system wherever appropriate.

### **Packed Lunches**

- The school provides facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible, to stop the food going off
- The Midday team monitor packed lunches and parents are consulted if lunch boxes do not contain a balanced diet. Healthier options are discussed and advice is offered
- All parents/carers have received a letter detailing healthy choices which are permitted in a packed lunch, including educational visits

Packed lunches **should** include:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish, eggs, or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais or custard every day
- a drink of water, fruit juice or smoothie, semi-skimmed or skimmed milk, yoghurt or another milk drink

Packed lunches **should not** include:

- salty snacks such as crisps – instead include vegetables and fruit - with no added salt, sugar or fat, savoury crackers or breadsticks
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets
- sugary soft drinks, fizzy drinks or very sugary fruit juice

This is adapted from: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk).

*Refer to Appendix 2 – Children’s Food Trust, healthy packed lunches.*

### **Breakfast and Tea Time clubs**

We provide a healthy and balanced breakfast and evening snack. We promote independence, by encouraging the children to prepare their own food. We use fresh ingredients and fresh drinking water is available at all times. We meet individual dietary requirements and parental preferences wherever possible. We recognise the importance of healthy nutrition for children delivered in a calm, friendly setting. We serve breakfast and tea time snacks at a set time whilst children are sat at a table. All the Staff that run these clubs have been trained in Food Hygiene. *Please refer to our Welcome packs for more information.*

### **Break Time Snacks**

Our school is part of the National School Fruit and Vegetable Scheme, which entitles all children in Nursery, Reception, Year 1 and Year 2 classes to have a free piece of fruit or vegetable each day. Children in other classes are encouraged to bring a piece of fruit or dried fruit for break time. Free milk is offered to all children in Nursery and Reception on a daily basis throughout the day. We encourage children to drink water regularly throughout the day to ensure they are well hydrated. Water bottles with a sports cap are permitted to be kept in classrooms during the day for ease of access. Research shows this can improve concentration and learning.

### **Drinking Water**

The school will encourage pupils to drink at frequent intervals throughout the day. Pupils will be allowed sports bottles in classrooms. Pupils will have easy access to fresh drinking water throughout the school day either in their classrooms or the water fountains in the playgrounds.

### **Curriculum**

Coppermill will include work associated with healthy balanced diets in its curriculum. A variety of approaches such as practical work and group discussion, are used to enable pupils to acquire the skills needed to understand the benefits of eating healthily and making informed food choices. Teaching of food and nutrition occurs from the Foundation Stage and within a range of curriculum areas such as Science , DT and PSHE across Key Stage 1 and Key Stage 2. Topics include: Eat more fruit and vegetables, How will 5 a day help me to be healthy?, How would we survive without water, Living long, living strong and What happens to the food we eat? The message of healthy living is threaded through the New Primary Curriculum.

In certain circumstances, the school may choose to allow foods to be eaten in support of the teaching of food from different cultures/ times.

We aim to provide opportunities for pupils to play an active role and contribute to decisions on food in the school. The School Council and Junior Ambassadors represent pupils' opinions on school meals and other food issues.

### **Class Parties**

- Each child can bring in a small party bag containing healthy food. This will be for the individual child and not to be shared
- The school will provide drinks and these will be a healthy option such as water or no added sugar fruit squash

### **Birthdays**

We will **only** permit the following birthday treats to be given out on school premises:

- Fresh fruit
- Dried fruit e.g. raisins, dried apricots, banana chips
- Non edible token e.g. pencils, rubbers, stickers

Please hand the treats in to the class teacher at the start of the school day.

We celebrate birthdays in school with an individual acknowledgement in our whole school assembly. Each child also receives a birthday pencil and sticker, in celebration of their special day.

## **Staff**

Staff play an important part as role models in eating healthily and demonstrating healthy lifestyles. Many staff members choose a school lunch as well as eating with the children. The Christmas lunch is a time where all staff come together and are encouraged to eat with their classes whilst senior leaders support the kitchen staff in serving the meals.

Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and opinions of staff and pupils are valued. Milk is provided for staff on a daily basis in all key stages.

The use of sweets for rewards by staff is **not** permitted. Children are rewarded with praise, stickers, certificates and celebrating their work in assemblies, with other classes and senior leaders.

## **Headteacher's Tea Parties**

The children will be able to enjoy an assortment of healthy snacks and no added sugar fruit squash, all served in tea party style with china tea pot and cups!

## **Involvement of Parents/Carers and Visitors**

We actively encourage parents to participate in decisions concerning school food (such as school meals, packed lunches, water provision, snacks etc.

Menus are available for parents and children on the 'Welcome board' at the entrance of the school and on our school website.

## **Exemptions**

Our healthy school food standards will not apply to the following:

- PTA events, end of SATs, Year 6 Prom, coffee mornings, cake sales, fundraising events and residential trips
- Food used in teaching food preparation and cookery skills

## **Other Information**

Year 5/6 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Leadership team. A staff member will supervise the children. No child will be allowed to fast unless we have their parents' written consent. The school follows guidance from the Local authority during the month of Ramadan.

During SATs week all year 6 pupils are offered a free healthy breakfast.

## **PLEASE NOTE:**

Under no circumstances should children share food (e.g. from their packed lunches or class party bags)

## ***Appendix 1: New Food Standards***

- Starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week
- To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety
- The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer
- The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available
- There are changes also to drinks with a maximum quantities of juice and combination drinks (applies to secondary schools only).The standards have been designed to control the amount of added sugar

## Appendix 2

### Healthy Packed Lunches

*A practical guide for Parent and Carers from the Children's Food Trust*

A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn. The key to a balanced, nutritious diet is variety. The information below provides you with some ideas of what to include to ensure that your children's packed lunch is healthy, balanced and nutritious. A healthy, balanced and nutritious packed lunch should include foods from the following four food groups:

1. Starchy food such as bread, potatoes, rice, pasta – these foods provide carbohydrate to give your child energy for the afternoon
2. Fruit and vegetables – these foods provide vitamins and minerals to help protect against illness
3. Meat, fish, eggs, beans and other non-dairy sources of protein – these foods provide protein, iron and zinc to help your child grow
4. Milk and dairy foods – these foods are a good source of calcium, for strong bones and teeth

Foods and drinks high in saturated fat, sugar (and/or salt) – **try to limit these types of food and drink**. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth.

**Name:** More healthy packed lunch ideas  
**Class:** Each day a healthy packed lunch should include:

- A portion of starchy food**  
White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
- At least one portion of fruit and/or vegetable**  
Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.  
**Vegetables:** carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.  
**Fruits:** sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.
- A portion of meat, fish, eggs, beans or other non-dairy sources of protein**  
Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.
- A portion of milk or dairy foods**  
Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).



## Example packed lunch menu:

Provide a variety of foods from each of the food groups listed on the front page across each week. A week's packed lunch menu might look like this:



**Monday**

- Tuna and sweetcorn pasta salad with red pepper sticks
- Apple slices and plain yoghurt
- Water to drink

**Tuesday**

- Chicken and potato with salad
- Ginger biscuits with satsumas
- Milk to drink

**Wednesday**

- Cheese salad wrap
- Banana and raisins
- Water to drink

**Thursday**

- Egg salad sandwich
- Seasonal fruit salad with fromage frais
- Milk to drink

**Friday**

- Chickpea vegetable couscous salad
- Blueberry muffin
- Milk to drink

For more ideas on healthy packed lunches visit the Let's Get Cooking at Home website: [www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches](http://www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches)

**A drink** – to help with hydration and concentration.

- ✓ Water – is the best choice.
- ✓ Milk – use whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).
- ✓ Diluted fruit juice (half juice, half water).
- ✓ Avoid squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

**Desserts, cakes, biscuits and crisps:** these foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health.

- ✓ Try to make desserts, puddings and cakes with fruit or milk, such as a banana muffin or rice pudding.
- ✓ Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth.
- ✓ Avoid salty snacks such as crisps. Replace with plain breadsticks.

