

## Scott Wilkie Primary School - Whole School Food Policy

Spring 2017

### **Aims**

Scott Wilkie 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. Scott Wilkie staff recognise and are committed to the fact that healthier children learn more effectively.

### **Contextual Information about the School**

- Scott Wilkie School has total of 360 pupils (plus 42 children in the nursery).
- The school is made up of three main groups and these include White British, Black African and Bangladeshi pupils.
- The number of children eating school meals is 321. The number of children entitled to free school meals is approximately 75.

### **Policy Development**

This policy was developed with the input of following people:-

- SMT
- Parents
- Governors
- Teaching Staff
- Pupils
- Cook and Midday Meals Supervisors

### **Provision of Food**

#### **The Eating Environment**

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals.
- Long tables enable more children to be seated with their class and more time for them to eat lunch.
- An attractive new salad bar has been made available to children with a variety of choices.
- Colourful paintings and displays of children's work make the dining halls inviting for pupils.

#### **School Meals (lunches)**

- Food is provided by Newham Catering and Cleaning Services (NCCS).
- Healthy options are promoted at the admissions phase.
- Free school meals are provided for all children in this school.
- Food is presented at child height and the cooks and other staff go through the options verbally.
- Children are encouraged to try different foods each day by the cook and by other staff.
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches with a choice of fillings are on offer daily.

- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.
- A member of staff lines up with children and discusses options, helping pupils make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with pupils.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Slow eaters go for dinner first and are encouraged by the staff in Key Stage 1.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week.

### **New 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 a 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 now to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and to 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 changes also to drinks with maximum quantities of juice and combination drinks (applying to secondary schools only). The standards have been designed to control the amount of added sugar.

### **School Meals (Breakfast)**

- Breakfast club has been running for 3 years and has approximately 45 children attending every morning.
- Children arrive in school at 8am and social interaction is encouraged whilst eating breakfast. After they have had breakfast pupils have the opportunity to play a variety of board games or read books. Outdoor play is also encouraged (weather permitting).
- The criteria for selection is dependent on social factors. Places are offered to children in need who are entitled to free breakfast and working parents who pay £1 per day.
- The food is prepared freshly on site by the extended services coordinator and teaching assistants.
- The food on offer ranges from sugar free cereals and milk, white and brown bread, margarine, sugar free jam, raisins and other dried fruit. Fruit juice is also available.
- Some of the food – bagels, cereals and fruit juice - is provided by the Mayor of London's Magic Breakfast programme.

## **Packed Lunches**

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten, especially in Foundation Stage and Key Stage 1.
- Unhealthy food may be removed by staff and returned to the child at the end of the day.
- Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' workshops are offered.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.
- Crisps are allowed as a treat on Fridays.

## **Extended School**

### **Standards for school food other than lunch**

Many of the food based standards apply to food served throughout the school day including breakfast clubs, mid-morning break, after school clubs, tuck shops and vending machines.

Restrictions apply with regards to foods which are high in fat sugar and salt and as these restrictions apply throughout the school day a process must be in place to ensure breakfast, morning break and after school club food provision doesn't contravene the standards throughout the school day. For example, if the menu has a chicken pie and an apple pie featuring in the same week, no other pastry item can be served during this week.

### **Restrictions**

- No more than two portions of food that has been deep-fried, batter coated, 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.
- No confectionery, chocolate and chocolate-coated products.
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit).
- 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 teaspoon.

### **Snacks**

- Free Milk will be offered free of charge to those pupils entitled to free school meals. At Scott Wilkie milk will be offered to all pupils from nursery to year 2 at morning break.
- Since September 2014, all infant school pupils have been entitled to a free school lunch. Where milk is provided as part of this lunch it is provided free to all pupils.
- Where milk is made available outside of lunch it only needs to be offered free to those pupils entitled to a free school meal.
- Schools may use the Dedicated Schools Grant to fund the provision of milk for eligible pupils (those entitled to free schools meals, and all infants where it is offered as part of the universal free school meal from September). It is for individual schools to decide how much funding to allocate for this.
- To reduce the cost we will take part in the EU School Milk Subsidy Scheme:  
<http://rpa.defra.gov.uk/rpa/index.nsf/UIMenu/673FF09985FF29FF80256F72003D5B0C?Opendocument>

- A range of fresh fruit and/or vegetables are offered to children in KS1 during morning play.
- The list of permitted healthy packed lunch foods also applies to snacks brought for after school clubs, or for after swimming in Year 3.

### **Drinking Water**

- The school also has 6 water fountains, 3 in Key Stage 1 and 3 in Key Stage 2.
- All pupils are provided with jugs of water on the dining hall tables at lunchtime.

### **Curriculum**

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.
- In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.

### **Provision for Staff**

- Staff are encouraged to eat healthily themselves.
- Some staff members choose to have a school dinner. Some choose to eat with the children.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.

### **Parents**

- Information about school meals is shared with parents via menus displayed in the front foyer and on the door of each classroom.
- When parents and visitors come to the school, the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.
- The school provides healthy eating workshops for parents.

### **Other Issues**

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion.
- Multicultural food is encouraged during parties such as Eid, Christmas and Cultural Week.
- The use of sweets as rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit from Key Stage 1 is given to Key Stage 2 when possible.
- Year 6 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Management Team.
- In the week prior to SATs and during SATs week all Year 6 pupils are offered a free healthy breakfast every day.

**Actions addressed prior to this term:**

- Menus are displayed in the school foyer so that children and parents are aware of what food is available, giving both time to make healthy choices before going in to dining hall.
- Ovens and a range of cooking equipment have been provided in both key stages to encourage more hands on healthy cooking in lessons.

**This policy was reviewed by the SLT in February 2017.**