



# **Deanery C.E. Primary School**

**Academy Status**

## **Whole School Food Policy**

**February 2023**

# The Deanery School Christian Ethos

*Our School Motto – 'Ad Majorem Dei Gloriam'*

*Translated this simply means 'To the Greater Glory of God'.*

## Vision

We believe that everything we do is a faithful response to God's faithfulness, shown to us through Jesus Christ. Our vision is to reflect God's Glory in every season of life, in all aspects, from the little things, to the big.

## Beliefs and Values

We believe that God's heart is for his children to thrive in a happy, secure, and caring environment at the Deanery. It is an essential part of our Christian ethos that we thank God for how he has demonstrated peace, love, faith, joy, grace and hope to us. We seek to reflect these core values throughout all areas of life in the school.

We believe that education, strengthened by our faith, is the vehicle with which children can achieve their full potential.

## School Culture

At the Deanery we aim to provide opportunities and experiences for everyone to learn and develop their social, creative and academic skills within a motivating and stimulating environment.

### We aim to:

- Foster an environment that is enriched spiritually, morally, ethically and socially through the Christian faith.
- Value each child as unique, regardless of faith, ability, gender or ethnicity.
- Nurture children to be polite, respectful and considerate towards one another. Offer a range of opportunities and experiences to develop their confidence, self-esteem and independence.
- Encourage each child to fulfil their potential within all areas of the curriculum.
- Promote knowledge and understanding through a secure, stimulating and enriched environment.
- Create a broad educational experience that is enriched both morally and spiritually through partnership with staff, governors, parents, the local community, parishes of the Deanery and Birmingham Diocese.
- To enable each child to value themselves and have aspirations for the future.
- To recognise everyone's place in the wider community

## **Background and Ethos**

At Deanery C E Primary School we know what children eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking within school.

We acknowledge the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also acknowledge that we, as a school, can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We recognise that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

## **Policy Development**

This policy reflects advice based on the following sources:

- The Education act 1996 (free school meals Section 512)
- School Food in England DfE (updated August 2021)
- Food Information Regulations 2014
- School Food Standards 2014
- Natasha's Law 2021

## **Aims**

We aim to

- Ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory standards for school lunches and food served throughout the school day.
- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- To ensure equal access for all to healthy food and drink and appropriate nutritional education.

## **Objectives**

We will meet our aims through the following objectives:

- Ensuring that the requirements of this policy are in the School Development Plan, as necessary.
- Reviewing and documenting the curriculum, ensuring that information relating to food and nutrition in different lesson areas is delivered in a consistent and up to date format.
- Ensuring that a wide menu is available for the children in order for them to make informed choices.

- Ensuring that pupils are well nourished at school and that every one has access to safe, tasty and nutritious food served in an enjoyable environment.
- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices throughout their lives.
- Ensuring that all children have access to free drinking water within school
- Working in partnership with parents and carers to promote the aims of the food policy including all foods brought into school by children.
- Ensuring that members of staff who work with food within the school curriculum have basic food hygiene training/knowledge and continue to update their skills, knowledge and understanding of food related issues. These members of staff will then disseminate the information to other colleagues.

### **Equal Opportunities**

With regard to food in school, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

We aim:

- To ensure that food provision in school reflects the ethical and medical requirements of the school community
- To make sure that pupils entitled to free school meals are not identifiable by their peers
- Theme days and other special occasions reflect the cultural identity of the school

### **Catering Service Standards**

- Menus will be clearly displayed, available from the school office and posted on the website.
- Menus will adhere to statutory food based standards.
- Menus will reflect preferences, cultural, religious and special dietary needs.
- Feedback will be encouraged and where possible, changes made to increase satisfaction.
- The food served will take account of any relevant food issues and food legislation.

### **Healthy Eating Statement**

We are fully committed to following the School Food Standards 2014 – see Appendix 1 and menu compliance is monitored when menus are reviewed – see Appendix 2.

As a school we share the desire to improve on the health and welfare of all children and see the school catering service as being an integral part of this development. Our objective is to actively provide healthy options. This is achieved by offering a wide range of choices and using subliminal cooking methods such as:

- Less fat in cooking
- Baking foods as opposed to frying

- Only use olive oil for roast vegetables
- Reducing sugar in recipes
- Not using salt in cooking processes
- Increased use of food items containing fibre
- We aim to ensure that the food products and meals supplied are nutritionally sound.

### **Good Practice Guidelines**

- Actively encourage the school community to have a balanced diet
- Offer a wide variety of foods from the four main food groups
- Use cooking methods that lead to a minimum destruction of nutrients
- Maintain monitoring forms to demonstrate compliance with the food standards for food in schools.

### **Food Hygiene Policy Statement**

- Our catering service objective is to provide its children with a high quality service and high quality food products and in doing so, carry out our food handling activities to the highest hygiene standards.
- We accept we have a legal duty to comply with the Food Safety Act 1990 and the Food Safety General Food Hygiene Regulation 1995, The Food Information Regulations 2014, Natasha's Law 2021 and all other subordinate legislation. We expect all suppliers to also have such a philosophy.
- Every member of staff in the kitchen will hold an appropriate accredited qualification in food hygiene.

### **Dining Environment**

- The dining room offers a welcome eating environment. Queuing is minimised through a structured rota system and children are encouraged to eat their lunch with their friends in a positive, social environment. Lunchtime support staff and teachers help to make meal times for children as calm and sociable eating experience as possible.

### **Pricing Structure**

We take into account the LEA recommended price for a school lunch when our prices are set each year. Price charges are reviewed each year by the Business Manager and Head Teacher, and then approved through the Governing Body.

### **Mid-Morning Snack**

Nursery – Free milk and fruit is provided to pupils via the Free Milk and Free Fruit Government Schemes.

Key Stage 1 - Fresh fruit provided through the Free Fruit Scheme is offered to all pupils, as is access to their own water bottles.

Key Stage 2 – they are encouraged to bring in fresh or dried fruit and or plain biscuits from home. They have access to their own water bottles.

### **Lunchtimes**

Key Stage 1 Pupils and parents/ carers are all encouraged to take up the Universal Free School Meal.

Parents / carers whose children are entitled to free meals are encouraged to take up the free meal.

The menu works on a three week cycle, which is reviewed and updated every half term.

Parents / carers are encouraged to view the menus on the website and discuss with their child / guardian the meal choice options available daily.

Water is provided on all the dining tables.

### **Packed Lunch Pupils**

We aim to ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school, in line with the School Food Standards.

This is to promote consistency between packed lunches and the food provided in school.

Duty staff and lunch time Supervisors monitor, where possible, the content of packed lunches. Concerns are reported back to the Senior Management team.

### **Water in School**

Children are provided with a water bottle at the beginning of Reception and use the filtered water in every year group to refill them daily or teaching assistants fill them when necessary. Water bottles are allowed on desks at all times from KS1 for children drink freely. There are also water fountains in central areas across the school.

### **Food Across the Curriculum**

Healthy eating and the importance of a balanced diet are taught through science and PSHE lessons. Food technology is also taught through design technology and through knowledge and understanding of the world in the early years curriculum.

### **National Fruit Scheme**

Free fruit is provided under the Fruit Scheme to Nursery, Reception, Year 1 and Year 2 children. The fruit is collected from the school kitchen by fruit monitors and given out at break time.

### **Provision of Milk**

Free milk is provided to Nursery children daily.

### **Partnership with parents and carers**

Parents are, on occasion, invited into school to eat with their child/children and sample a school lunch. Parent can discuss menus with their child at home, using the menu information available on the website.

In addition, Reception parents can print off the menu from the website and tick the choices they would like for their child, which can be handed in at lunchtime.

## **Monitoring and Evaluation**

- Compliance with School Food Standards will be monitored by the catering team and reported to the Governors as appropriate.
- Compliance with School Food Standards at times other than lunch will be monitored by the member of the senior management team responsible for food and reported to the Governors as appropriate.
- Pupils menus and food choices are monitored and used to inform policy development and provision. Monitoring will occur via a variety of methods such as visual monitoring by lunchtime staff, monitoring by children themselves, surveys and the use of the school council as a consultative forum.
- The senior management team will monitor food education in the curriculum on an annual basis.

Policy reviewed by Jayne Lockett, Head Teacher

February 2023

Agreed and accepted by Full Governing Body

March 2023

Signed Date 30 March 2023

A handwritten signature in black ink, appearing to read 'J. Lockett', is written over the signature line.



# The School Food Standards

*Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.*

*These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.*

*As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com/wwv](http://www.schoolfoodplan.com/wwv) to find examples of what other schools are doing to encourage children to eat well.*

*Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.*

\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



## 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



## Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week\*
- No more than two portions of food which include pastry each week\*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat\*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products\*
- Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked\*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*



## 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



## Meat, fish, eggs, beans

### and other non-dairy 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 on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*

## Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



## Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods 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



## Healthier drinks\*

- Free, fresh drinking water at all times
- The only drinks permitted are:
  - Plain water (still or carbonated)
  - Lower fat milk or lactose reduced milk
  - Fruit or vegetable juice (max 150 mls)
  - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
  - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
  - 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
  - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice





## Checklist for school lunches

NAME OF SCHOOL:		DATE OF MENU:		
Food group	Food-based standards for school lunches	Standard met (Y/N)		
		Week 1	Week 2	Week 3
<b>STARCHY FOOD</b>	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 <i>(applies to food served across the whole school day)</i>			
	Bread - with no added fat or oil - must be available every day			
<b>FRUIT AND VEGETABLES</b>	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			
<b>MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN</b>	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			
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, <i>(applies across the whole school day)</i>			
<b>MILK AND DAIRY</b>	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			
<b>FOODS HIGH IN FAT, SUGAR AND SALT</b>	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated <i>(applies across the whole school day)</i>			
	No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i>			
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i>			
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food			
	No confectionery, chocolate and chocolate-coated products, <i>(applies across the whole school day)</i>			
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery			
	Salt must not be available to add to food after it has been cooked			
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.			
<b>HEALTHIER DRINKS</b> <i>applies across the whole school day</i>	Free, fresh drinking water at all times			
	<b>The only drinks permitted are:</b> <ul style="list-style-type: none"> <li>• Plain water (still or carbonated)</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (max 150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)</li> <li>• 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</li> <li>• Tea, coffee, hot chocolate</li> </ul> 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. Fruit juice combination drinks must be at least 45% fruit juice			

**It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.**