



*As a community, including children, staff, parents and governors, we seek to encourage the faith and educational journey of all our members.  
We exist to identify the spiritual, academic, physical and professional needs of the children and staff, enabling them to affirm, support and develop each other in the spirit of Jesus.  
We believe especially that our education must be broad and life-changing, enabling all the children to develop to their fullest potential so they may influence both the world of today and the world of tomorrow.*

### **WHOLE SCHOOL FOOD POLICY**

#### **Aims:**

St Andrew's CE Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. St Andrew's School staff recognise and are committed to the fact that healthier children learn more effectively.

#### **Contextual Information:**

St Andrew's CE Primary School has a total of 245 pupils.  
The number of pupils eating a school meal is 170.  
The number of pupils entitled to a free school meal is 9.  
Universal Infant Free School Meals are provided to all children in Foundation and Key Stage 1.  
The remainder eat a packed lunch provided from home.  
All children stay on the school premises for lunch.

#### **The Eating Environment:**

All pupils eat in the dining hall with their friends or peers.

Pupils who eat a packed lunch can sit with children who are eating a school meal.

Children are encouraged to chat socially but to keep the noise at an appropriate level.

During lunchtime all children are encouraged to:

- Stay in your seat. No moving to sit with friends if a space becomes available.
- Finish eating before moving anywhere – inside or outside
- Place rubbish from packed lunches in the bin when you have finished your lunch.
- If you drop food on the floor pick it up or tell a Mid-day Supervisor.
- Face forward to the table when you are eating. This will stop food falling on the floor.
- Be polite and have good manners at all times when talking to an adult.
- Queue quietly and sensibly whilst waiting to come into the dining room and when waiting to get your lunch.

Children always eat from plates and dishes rather than off a divided tray. They use a fork, knife and spoon. The children are encouraged to use cutlery correctly.

### **School Meals:**

Food is provided by the Bury School Catering Service.

The school buys into this service as part of an annual buy-back.

The Service provides:

- Universal Infant and statutory free school meals plus paid meals provision
- Up to three choices of main course and 3 desert choices daily including salad, fresh fruit, bread and a drink
- Meals for teaching, non-teaching and visitors to the school
- A range of menu choices suitable for the needs of pupils including non-meat alternatives
- Healthy options and drinks that meet the current government standards
- Catering for special diets including allergies plus cultural/religious requirements
- Menu information via the website, new intake packs and signage to increase uptake
- Theme days, special event catering
- Repair, maintenance and replacement of kitchen equipment and dining furniture maintenance
- Active participation in recycling waste minimisation and carbon reduction schemes.

### **At St Andrews:**

- We encourage children to choose from the range of options provided. Parents are encouraged to give their child some element of choice at mealtimes as part of the new intake presentation.
- We present food at child height and the cook and other staff talk to the children about the options available.
- Children are encouraged to try new/different foods by the cook and other staff.
- Children are expected to choose one of the main options and vegetables or salad each day. Sandwiches and jacket potatoes with a choice of fillings are on offer daily.
- Healthy dessert options are offered, such as fruit or yoghurt.
- The menu for the day is displayed on the wall by the serving hatch. This encourages children to begin to make some choices before being served.
- Children are encouraged to eat their main meal before dessert and this is monitored by members of staff present in the hall.
- Children are served on a rota basis with classes having a turn at being first each day.
- Staff monitor how much children eat – both too little or too much. If any issues arise they will notify the class teacher who will speak to parents.

- The cook and lunchtime staff are informed about children who have special dietary needs or allergies. This information is displayed in the kitchen and the teachers' study room. This includes a passport style photo and relevant information
- The school occasionally has themed days related to a particular topic or celebration. Parents are sometimes invited to these events.

### **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 per 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 to ensure at least three different vegetables and three different fruits are provided each week.
- The revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions 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 limits to the quantities of juice and combination drinks available. The standards have been designed to control the amount of added sugar.

### **Packed Lunches:**

Parents are encouraged to provide a healthy lunch box.

Parents may be consulted by a class teacher or Headteacher if any issues arise with children's packed lunches.

Children are encouraged to take home anything they do not eat from their lunchbox. This allows parents to see what their child has/has not eaten.

### **Snacks:**

All key Stage 1 children are offered a piece of fruit/vegetable each morning which they eat during the mid-morning break. Leftover fruit/vegetables are given to Key Stage 2 children when possible.

Milk is available each day at break time. This is paid for by parents and costs around 15p per day. The cost is kept low by the EU School Milk Subsidy Scheme and the school does not seek to make any profit from this. Milk provided is semi-skimmed and kept refrigerated. Around 119 pupils have milk each day.

The School council runs a twice weekly healthy tuck shop.

Reception children have a snack provided each morning on a rolling system. They choose when they want to eat a piece of fruit/vegetables and have a drink of water/milk. Once they

have had their snack they place their name in a box. As well as this snack and drink, water is provided for these children throughout the day

### **Water:**

Fresh drinking water is available throughout the day. Pupils are provided with individual bottles from which to drink. Plastic cups are provided in Reception class.

Water fountains are provided in the Reception and Years 5 & 6 classrooms, on the corridor outside Year 2 and in the Staff Room.

Year 6 monitors ensure every bottle is filled before school starts.

Water may be served as part of the school meal at lunchtime.

### **Curriculum:**

The national curriculum develops pupil's knowledge of healthy eating.

The profile of healthy eating is taught through a Science and Design Technology focus.

Food from other cultures forms part of the teaching of other cultures, festivals or as part of the history/geography/RE curriculum.

A children's kitchen is available for any food/cooking activities.

### **School's Out Club for Kids (SOCKs):**

SOCKs have their own Food & Drink Policy which states:

SOCKs regards snack time as an important part of the club's sessions. Eating represents a social time for children and adults, and helps children to learn about healthy eating.

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

SOCKs food and drink procedures:

- Staff undertake food hygiene training and apply their knowledge in preparing and storing snacks for children
- Before a child starts to attend the club, we find out from parents/carers any dietary needs or allergies the children might have
- We record information about individual dietary needs in the children's personal file
- We display current information about individual dietary needs to ensure all staff are kept informed
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes
- We plan menus in advance involving children and parents in the planning
- We display snack menus for the information of parents/carers
- We provide nutritious food, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings.

- We include foods from different cultural backgrounds, providing children with familiar foods and introducing them to new ones
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of religious groups to which the children and their parents belong, and of meat-free and vegan diets.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff must not label children or single them out in any way because of their dietary requirements.
- We organise snack times so that they are social occasions in which staff and children participate together
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which take into account the eating practices of their culture.
- Fresh drinking water is always available.

### **Parents:**

Information about school meals/milk is published on the school website, in the school noticeboard and via newsletters if required.

There is a display of school meal provision at the evening for new parents held annually.

Parents have been invited to join their children for lunch on special occasions.

### **Other issues:**

Rather than bring sweets into school to celebrate a birthday, children are encouraged to buy a "Birthday Book" which is inscribed with their name and added to the class/school library.

Staff are encouraged not to use sweets as a reward.

Last reviewed September 2022