

Charlton House Independent School



'Love One Another'

FOOD IN SCHOOL POLICY

Reviewed and approved by the full governing body December 2022

To be reviewed by FGB December 2025

Date	Sept 21	Apr 22	Dec 2022	
Reviewed by	FGB	GOV DO	FGB	

Charlton House Independent School Food in School Policy

This policy has been formulated to enable Charlton House Independent School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

The policy and future amendments to the policy must be communicated clearly and consistently to pupils, parents and staff.

Aims and Objectives

- Charlton House Independent School recognises the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.
- The school aims to ensure that pupils are well nourished at school and that every pupil has access to tasty and nutritious food and a safe, easily accessible water supply during the school day.
- The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.
- The school is committed to providing a welcoming eating environment that encourages the positive social interaction of pupils and teachers.
- The school recognises that sharing food is a fundamental experience for all people and an excellent bridge for building friendships and intergenerational bonds.
- The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school and enables them to contribute to healthy eating and acts on their feedback.

Roles and Responsibilities

The school Governors are responsible for:

- The provision of school food. A school lunch must be provided for pupils where a meal is requested and either the pupil is eligible for free school lunches or it would not be unreasonable for lunches to be provided
- Deciding the form that school lunches should take but must ensure that the lunches and other food and drink provided meet the school food standards
- Providing hot lunches wherever possible to ensure that all pupils are able to eat at least one hot meal every day
- Providing drinking water free of charge at all times on school premises
- Providing facilities to eat the food that pupils bring to school. This should include adequate furniture and supervision
- Providing lower fat or lactose reduced milk to be available for drinking at least once a day during school hours.
- Evaluating the food and drink provision against the standards and produce an evidence of compliance
- Ensuring that they receive regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.
- Working with the Headteacher to develop a whole school food policy; setting out the school's approach to its provision of food, food education, the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches

Specific Aspects of Food in School

The school and its caterer, Wiltshire Farm Foods, must meet the new nutritional standards for food in schools as set out in the 'School Food Regulations (August 2021)', which is explained in more detail within the 'School Food Plan'. The regulations set out the requirements for school lunches as well as the requirements for food

and drink other than lunch, provided to children on and off school premises, including breakfast clubs, tuck shops and after school clubs.

Break time snack

All pupils are welcome to bring a healthy snack from home for the morning break time. This may include:

- Fruit
- Vegetables
- Milk (lower fat or lactose reduced)
- Seeds
- Fruit-based snack bars (containing at least 50% fruit)
- Yoghurt

The following foods are not suitable for snacks:

- Savoury crackers or breadsticks
- Chocolate or chocolate coated products
- Cakes, biscuits, pastries or desserts

Water

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. Therefore, all children are encouraged to bring a plastic water bottle for which they are responsible. Regular opportunities to drink water are given throughout the school day. Children are regularly reminded to drink water at break times. Other drinks that are permitted in the school:

- Lower fat milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks
- Unsweetened combinations of fruit or vegetable juice with water
- Plain fermented milk e.g. yoghurt drinks

School Lunches

Food group	Food Based standards for school lunches
STARCHY FOOD	One or more portions of food from this group every day Three or more different starchy foods each week One or more wholegrain varieties of starchy food each week Starchy food cooked in fat or oil no more than two days each week Bread - with no added fat or oil - must be available every day
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day One or more portions of fruit every day A dessert containing at least 50% fruit two or more times each week At least three different fruits, and three different vegetables each week
MEAT, FISH, EGGS, BEANS AND OTHER SOURCES OF PROTEIN	A portion of food from this group every day A portion of meat or poultry on three or more days each week Oily fish once or more every three weeks For vegetarians, a portion of non-dairy protein three or more days a week
MILK AND DAIRY	A portion of food from this group every day Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
FOODS HIGH IN FAT,	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated

SUGAR AND SALT	<p>No more than two portions of food which include pastry each week</p> <p>No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat</p> <p>Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food</p> <p>No confectionery, chocolate and chocolate-coated products, Desserts, cakes and biscuits are allowed at lunchtime.</p> <p>Salt must not be available to add to food after it has been cooked</p> <p>Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.</p>
HEALTHIER DRINKS	<p>Free, fresh drinking water at all times</p> <p>The only drinks permitted are:</p> <p>Plain water still or carbonated</p> <p>Lower fat milk or lactose reduced milk</p> <p>Fruit or vegetable juice (max 150mls)</p> <p>Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks</p> <p>Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)</p> <p>Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk</p> <p>Tea, Coffee, hot chocolate</p> <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice.</p> <p>Fruit juice combination drinks must be at least 45% fruit juice</p>

The school, alongside Wiltshire Farm Foods also arrange theme days, such as:

- Curriculum theme days
- Bonfire night
- International themes
- Taster days
- Celebration and religious festival themes

The school is committed to publicising menu information received from the contractors, including potential allergen information, to parents and carers. This information should be available via email each week.

Packed Lunches

The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend this to parents. However, should parents decide to send in a packed lunch from home then parents will be asked to follow the guidelines above when preparing a packed lunch for their child.

The following foods are not permitted as regulated by the School Food Standards.

- No confectionary, chocolate or chocolate covered products
- No fizzy drinks
- Nuts

The following foods are permitted at lunchtime only:

- Savoury crackers or breadsticks
- Deserts, cakes and biscuits (non-chocolate based)

The Food Standards Agency survey of packed lunchboxes showed that in general children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthy lunchboxes. To facilitate this, the school will provide guidance to parents based on the School Food Standards in Schools recommendations of what constitutes a healthier lunchbox.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We encourage parents to include in lunchboxes those foods, which will provide a balanced meal and are known to have a positive impact on the child's development such as starchy foods, protein, fresh fruit and vegetables, milk and dairy fruit. Lunchtime staff will engage with children and chat to them about what they are eating.

Breakfast Care

The school recognises that breakfast is an important meal of the day and a nutritious breakfast provides the children with energy for the day and contributes to their daily requirements. Breakfast care provides the children with a menu each day including a choice of healthy cereals and toast.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social of pupils and teachers. The school will aim to provide a calm, ordered environment conducive to good behaviour.

It is also committed to the following:

- Active help for children who find the physical process of school dinners or packed lunch difficult, for example, carrying trays, opening tubs or packets.
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children having school dinners and packed lunches, in terms of provision and supervision.
- Provision of water jugs, containing clean water and cups available.
- Encouraging children to wash their hands before eating.

In providing this clean and sociable environment for children to eat their lunch, the school requests that the children adhere to the following rules:

- Eat or at least try to eat most of the food provided as part of their school or packed lunch
- Take litter home or dispose of it in the bins provided
- Leave the table that they are sitting at in a reasonably tidy condition

The school will reward pupils for good meal time etiquette and good behaviour with stickers and house points.

Celebrations & Festivals

The school also recognises that food plays an important role in celebration of culture and religious festivals. As part of RE and topic work throughout the school, children will have the opportunity to experience foods significant to different countries and to different religious beliefs.

Food in the Curriculum

Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils' experience of food and healthy eating. Schemes of work in a range will reflect the whole-school emphasis on healthy eating.

Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth
- The development of strong healthy bodies
- What constitutes a balanced diet
- An understanding of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others
- How food is produced
- Growing their own vegetables
- Food in history
- After-school cookery clubs

Exemptions to the School Food Regulations

The School Food Regulations do not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- As rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils

Partnership with parents and carers and pupils

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. This is not always easy but our school is well placed to lead by example.

Parents, carers and pupils must be regularly updated on food policy settings through school newsletters and consulted on a regular basis.

Monitoring and Evaluation

Evaluation of the progress made by the school in implementing and sustaining the aims and objectives of this policy will be made by the Senior Leadership Team and School Governors on a termly basis.

This policy will be reviewed every three years.