

# Chadsmoor Federation

**“Enjoying Achieving Together”**



## FOOD POLICY

## INTRODUCTION

At Chadsmoor Federation we understand the importance of healthy eating, oral health and the pupils' education. As part of our Vision, we aim for every child to reach their full potential and this policy is a small step to helping us achieve this.

This policy has been reviewed and agreed by the Federation Leaders and Governing Body taking into consideration feedback from parents and children.

### Why do we need a Food Policy?

The Government has placed a duty on Schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for Infant pupils, the School Food Trust which encourages healthy eating and the introduction of Universal Free Federation Meals for all pupils in Reception, Year 1 and Year 2 classes from September 2014. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

This policy is to ensure food consumed and offered in school supports children and families in making healthy choices, in line with national standards set by the government. **This policy covers all food and drink in school during the school day.**

### Federation commitment:

- The Federation will provide facilities for pupils bringing in packed lunches.
- The Federation will ensure that free, fresh drinking water is readily available at all times.
- The Federation will work with the pupils to provide calm and appropriate dining room arrangements.
- The Federation will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- The Federation will ensure that packed lunch pupils and dinner pupils will sit and eat together.
- Hand sanitizer is available for children in the School Halls, no need to bring their own in.

## FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

### • Snacks

At Chadsmoor Federation we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in Early Years and KS1 to one piece of fruit and/ or vegetable per day. (All pupils at Chadsmoor Community Infant & Nursery School have the opportunity for this)

Chadsmoor CE Junior School, provides the opportunity to purchase (at a minimum cost) a break time snack. This includes toast, crumpets and fruit.

Children can bring their own snack however this must **NOT** be crisps or chocolate bars. We recommend fruit, or a cereal bar. A healthy diet is about eating a variety of foods and in moderation. Children have access to eating small proportions of crisps and cake at lunchtime either by having a school provided lunch or through a packed lunch; however, to ensure moderation, we will not enable children to have these items at break time. We encourage children to eat, at breaktime, toast, crumpets, fruit, or a cereal bar.

- **School lunches**

Food prepared by the school catering company, Dolce, meets the national school food standards. The quality of the ingredients and the choice of meals are regularly checked, asking the pupils and staff for feedback. Menus consist of a 3 week rota and are updated each term. **Please order the meal your child will like and you know they will eat. Any meals NOT pre-ordered may result in your child not getting their first choice.** As a consequence your child may not eat their lunch and become hungry.

**Your child is welcome to bring a drink into school to have with their lunch. This must be plain water and not fruit juice or squash and not fizzy drinks.**

In September 2014 the Government introduced universal free school meals for all children from Reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

## **FOOD AND DRINK BROUGHT INTO SCHOOL**

- **Packed lunches**

Parents are encouraged to provide healthy well balanced packed lunches. Please consider the amount of food required by a child during lunchtime. They will have a 25/30 minute dining time during the lunchtime break.

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a drink such as water.

<b>INCLUDE:</b>
<ul style="list-style-type: none"> <li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li> <li>- Meat/ fish eggs and non-dairy protein</li> <li>- Oily fish at least once every few weeks</li> <li>- Starchy food such as bread, pasta, rice, potatoes</li> <li>- A dairy product milk, cheese and yoghurt</li> </ul>
<b>LIMIT:</b>
<ul style="list-style-type: none"> <li>- Fatty Meat products such as sausage rolls, pies, sausages etc</li> <li>- Crisps, cakes and biscuits to be enjoyed as part of a meal but in a <b>small portion.</b> (Not a sharing bag of crisps for 1 child)</li> </ul>

## DO NOT INCLUDE

- Nuts
- Sweets and whole chocolate bars
- Sugary soft drinks - fizzy drinks or the use of glass bottles

For more information: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

### • Drinks

Water is available for all pupils throughout the day free of charge, however children need to bring a water bottle in order to access this safely and conveniently.

Water bottles **must contain water in classes**. These will be stored separately but not in a fridge. (We do not have a refrigeration facility)

## COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms. The school nurse delivers sessions on living a healthy lifestyle and the dentist visits annually to talk about oral health.

## SPECIAL DIETARY REQUIREMENTS AND ALLERGIES

The Federation also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to speak with school staff, provide medical evidence and be responsible in ensuring that packed lunches are as healthy as possible and to discourage children from swapping food items. When changes are agreed, this must be followed at all times.

## THE DINING EXPERIENCE IN SCHOOL

Eating together is an important part of what we do as a school. At Chads Moor Federation, we split lunchtime breaks into two activities. Active play and dining time. Dining time provides children the opportunity to sit in small groups at the same time and share a dining experience.

Anxiety of this time is reduced significantly for children as they belong to a designated table and group of friends. They will never find themselves on their own if their friend is absent from school.

We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to making lunchtime a pleasant experience for your child.

## SHARING THE POLICY

This policy is available to all staff via a shared drive and to parents through the school website.