



Brunswick Park Primary School

Learning for living through Respect, Support and Challenge

FOOD AND EATING POLICY

Named member of staff leading on healthy food: Anna Newbold

Introduction

At Brunswick Park Primary School we understand the importance of healthy eating, oral health and pupils' health education.

Food and sharing food are important parts of what we do as a school. At Brunswick Park we use Family Service; the children sit together in the Dining Hall (also known as The Brunswick Bistro) at the same time and share the same meal. Children are seated in groups of 8 at round tables, which ensures that children can socialise easily and talk to each other while eating. This applies to children in Reception – Year 6; Nursery children eat in the Nursery, in smaller groups. We believe that mealtimes are more than just an opportunity to refuel; they are times when children can relax and chat with friends as well learn to make healthy choices, try new foods, and eat a balanced meal.

The menu, which is healthy and nutritionally balanced, is devised by ISS, our school meals provider, informed by Government Guidelines and Southwark Council's Food Policy, in consultation with the Head Teacher. We always have at least one vegetarian option, and all meat is Halal, including any meat derivatives such as gelling agents. No pork is used in any food served, including any pork products such as gelatine. Fish is served, but no seafood or seafood derivatives are used. This reflects the needs of our local community. Three meal options are offered every day. Children are encouraged to choose between the different meals on offer and are expected to eat most of their choice of meal.

In Southwark, school meals are free to all children from Reception to Year 6. As the vast majority of our children eat lunch provided by the school, we have a duty to make sure that eating lunch is a pleasant experience and that the food provided is healthy. 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, and new academies and free 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.

The School Food Standards apply to all the meals, snacks and occasions set out below. However, they do not apply to:

- parties or celebrations to mark religious or cultural occasions, such as Christmas parties or Lunar New Year celebrations;
- fund-raising events, such as the Winter Fair or Book and Bake Sale;
- rewards for achievement, good behaviour or effort, such as the Marble Treat;
- use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch;
- occasional bases by parents or pupils – please see below information about sharing food for children's birthdays.

Breakfast and After-School Clubs

Breakfast is an important meal. It should make up one quarter of a child's energy requirements and provide essential vitamins and minerals. Breakfast is served at Breakfast Club to children whose parents have enrolled them for this part of wraparound care. However, if any child arrives at school not having had breakfast, we have cereal and milk available for them.

Our Breakfast Club menu is available on the school website and includes:

- a variety of different fruits and vegetables every day, including fresh fruit, fresh fruit, dried fruit, canned fruit in natural juices and fruit juice;

- a selection of cereals including low sugar, low salt, high fibre alternatives. Plain cereal is mixed with wholegrain varieties to reduce overall sugar content;
- a variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties;
- porridge;
- toast and bread with a range of toppings, such as low-fat spread, reduced sugar jam, low fat soft cheese, cooked tomatoes, beans or eggs;
- semi-skimmed milk for drinking, with cereal or in smoothies, and yoghurt.

The After-School Club menu is available by contacting the Play Shelter, our After-School Club provider. Children are served a substantial snack such as beans on toast, fruit, and yoghurt.

Snacks

In Nursery, we recognise that children aged 3 should eat 'little and often', so need to eat every 2-3 hours. We use the Southwark Nursery Meals funding to offer a substantial snack free of charge. The menu is available on the school website, but includes the following, all of which are prepared on-site:

- Sandwiches;
- Wraps;
- Baguettes;
- Quiche;
- Once a week there is a cake or biscuit, made with reduced sugar;
- A piece of fruit and a drink of milk or water is also offered.

The Government's School Fruit and Vegetable scheme entitles all children in Key Stage 1 to one piece of fruit or vegetable per day. We have chosen to extend this and offer it to every child in the school at no cost to families. Children in aged 3 and 4 are entitled to milk every day; we offer this to every child in EYFS at no cost to families. Children in Reception to Year 6 do not eat any snacks in school except for a piece fruit or vegetable.

School Lunches

Food prepared by the school's contracted catering company, ISS, meets the National School Food Standards. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The Junior Leadership Team makes suggestions regularly, to ensure that the meals reflect the needs of the pupils. All of the school lunches are prepared on site.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2. In Southwark, this offer is extended to all children from Reception to Year 6. We encourage all of our families to take advantage of this offer and the vast majority do.

Nursery children who are full time eat lunch at 12 noon. Children in Reception eat lunch at 11.45am. Children in Years 1-6 eat lunch between 12 noon and 1.00pm.

Children come to the Dining Hall with their class. A member of staff seats them, and staff bring each child a plate with the meal of their choice. Each meal is nutritionally balanced and includes protein, carbohydrate and vegetables. On the tables there is always water, fresh, homemade wholemeal bread and salad. These are offered round by adults for the younger children; the older children share these themselves. Once children have eaten their main course, they are offered a dessert independently. On offer for dessert every day are fresh fruit and yoghurt. Once a week there is cheese and crackers, a cake, pudding or crumble.

Lunches at Brunswick Park are supervised by at least two members of the Senior Leadership Team each day. They ensure that each child chooses a balanced lunch and eats an acceptable amount of it. They also support children to use cutlery, to clear their place once they have finished and to behave well when in the Dining Hall.

All menus are available on the school website.

Packed Lunches

Most parents choose for their child to eat the meal provided by the school. Parents who choose to send their children to school with a packed lunch are encouraged to ensure they are healthy and well-balanced. A packed lunch should contain the following:

- starchy foods, such as bread, rice, potatoes or pasta;
- protein foods – such as meat, fish, eggs or beans;
- one dairy item – this could be cheese or a yoghurt;
- vegetables or salad and a portion of fruit;
- a healthy drink such as water, milk or 100% fruit juice;
- a small dessert food, such a biscuit bar or small cupcake.

Lunches must not contain:

- chocolate or sweets
- large or family packets of crisps; pack size must be smaller than 33g (multipack crisps are 25g)
- any drinks other than water, milk or 100% fruit juice
- **any food containing any kind of nuts – including peanut butters, cereal bars containing nuts, and hazelnut spreads such as Nutella**
- processed foods such as sausage rolls

If a packed lunch from home is not suitable, the child will be given a school lunch and a member of staff will contact the parent to explain why, with reference if necessary to the Home-School Agreement.

Children who bring packed lunches from home are **not permitted to share food** with other children in case of allergies.

Educational Visits

If children are off-site for an Educational Visit, they will be provided with a packed lunch from school. This meal has also been planned to be nutritionally balanced and contains the following:

- Sandwich with either tuna or cheese (there are options for children who are vegan or who have food allergies)
- Yoghurt or a small biscuit;
- Apple;
- Pieces of raw carrot and cucumber
- Bottle of water.

Residential Visits

If children are taking part in a residential visit, the menu is decided by the hosting venue. The hosting venue is expected to follow the same guidelines as schools and offer the same balance of nutrients

as well as catering for any allergies or religious or cultural requirements. Information about the hosting venue would be made available to parents in advance.

Birthdays

Celebrating children's birthdays with cake is not encouraged in school time. If parents wish to share cake with their child's classmates, they may do so in the playground after school and with other parents' permission. The class teacher will **not** distribute slices of cake, cupcakes, or any other items including party bags.

Food as part of the Curriculum

As of September 2014, food, cooking and nutrition education is a compulsory part of the school curriculum from Key Stage 1 to Key Stage 3. This aims to:

- ensure food and nutrition is taught at an appropriate level throughout each key stage;
- identify food and nutrition links to different subject areas;
- educate children and families about the importance of healthy eating and oral health.

Occasionally, as part of the wider curriculum, children will make or taste food from different countries or cultures. In this case, parents are notified in advance.

Allergies, intolerances and religious requirements

We already ensure there is at least one vegetarian option per day. All meat and meat products are Halal. Children who have medical evidence of an allergy or intolerance, or who have a religious requirement other than Halal food, will have a special menu prepared for them. Parents whose children have food allergies are invited to a meeting with the SENDCo, who will liaise with ISS to create a special menu for the child. The kitchen staff and all staff who supervise in the Dining Hall are aware of who these children are and what they cannot eat.

Review

This policy will be reviewed no less often than yearly and will be approved at each review by the Governing Body.