



Our Lady of Victories Food and Drink Policy

Date policy first approved by Governors:
Date policy became effective:

January 2010
January 2010

Reviewed in **Jan 2021** Next review date: **June 2023**

Person responsible for implementing and monitoring: Miss Morrison, Deputy Head

Aims

Our school vision for healthy eating is to promote the health and well-being of everyone within the school community; including pupils, staff and visitors to the school. We aim to engender in children an attitude towards food preparation and healthy eating which contributes to the development of lifelong habits of healthy lifestyle choices.

We believe that in order to learn more effectively and to achieve their best in school, it is necessary for children to eat and drink healthily, following national guidelines. We aim to ensure that parents and staff are well informed of up to date guidelines and will contribute to and promote the school food policy by being good role models for the children in their own healthy eating habits.

Objectives

- ⇒ To ensure consistent messages about food and health are given across the whole school day.
- ⇒ To ensure pupils have access to nutritious and safe food during the whole school day.
- ⇒ To ensure involvement from the whole school community when creating, implementing and reviewing this policy.
- ⇒ To increase the level of practical food education incorporated into lessons.
- ⇒ To develop pupils knowledge of food in relation to production, distribution, marketing, and its impact on the health and environment.
- ⇒ To give our pupils the information they need to make healthy choices.
- ⇒ To promote health awareness
- ⇒ To support all members of the whole school community to adapt to healthy lifestyles.
- ⇒ To support teaching staff to increase knowledge & confidence in delivering healthy eating/drinking messages to the whole school community.

Contextual information

Whilst the school is set in one of the most affluent areas of London we are aware that there are still issues around nutrition which need to be addressed. All our children (currently 100%) take a school lunch and we discourage packed lunches to ensure all our pupils receive a healthy, balanced cooked meal every lunch time. The school governors ask parents to support the offered school meals provision in order to ensure that there are sufficient incoming funds to provide good quality and nutritious food, particularly for those children for whom it may be their main meal of the day.

The school has appointed a school caterer, Principles, who commenced school meal provision as of February 2020. Principles are compliant with Government food and nutrient based standards.

Policy development

This policy was developed by the Deputy Head, the member of the Senior Management Team (SMT) responsible for food, in consultation with parents, governors, the borough's advisors and the NHS CLCH Food in Schools Team.

A School Nutrition Action Group (SNAG) was established to develop the Whole School Food Policy and monitor its impact through consultation with the school council, parents, school meal supervision staff and through regular surveys of children and parents. The SNAG group followed advice from the RBKC and NHS CLCH Food in Schools Team about the standards required in the provision of food.

Dissemination

The complete Whole Food School Policy is available on the school website. Relevant edited versions in note format will be included in the following documents:-

- School Prospectus and Staff Handbook – to include policy on our commitment and preference for school lunches, our water consumption policy, fruit provision
- Extra Curricula After School Clubs – form to include our snack policy
- Packed Lunch – policy issued to all parents when approval is given for their child to bring in a packed lunch. Leaflets to be issued giving parents advice and ideas on appropriate foods.
- Dining Room Code of Conduct – to be displayed in the Dining Area.

The eating environment

The school has a kitchen equipped to provide nutritious, well balanced meals cooked on the premises. The school aims to make the dining room an attractive place for the children to eat as well as a relaxed and friendly, yet orderly and well managed environment.

Display boards with posters and artwork are used to brighten the area, in addition to offering nutritional advice and child friendly suggestions about healthy eating and hygiene. The weekly school lunch menus are displayed for parents and children to see.

The dining area is supervised at all times by a team of meals supervisors with additional members of staff. The staff encourage the children to choose a variety of food from what is on offer, enticing them to try new things. They monitor the quantity eaten by encouraging children to finish or eat as much as they can. Children demonstrating negative attitudes towards food are carefully monitored and if necessary teachers relay concerns to parents.

Younger children are supervised by an additional member of staff and are expected to remain at the table until everyone is finished. Children are shown and encouraged to use their utensils correctly. Staff seek feedback from children about the menu offered and report any issues with quality or quantity of food to administrative staff.

The dining area is a relaxed environment and has a positive and social ambience. Children are directed to sit in a designated free area but may choose who they sit with, whilst welcoming others to join them. Staff promote positive social interactions by modelling this behaviour with the children in their vicinity. They observe and intervene to ensure that no child is isolated or unhappy.

Special Educational Needs (SEN) children are supervised by the team of Learning Support Assistants who may choose to eat with the children. Children are given sufficient time to eat and encouraged to remain sitting until they are finished chewing and have swallowed their food in order to reduce the risk of choking.

Code of conduct in the dining room

There is an agreed "Code of Conduct" which was developed in conjunction with the children and staff outlining the expectations during the lunch time period. This includes procedures for washing hands, waiting quietly in line outside, saying grace, reduced noise levels, politeness, table manners, social interactions with peers, teachers and catering staff, and general behaviour in the dining area. See Appendix A: "Code of Conduct".

School lunch provision

Our school lunches are provided by a contracted caterer, Principles who use a nutritional software package to allow analysis of the nutritional content of their menus.

The daily school lunch includes an offer of a choice between two hot courses, one vegetarian and a fruit based desert or fruit, and a cup of water or milk is available. Fresh fruit and vegetables are organic; all dairy products are organic; eggs are organic and free range; all poultry is free range. The menus have a 3 week rolling cycle and change each term to reflect seasonal changes. Salad crudities and freshly made bread are also available daily.

Whenever classes go on trips the school caterers provide a packed lunch, which includes a choice of sandwich, a piece of fruit and a cake or biscuit, plus water.

The menus are reviewed regularly with the children who participate in the school's Food Council. Where dishes are very unpopular these are adjusted or changed with the caterer's agreement. Parent views are also welcomed. The inclusion of cakes at every meal has now been reduced to 2 or 3 times a week, due to parents concerns about the amount of cake on offer.

Children with a diagnosed eating disorder (gluten free or dairy intolerant) are offered suitable alternatives. The menu is completely nut-free.

Organisation of school lunches

Children line up and help themselves to plates. Food is laid out on a hot and cold servery so that children can see what is on offer and select from it. Kitchen staff man the serving hatches and place the food which the child selects onto their plate. The youngest children are offered the most suitable of the two hot courses. Salads are also served at the servery.

Cutlery, plastic cups and jugs of water are all placed on the tables for children to help themselves to. Adequate time is allocated to ensure that all children have time to eat without being rushed.

The midday supervision staff and the meals supervisor monitor the amount children eat, gently encouraging the children to eat more if too little is eaten. In the event of individual cases where children have developed eating disorders and have low self esteem issues relating to their body size, impacting on their attitude towards food, parents and meals supervisors liaise closely to ensure that children are eating adequately. In severe cases the school nurse supports staff and parents in advising them of suitable support programmes. As part of our PHSE and SEAL curriculum the children are made aware of these issues and the opportunities available to address them if necessary.

Packed lunches

We discourage parents from the option of a packed lunch to ensure all children receive a healthy balanced cooked meal every day. Currently no children have a packed lunch. On the rare occasions when parents have received permission to send their child with a packed lunch, we provide the following guidance for healthy packed lunches:

For children aged 5 years and above a healthy, well balanced child's lunchbox includes:

- starchy foods- bread, rice, potatoes, pasta etc.
- protein foods- including meat, fish, eggs, beans etc.
- a dairy item- i.e. cheese or a yoghurt
- vegetables or salad
- a portion of fruit
- a healthy drink such as water or milk

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

Breakfast club

We have a daily breakfast club on offer to all children, located in the dining hall. The food provided meets the government's mandatory standards for 'Food other than School Lunch'. Our breakfast club menu includes cereals, wholemeal toast, low sugar preservatives, fresh fruit, low fat yoghurts, low fat milk and water. A member of staff is responsible for monitoring the children and ensuring they eat a nutritious breakfast. The club runs from 8:00-8:50 when school starts and is run on a drop-in basis.

Snacks during the school day

All children are offered a snack time of fruit or vegetables during their morning playtime.

Snacks for end of day extra-curricular Activities

Where children are attending extra curricular activities after school they are permitted to bring in snacks. The snacks permitted include fresh fruit, vegetables, a small sandwich or fruit bread and water. This expectation is communicated to parents through newsletters and the consent forms provided when booking into clubs. Snacks are eaten under supervision and parents advised if any foods are unsuitable. Foods containing nuts, sweets, chocolate bars, cakes, crisps are not allowed, nor are fizzy drinks

Drinking water

We believe that regular water provision throughout the day can have a positive effect on pupil's concentration, good health and well being in addition to reducing tiredness and irritability. Water is freely available throughout the school day to all members of the school community.

In the class room children are welcome to bring in their own clearly labelled bottle of water and encouraged to take it home daily for cleaning. Children who forget to do this are provided with plastic cups and are encouraged to drink at regular intervals. The cups are cleaned each day.

Water consumption is particularly encouraged following physical activity, after playtime and in warm conditions. Children are reminded to drink water from the water fountains located in the playground. During the school lunch water is provided on the tables in the dining room and all children are encouraged to drink with their meal. In addition to water, milk is available for all pupils at lunchtime.

Promotion of food awareness in the school curriculum

As part of the curriculum children will learn about food and nutrition and how these affect health. Our long term goal is to provide what the children need in order to be able to make their own informed decisions in their lifestyle choices. There is a whole school food curriculum which maps the food curriculum and food technology curriculum with other subject areas. The school cook leads cooking lessons with all children from Years 1-6, at least once a term. The children grow foods in the gardening club and these are harvested to eat as part of school cooking programme.

Provision for staff

The staff room contains a small kitchen area where staff may prepare their own lunches. Sufficient crockery, utensils, a microwave and a dishwasher is provided for staff use. Staff are able to eat at a communal dining table in this area. Filtered drinking water is provided. Coffee, tea and milk are provided free for staff.

Provision for and involvement of parents

The menus for the school meals are placed on the notice board outside the dining room and on the school website. Regular opportunities are given for parents to sample the menus and to have a forum for their opinions to be offered.

Celebrations

In consultation with parents, it has been decided that snacks or cakes will not be brought into the school premises.

Pupil Involvement

We provide opportunities for children to express their views about food within school. A group of children from upper key stage 2 make up the school Food Council and are invited to attend regular meetings. They hold pupil food surveys regarding the school lunches. The school Food Council take note of any suggestions they may have to improve the service or facilities and share these with senior leaders.

Monitoring and Evaluation

- The Deputy head teacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy.
- The breakfast-club lead is responsible for ensuring that the food served is in accordance with this policy.

This policy is freely available to the entire school community. Its message has also been conveyed in school newsletters and on the school website.