

St. Margaret's Anfield Church of England Primary School

Jesus said, "Love one another as I have loved you" (John 13:34).
Therefore, by faith and work, be the change you want to see.

With God, all things are possible.



Whole School Food and Nutrition Policy

Ms V Whitfield

Date	Action	Review Date
Version 1	Adopted by Governing Body	April 2016
Version 2	Adopted by FGB, some changes - V Whitfield	May 2023

SMA School Food and Nutrition Policy

Rationale

We wish to promote healthy eating to our children at SMA. In the past, as part of the curriculum and to improve the well being of our pupils, we have:

- Achieved accreditation as a Healthy School
- 5 star Food Hygiene rating Feb 2019
- Provision of fresh water through water fountains around the school
- We include in Science and Cooking & Nutrition (part of Design & Technology)
 - Teaching about balanced diets
 - Science on food types
 - Food tasting
 - Cooking

The Whole School Food Policy will cover the following:

- School meals
- Food provided at school, other than school meals, i.e. Breakfast Club
- Healthy eating as part of the curriculum
- Extra curriculum activities, i.e. cookery clubs etc.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual well-being. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence "Feed the body, Fuel the mind".

Aims

- To ensure that all aspects of food and drink in school, promote the health and well being of pupils, staff and visitors.
- To encourage all parents and carers of the new Reception Intake children, to all take up the Universal Free Schools Meal (UFSM) offer from September 2016.
- To encourage all parents and carers of Years 1 and 2, to take up the UFSM offer.
- To educate our pupils to understand the health benefits of a healthy diet.

Objectives

Working with our School Catering Team and RPJ3 Consultancy, to ensure that catering meets the Nutritional Standards for school meals (from September 2007) and all other food provided in school.

The School Catering Team have introduced school meal theme days such as, Chinese New Year, British party days and other international themes.

Taster days have also been established for the parents/carers of Reception children prior to them starting a full day in school. We also have opportunities through the year for taster sessions to encourage a greater uptake of a balanced meal for our pupils during the school day.

SMA will continue to include work associated with healthy balanced diets in the curriculum.

Pupils will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- How to weigh and measure
- How to design a menu for school/at home lunch/ breakfast/ evening meal.
- The cost of menus, food and drink.
- Food in the curriculum i.e. Science and Design & Technology
- IAs part of our Cooking and Nutrition lessons, in Y1&2, pupils are taught how to prepare fruit and vegetables; in Y3& 4, pupils are taught about healthy and varied diets and in Y5&6, pupils celebrate culture and seasonality.

Extra curriculum activities, including:

- Class cooking/ tasting activities
- Breakfast Club

SMA will enlist the help of the School Catering Team and other professionals to help promote healthy eating habits.

Food through the School Day - School Meal Provision

SMA is responsible for the provision of both school meals and Breakfast Club catering.

All staff in the production, or serving of food, have attained the relevant Food Hygiene Certificates.

SMA has a 5 star food hygiene rating (May 2019)

Special diets, allergies and diet related conditions

We make provision for those pupils who require special diet due to medical conditions, a diagnosed food allergy or religious or ethical beliefs. The School Catering Team are fully aware of the pupils requiring individual menus and are able to discuss any queries on a daily basis.

Breakfast

Breakfast Club offers a nutritious start to the school day. All current guidelines are followed with a choice of cereals, bakery products and fruit. Hot and cold drinks are available. This club is free of charge from spring 2022 but welcomes donations towards the running costs.

Free School Meals

Parents/carers who receive Income Support or other specific benefits, are eligible for Free School Meals. There is an on-line checker available for Liverpool residents. If parents/carers do not have on-line access, they can be assisted with the process via the School Office.

Universal Infant Free School Meal

From September 2016, SMA encourage new Reception classes to take up the UIFSM and not bring a packed lunch meal.

SMA will continue to provide Universal Infant Free School Meals dependent upon government funding.

Non-Payment of Dinner Money

There is a specific policy which covers this event under a separate policy and gives details of how the recovery of monies owed will be undertaken.

Drinks and Water

Water is provided at lunch times for all pupils and is always available to pupils throughout the school day. Pupils are encouraged to remain well hydrated.

Packed Lunches

From September 2016, SMA will provide fresh drinking water, or milk, for those pupils whose parents/carers choose to send a packed lunch for their child. There will no longer be a need to send drinks in with packed lunches.

We would ask that should a packed lunch be provided, parents/carers are aware that lunch bags are not kept in a fridge and yoghurts and other products which need to be kept refrigerated, are not chilled during the school day.

As a Healthy School, we ask that pupils do not have chocolate bars, sweets and fizzy drinks in their packed lunch. A sandwich, piece of fruit and a cake bar or biscuit, or

something similar is recommended. As stated, SMA will provide water, or milk, for all pupils at lunch time. Please be mindful of allergies which other children may have when sending certain items.

Dining Room Environment

SMA has two dining halls, one in Key Stage 1 area and the other in Key Stage 2. The meal sittings are arranged so as to minimise waiting for the children and to provide a more welcoming atmosphere.

Reception pupils and their parents/carers are invited to taster sessions to introduce them to the menu choices available. The children have the opportunity to practice the lunchtime routine, before they stay for the full school day.

Good meal time behaviour and etiquette

Children are expected to

- stay seated once they have their meal and if they have an issue, to raise their hand to wait for the supervisory dinner staff to attend to them.
- use the cutlery provided and eat their meal politely.

Children are encouraged to:

- eat the meal they have chosen and not to waste food unnecessarily.
- behave appropriately whilst in the dining room, without disturbing others.
- use positive table manners.

Positive behaviour is encouraged all times.

Snacks

Children in Foundation and Key Stage 1, are supplied with a piece of fresh fruit or vegetable, as a mid-morning snack. Snack which requires preparation, or cutting, such as carrots will be prepared by the School Catering staff.

Milk and water are also available at this snack time.

Choking

In SMA we are very mindful of the potential hazards of certain food items and in line with recent advice, some snack pieces will be cut up to minimise any potential choking hazard i.e. carrots. Other fruit such as grapes will not be provided. We are also aware of the possible hazards of choking on snacks and sweets, such as popcorn and marshmallows. These too will not be provided for the children, as either a snack or treat.

The following are not permitted in our school:

- grapes,
- popcorn
- lollipops
- hotdogs
- marshmallows
- fizzy drinks
- chewing gum
- boiled sweets
- peanuts/nuts and seeds

We will regularly review which foods could be a potential hazard and amend this policy accordingly.

Food brought in for special occasions (birthdays, religious celebrations etc.)

If parents/carers choose to send in treats to celebrate their child's birthday, we will ask pupils to take them home for consumption. We would suggest a **small packet of soft sweets**.

Birthday cakes, cupcakes etc. are not allowed as it must be remembered that some children in SMA have allergies/ medical conditions/ religious/ ethical beliefs and certain foods might be difficult for everyone to have.

We will send reminders of this information in Newsletters and ask that parents/carers do adhere to this.

Learning Opportunities

Origins of Food and Cookery are requirements of the New National Curriculum from September 2014.

Farm visits, growing activities, cookery clubs and cookery activities are well established in SMA.

SMA will participate in national and local events and initiatives, wherever possible to further enhance our children's learning and understanding about healthy eating.

Extra-Curricular Activities

Cookery Club is offered to Key Stage 1 and 2 pupils, with a variety of dishes on the menu.

Rewards

The children are rewarded using our Dojo system with Dojo points and the class with the highest attendance get rewarded with more Dojos

Monitoring and Evaluation

This policy will be reviewed annually. The policy and menus will be placed on the SMA School website. The school will use opportunities, such as Parents' evenings, to promote this policy as part of SMA's approach to healthy eating.

All school staff will be informed of the policy and will support its implementation.

May 2022