

# SCHOOL FOOD POLICY



**Chisenhale**  
Primary School

Confidence • Curiosity • Kindness

Date reviewed	June 2024
Reviewed by	Mairead McCarthy
Approved by Governors	June 2024
Planned Review date	June 2025

## Table of Contents

1. Introduction
2. Food Policy Champions
3. Policy Aims & Objectives
4. Food & Drink Throughout the School Day
  - 4.1. Breakfast Club
  - 4.2. School Lunches
  - 4.3. Packed Lunches
  - 4.4. Afterschool Club
  - 4.5. Food Brought In
  - 4.6. Water Only
5. Allergies & Special Diets
6. Food Education
7. Equal Opportunities
8. Staff & Visitor Expectations
9. Monitoring & Evaluation
10. Appendix

## 1. Introduction

1.1. Chisenhale Primary School is dedicated to providing an environment that ensures the healthy choice, is the easy choice for all children. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, we take a whole school approach by bringing all elements of the school day together to support the health and wellbeing of all children. We recognise that we are invaluable role models to pupils and their families regarding food and drink choices and healthy living.

1.2. This policy has been written to take account of the May 2022 government guidance '[Creating a culture and ethos of healthy eating](#)' and links to the Ofsted statutory requirements within PSHE to successfully support children to '*gain knowledge of how to keep themselves healthy*' and '*make informed choices about healthy eating and fitness*'. This policy is also informed by the mandatory School Food Standards document [Appendix 1] and the requirements for Healthy Schools Award London [Appendix 2]. In 2024, Chisenhale was awarded four Healthy School London Awards – one bronze, two silver and one gold.

1.3. School food policy work was initiated in 2022 when Chisenhale Primary School took part in the borough's School Food Improvement Programme. The following year, our school took part in the [Healthy Zones](#) project which was facilitated by the charity School Food Matters. Both programmes have helped to shape this policy and engage children, staff and parents around changes to school food.

## 2. Food Policy Champions

A successful school food policy uses a whole-school approach to formulate a policy that is agreed upon by everyone at the school including staff, caterers, pupils, parents, and governors to ensure it encompasses the overall ethos and environment of the school. To ensure our food policy is an embedded element of our school, it was formulated and written by:

Head Teacher: Gemma Anidi

Governors: Neil Cunningham, Sarah Hannett, Tamara Barklem, Hemanth Shantigrama, Kim Glynn, Dr Jenny Lowe, Paul Kenning, Thomas Georgiou, Tom Sheldon, Seth Pimlott and Ben Woolner.

Kitchen Head Chef/Educator: David Latto

In house with support from Chefs in School

Food Education Team: Jo Sweeney, Ruth Crossan and April Gaskin-Payne

Breakfast Club and Night Owls Team

Rights Rangers 23/24

## 3. Policy Aims & Objectives

Our school food policy aims to:

- Ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors at our school.

The objectives of our school food policy are to:

- Provide a range of healthy food choices throughout the school day that are in line with the mandatory School Food Standards.
- Ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.

- Ensure that pupils’ dietary preferences are catered for with care and consideration. All children should be able to eat a nutritious and tasty lunchtime meal, whilst being exposed to different foods and flavours.
- Make the healthy choice, the easy choice.
- Ensure that our caterers uphold high standards and continue to actively consult with relevant stakeholders to improve the food provision.
- Work with children and the catering company to make sure the pupils feel listened to and see their choices in the food on offer.

## 4. Food & Drink Throughout the School Day

All staff who serve food across the school day are trained in food safety and hygiene. The kitchen received an environmental health score of 5.

### 4.1. Breakfast Club

We offer a breakfast club that serves a range of nutritious, school food standard-compliant food (including wholemeal carbohydrate, fruits & and protein-based foods) to support children’s health and ensure that they have fuel for learning, play and social interaction.

The Breakfast Club operates from 7:45 – 8:45 am at £3 per child. The school requests that parents/guardians either pay in advance or, on the day that their child is in attendance. Childcare vouchers are also accepted forms of payment. Booking can be completed by using the following [link](#).

The Breakfast Club is run by a wonderful team who all work hard to ensure that children get the best start to the day.

### 4.2. School Lunches

As of September 2023, all primary school children in London are entitled to receive a free school meal [Appendix 3]. This ensures that all children can have a healthy, nutritious and tasty meal, in compliance with School Food Standards. At Chisenhale, school meals are provided by an in-house catering provision, with support from [Chefs in Schools](#). This catering provision was introduced in the 2024 Summer term. The goal of the new provision is to focus on homemade, nutritious, fresh and tasty food, and to prioritise organic and ethical produce (via [Better Food Shed](#)) as much as financially possible.

At Chisenhale, lunchtime takes place at the following times:

- **Early Years:** 11:30 – 12:00pm
- **KS1:** 11:45 – 12:10pm
- **Year 5 + 6:** 12:15 – 12:35pm
- **Year 3 + 4:** 12:35 – 1:00pm

The menu operates on a two-week rotation and changes every half-term. These changes will be variations on a similar theme and informed by student feedback. David, the Head Chef, is driven by creating menus that “are healthy and the children will love to eat”. From September 2024, David will meet with a student food group on a monthly basis. The goal of these sessions will be to get feedback on different prospective lunchtime meals, as well as explore new variations to the menu.

The kitchen team ensure that all diets are catered for, and the provision is always Halal. Twice a week, Chisenhale have a planet-friendly/full plant-based day. This is to provide children with more sustainable options and to increase their awareness of their environmental responsibility. To reduce waste from lunchtimes, surplus food is given to Night Owls and served as part of the afterschool snack. In accordance with the borough’s desert policy

and to ensure balance within our lunch offering, we provide a range of nutritious dessert options including fresh fruit, yoghurt and cheese and crackers.

Opportunities are provided for parents to taste items from the school dinner menu. Details about this will be communicated to parents at the relevant point during the year. Midday supervisors have all received training on how to reframe children's relationships with food in a positive and supportive way. In addition, staff are encouraged to eat with pupils at least once a week so that they can demonstrate good lunchtime habits and contribute to the community lunchtime atmosphere. Staff are compensated for this by being provided with a free lunch on a rotating basis.

Lunchtime is a key opportunity for learning and socialising. Parents are sent the weekly menu via school comms. Copies of the weekly menu are placed on the lunch tables for the children, which they can view to determine what is on offer for the week ahead. David is keen to host additional food-themed workshops and assemblies to engage more children with lunchtime in the future.

The lunch hall is a caring place and children are reminded about lunchtime expectations on an annual basis (Appendix 6). Children with additional needs are given extra time before and after the main lunch sitting to ensure that they are comfortable. A quiet space is also provided for children that find the dining environment stressful.

For more information on lunchtime, including the menus and timing, please see [here](#).

### 4.3. Packed Lunches

Packed lunches include those brought from home as well as those provided by the school or by parents for trips. Further information on what is/isn't allowed to be brought into school can be found in Appendix 5. If a child brings in something that doesn't comply with the packed lunch guidelines, then the item will be returned at the end of the school day and a conversation will be had between school/parents. If necessary, the child will be compensated with food from the main school lunch.

### 4.4. Night Owls

We also offer an afterschool club called Night Owls which runs from 3:30 - 6:00 pm. Night Owls is a fun, safe, and reliable childcare provision that benefits both children and parents. At the end of the school day, children are accompanied to the middle hall where they are registered and have a healthy, school food standard-compliant snack and water. Children can also bring their own healthy snacks if they wish, such as a piece of fruit, sandwich, or cereal bar. They are then able to take part in a variety of different activities including:

- Playground games and sports
- Arts and crafts
- Hall games, e.g. dressing up, Lego, train set
- Computer games
- Cooking
- On Fridays there is also the opportunity to watch a DVD

If children are attending another after-school club such as football or drama club, they will be brought down to Night Owls after the club. Children in Early Years remain in the setting where they are offered a healthy snack and a variety of indoor and outdoor play opportunities.

The cost of attendance is as follows:

**Early Years** – Please note, that the rate of attendance for EYFS is different from KS1 + KS2 due to additional

staffing needs. This cost is in line with other childcare providers.

Attendance for 5 days = £10 per session. £50 per week

Attendance for 4 days or less = £11 per session.

### **KS1 + KS2**

Attendance for 5 days = £8 per session. £40 per week.

Attendance for 4 days or less = £10 per session.

Payments must be paid for in advance on a half-termly basis. We accept childcare vouchers. In an emergency, you may be able to book your child into Night Owls for the evening for £15.00 for the session (payable in advance or when you collect your child). This has to be agreed upon and can be refused if we do not have enough staff or Night Owls is full on the date you have requested. Booking can be completed by using the following [link](#).

Children can attend from 2-5 days a week, but parents must stick to the days they book (e.g. Mondays and Wednesdays) so that staffing levels can be maintained. With prior warning or in an emergency, days can sometimes be swapped around. If you no longer wish to use the service, then you must give half a term's notice to a member of the Night Owls staff.

Night Owls is run by a wonderful team who all work hard to ensure that children have a fun-filled afternoon.

## 4.5. Food Brought In

Food brought in covers many different times within the school food environment and covers anything brought in by children, as well as provided by parents or staff. We strive to ensure that food brought into the school complies with School Food Standards [Appendix 1].

This applies to the following occasions:

- Sports days/events
- Exam or test days/weeks (a free healthy breakfast is provided for Year 6 children during SATs week)
- End of term celebrations
- School trips
- Birthdays

We also strive to ensure that healthy food and drink options are available at the following school events and celebrations:

- Fundraising events
- Seasonal celebrations [Christmas, Easter, Eid etc.]
- Summer and winter fair
- International events/Cultural week
- Charity weeks

## 4.6. Water Only

In 2022, Chisenhale committed to becoming a Mayor of London water only school. This means that we only provide water or milk (plain semi-skimmed, skimmed, lactose free or soya milk). More information can be found [here](#). Children can bring in their own water bottles in accordance with our environmental responsibilities. Children are given regular opportunities to drink water and keep themselves hydrated throughout the school day.

## 5. Allergies & Special Diets

When talking about allergies and special diets, we are inclusive of all allergies, intolerances, cultural and religious diets as well as medical requirements such as diabetes. **We are a nut-free school.** All staff are trained on allergy procedures and all the children who have allergies are given a lanyard to wear, noting their allergy, before they queue up for lunch. Parents are invited to get in contact with the school if they would like to discuss this further.

## 6. Food Education

Cooking and Nutrition is a compulsory subject within the Primary Design & Technology curriculum [Appendix 4]. We teach this at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance as well as practical skills such as designing, preparing, and cooking predominantly savoury food.

We also offer extracurricular cooking and gardening opportunities for our children. We have a fabulous garden on site, which achieved a Level 5 in the [RHS Campaign for School Gardening in 2013](#). All children are encouraged to get involved and each class has their own planter on the rooftop playground. Cassie, from [Grow Your Own Playground](#), runs a variety of gardening sessions including: [Lessons in Loaf](#) or natural dye workshops.

## 7. Equal Opportunities

We recognise the importance of all pupils, staff and visitors having equal access to inclusive opportunities. We want to ensure that everyone is catered for and feels valued when food and drink is provided in school, and across all aspects of food education.

- We practise vigilance, noting and acting if we see signs that a child is not eating well/is not well-nourished.
- We ensure that the food offered is affordable and, where free offering of food is available, that this is accessed by those who need it, with no stigma attached. We host a weekly food pantry in partnership with [The Felix Project](#) to ensure that the most vulnerable families in our community have access to fresh, nutritious food.
- We ensure that the food offered considers the diverse ethnic, cultural and religious backgrounds of our children and the varying medical/dietary needs some may have.
- We ensure children and staff who are fasting are supported, allowing all to flourish spiritually and academically. Year 5 + 6 children are provided with a separate space at lunchtime during Ramadan. Parental consent must be given to allow children to fast.
- We check that events involving food are not exclusive culturally or economically.
- We ensure Pastoral and Safeguarding staff know the signs of disordered eating and can signpost children and their families to help.

Everything outlined in our school food policy aligns with Article 24 of the UN Rights Respecting Gold Award in that: *Every child has the right to the best possible health, including healthy food and a clean environment.*

## 8. Staff & Visitors Expectations

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. In lessons, staff are only permitted to drink water and it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.

## 10. Monitoring & Evaluation

To ensure that the food served meets the objectives outlined in this policy, a review meeting is held each term between the kitchen team and the school council. Parents are invited to contribute to this feedback process throughout the year. At each review point, we will identify any areas of improvement to ensure that we maintain a balanced and wholesome approach to food & drink in our school. We will consider take up of school food, child/parent feedback and our ever-changing pupil population during each review.



## 11. Appendix

### **Appendix 1:**

The revised standards for school food came into force on 1 January 2015 and are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

### **Appendix 2:**

[Healthy Schools Award Requirements](#)

### **Appendix 3:**

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

### **Appendix 4:**

[National Curriculum - Design and technology key stages 1 to 2 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)

## Packed Lunch Policy



**Yes**



- ✓ Whole fruit e.g. apple, banana, orange.
- ✓ Vegetables or salad e.g. cucumber, pepper, carrot sticks or cherry tomatoes.
- ✓ Meat, fish or other source of non-dairy protein e.g. lentils, kidney beans, chickpeas, hummus and falafel.
- ✓ Starchy food e.g. wholemeal or 50/50 bread, wraps, pasta, rice, couscous, potatoes or rice cakes.
- ✓ Dairy food e.g. milk, cheese, yoghurt or fromage frais.



**No**



- ✗ Nuts, seeds or any other foods that contain nuts or seeds.
- ✗ Crisps including low-fat or baked.
- ✗ Confectionary e.g. chocolate bars, cakes, biscuits, chocolate-coated biscuits/cereal bars and sweets.
- ✗ Sweet spreads e.g. jam and chocolate spread.
- ✗ Pastries e.g. croissants or pancakes.
- ✗ Any drinks other than water – this includes smoothies, fruit juices and no-added sugar squashes.



Additional Packed Lunch Guidance: **School Food Matters Packed Lunch Guide**

## **Appendix 6:**

### **Lunchtime behaviour**

#### **Be ready**

- Sit in your lunchtime space until it is time to line up
- Line up to collect your lunch quietly and sensibly
- Tidy up your space once you have finished

#### **Be respectful**

- Eat your lunch quietly. Do chat with your friends but don't shout.
- Follow the hand signal if an adult needs your attention.
- Listen to all the adults.
- Help out the adults if you can – use your initiative!

#### **Be safe**

- Walk in the hall
- Don't share your food with others – some children have allergies
- Stay sitting down at all times when you are eating.