



St Paul with St Luke CoE Primary School

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Food Policy Version Control

Version no	Amendments	Approval date
1		10/5/16
2	Adaptions from healthy lives team	7/6/16

Renewal date: May 2018

Aims

St Paul with St Luke Church of England 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. St Paul with St Luke staff recognises and are committed to the fact that healthier children learn more effectively.

Policy Development

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

- Healthy School Coordinator
- SMT
- Governors
- Teaching Staff
- Pupils
- Cook and Mid-day assistants

The person responsible for overseeing the food policy is the PSHCE co-ordinator with support from SLT.

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
- In KS1 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.
- In the EYFS classrooms clear snack areas are provided with healthy snacks, fresh water and milk.

School Meals (lunches)

- Food is provided by Newham Catering and Cleaning Services (NCCS).

- These 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 talk through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff. .
- Children are expected to choose one of the main options and vegetables and salad each day.
- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- 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.

Packed lunches

New Standards:

- That 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 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 a maximum quantities of juice and combination drinks (apply secondary schools only).The standards have been designed to control the amount of added sugar.

All parents received a copy of the Eatwell plate and this has been displayed around school, please see appendix 1.

School meals (breakfast)

- Breakfast club has been running for 8 years and has approx 12 children attending.
- 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.
- The criterion of 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 fresh on site by two teaching assistants.
- The food on offer ranges from, sugar free cereals and milk, white and brown bread, margarine and sugar free jam.
 - No sugar or additionally sweetened items are served at our Breakfast Club.

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.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.

Requirements

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

Items to not be included or discouraged

- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally

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, midmorning break and after school clubs.

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, after school club food provision doesn't contravene the standards throughout the school day. For example if the weekly menu has a chicken pie and an apple pie featuring the same week no other pastry item cannot 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 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

- 1/3 pint of Milk is offered to pupils aged under five at snack times and throughout the day and to other pupils registered eligible for free school meals
- Milk is also made available at lunchtime

- This is funded by the school taking part in the EU School Milk Subsidy Scheme:<http://rpa.defra.gov.uk/rpa/index.nsf/UIMenu/673FF09985FF29FF80256F72003D5B0C?OpenDocument>. .

- A range of fresh fruit or vegetables are offered to children in KS1 during morning play.
 - We do not serve crisps, sweets or chocolates.

Drinking Water

- Drinking water is provided in all classes, on tap for children to drink water throughout the day. Pupils are provided with individual, clean plastic bottles from which to drink. Clean plastic cups are provided in Reception class.
- The school also has 2 water fountains, 1 in Key Stage 1 and 1 in Key Stage 2 playground.

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.
- In the EYFS vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups.
 - The new Jigsaw curriculum is used from Nursery to Year 6 to support staff in teaching children to understand their body and what it needs to be healthy.

Provision for Staff

- Staff are encouraged to eat healthily themselves.
- 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.
- During parents evening staff are offered healthy food options, including fruit and juice.
- Both cooks have received chef training.

- Staff involved in food preparation for breakfast and extended school has a food hygiene certificate.
- Milk is provided for staff on a daily basis in both Key Stages.

Parents

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and on the website.
- When parents and visitors come to the school they are offered refreshments to 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 Christmas, Cultural Week and school meals.
- We do not use sweets, chocolates or any other unhealthy food as a reward, treat or a prize. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit and milk from EYFS and Key Stage 1 is given to Key Stage 2 when possible.
- During SATs week all year 6 pupils are offered free healthy breakfast

External agencies.

The healthy lives team offer support for breakfast club and school lunchtime training.

The dental team offer support in reducing the amount of sugar the children consume offering workshops to both children and parents.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	36%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

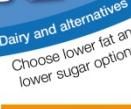


Beans, pulses, fish, eggs, meat and other proteins



Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives



Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS