

Food Policy

New End Primary School

Date Completed: Autumn Term 2023

Reviewed: Autumn Term 2024

We recognise that a healthy diet plays an important part in a child's well-being and their ability to learn effectively.

We believe that the school in partnership with parents and carers can make a major contribution to improving our pupil's health by helping them to make healthy food choices.

Snacks / drinks

All EYFS and KS1 classes will continue to receive a morning break time snack of fruit and vegetables. If KS2 children require a morning break time snack parents/carers can provide their child with fruit or vegetables.

Only healthy snacks are allowed at break time. No fizzy drinks, concentrated juices or sugary drinks, sweets and chocolate are allowed in school or on school trips. Crisps (of any kind) are not allowed in school. We promote the recommended guidelines that snacks should contain **less than 5% salt or sugar**.

Water for all

Pupils have access to drinking water both in the school building and in the playground. All children both school dinner and packed lunches will be provided with water at lunch time with their meal. If pupils require a drink at break time they will have access to water in the playground.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt in foods, we ask that parents/carers not to send in whole birthday cake or party foods. However, if parent/carers do wish to bring cake to mark birthdays, that it is limited to homemade sugar free cakes (recipes are provided) or another healthy alternative such as fruits can be brought in for celebrations.

Healthy School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the food based standards and nutritional guidelines. A copy of the weekly menu is on display in the dining area and reception area and discussed with children. We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is regulated by national standards.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day;
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day;
- Try to include an oily fish, such as salmon occasionally;
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day aim for wholegrain varieties;
- Dairy food such as milk, cheese, yoghurt, fromage frais, or soya products;
- Processed meats such as sausage roll, individual pies, corned meat and sausage/chipolatas and burgers should only be included occasionally for example, on a Friday when fish and chips are served in school lunches;
- **Water, pure fruit juice or unsweetened milk is permitted as part of the food policy;**
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are- fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based crumbles;
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food;
- **On Fish and Chips Fridays we allow one small cake or one small biscuit.**

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat);
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum;
- Fizzy or sugary drinks.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

School Meals

The school meals are cooked on site by Caterlink and are nutritionally balanced. The menu includes a choice of main course with vegetables and salads. There will always be a vegetarian option. The children are offered a choice of yoghurt, hot puddings and fruit.

At the beginning of each term copies of the termly menus are available to parents and carers.

Caterlink menus are also available online: <http://www.mycaterlink.co.uk/lbc/menus.php>. If any parents wish to taste the dishes, we ask that they make an appointment at the office and it can be arranged. The quality of food is regularly monitored by the local authority.

Free School Meals – Eligibility

School lunches are currently free to all primary aged children either through the Universal Free School Meal programme or through the London Assembly offer.

After School Clubs

We request that any food brought onto the school premises by pupils to after-school club is consistent with the guidance given in the packed lunch policy and conforms to the school food trust standards for food other than lunches.

Healthy Living Week

We have an annual healthy living week to raise the profile of healthy living and reinforce the work we do throughout the year.

Nut allergies

As much as possible, we are a nut free zone. Parents are asked to refrain from providing food products which may contain nuts in packed lunches or any other food brought into the school.

The healthy school curriculum at New End

Each class has the statutory amount of P.E. (physical education) on a weekly basis – please see the section within the curriculum for more detail on what is taught in each year. There is an annual Sports Day where all children from nursery to year 6 participate.

As part of the Science curricular topics, the children cover topics on healthy lifestyles and choices. The school also has agreed policies on Sex and Relationships Education and Drug Education. Our behaviour policy includes non-food related rewards for positive behaviour. We also take into account the needs of all of our children, including those with allergies and disabilities.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through coffee mornings, school website and newsletters. 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 and carers are regularly updated on our policies through school newsletters and on the school website and coffee mornings. We ask parents and carers not to send food or drink which conflict with our food policy. This is shared by the head teacher with parents on admission as well as by class teachers at the beginning of the academic year.

During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu being displayed in the reception area.

Parents are given information about the annual national weight measurement programme that children in reception and Year 6 take part in and we give information to parents and carers about local weight management services where applicable (MEND, Apples and Pears are currently available). The School Nurse supports the school and families during her parent/carers appointments.

Appendix A: Guidance and Code of Practice for Packed Lunches

We will regularly include the guidance in weekly and termly newsletters and home/school letters. According to a Food Standards Agency study recently, 9 out of every 10 packed lunches contain foods high in sugar, salt and saturated fats and fewer than half contain fruit. When deciding what to put in your child's lunch box, it is a good idea to use the national standards for primary schools meals as a guide. These standards highlight the importance of offering a variety of food from the four main food groups.

As well as something to drink, the guidelines advise that school meals must offer at least:

- one portion of vegetables or salad and one portion of fruit (fresh, canned or dried can all count);
- one portion of a milk or dairy item such as milk, cheese, yoghurt, fromage frais or a yoghurt drink (but be aware of the high amount of added sugar in some product brands);
- one portion of meat, chicken, fish, eggs, beans or other protein source;
- one portion of a starchy food such as bread, pasta, rice, noodles or potatoes.

To support parents, the Food Standards Agency has provided a range of information on the Agency's website: www.food.gov.uk that includes:

- two months' worth of simple lunchbox suggestions;
- top lunchbox recipes – for parents and children to make together;
- top tips on how to reduce sugar, saturated fat and salt in lunchbox foods;
- nutritional guidelines for parents – what foods school children need to stay healthy.

New End School asks that the following rules for packed lunches are followed:

- water to drink;
- no sweets;
- no crisps;
- no chocolate, or chocolate-containing foods;
- no cakes;
- no nut-containing foods, including peanut butter in sandwiches

Appendix B: Snack Guidelines

We will regularly include guidance in weekly and termly newsletters and home/school letters.

Children are encouraged to bring in a mid-morning playtime snack, the rules for which are:

- water to drink;
- healthy snacks containing fruit and vegetables;
- low salt/low fat savouries (less than 5%), such as breadsticks, ricecakes, oatcakes;
- no crisps, sweets, chocolate, cake or chewing gum.