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'Excellence together with Christ at the Centre'

Whole School Food Policy

September 2022
Review September 2024

The guidance for this policy has been developed in line with the School Food Trust statutory food standards and their guidance and recommendations around packed lunches. The School Food Trust is a national charity and specialist advisor to the government on school meals, children's food and related skills. They outline the statutory Nutrient Standards for schools meals and the statutory Food Standards which apply to food in school throughout the school day.

Person(s) responsible for overseeing Healthy Eating: Sheila Mouna, Jack Hamilton

Person(s) writing this policy: Sheila Mouna

Aim:	<ul style="list-style-type: none"> To ensure all aspects of food & nutrition in school promote the health & well being of pupils, staff & visitors to the school. To promote healthy eating habits that lead to lifelong health & well being.
Rationale:	<ul style="list-style-type: none"> A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills
Objectives:	<ul style="list-style-type: none"> To improve the health of pupils, staff & families by helping to influence their eating habits through increasing knowledge & awareness of food issues, including what constitutes healthy eating. To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious food, and safe, easily available water supply during the school day. To ensure the food provision in the school reflects the ethical, cultural & medical requirements of staff & pupils, e.g. religious, vegetarian & allergenic needs.

	<ul style="list-style-type: none"> • To make the provision & consumption of food an enjoyable & safe experience in a pleasurable and comfortable environment. • To monitor menus and food choices to inform policy development and provision.
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PROVISION

Type of provision	Details of provision
Breakfast club Supported by Magic Breakfast	<ul style="list-style-type: none"> • The school has a breakfast club and the food provided are fruit, cereal, bagels, yogurt, cheese, eggs, avocado, tomatoes, beans, porridge • Food uptake is monitored and recorded each day by the TA's running the club • Only milk and water and diluted fruit juice are served at the breakfast club <p>"No sugar or additionally sweetened items are served at our Breakfast Club."</p>
Snacks (inc tuck shop and vending)	<p>We do not currently have vending machines or a tuck shop.</p> <p>We provide bagels to all children at registration every morning.</p> <p>We provide free fruit to all children at morning break.</p>
School Meals	<ul style="list-style-type: none"> • The Headteacher consults regularly with Catering Staff • Monitoring of school meals and uptake is conducted through registers and carried out by the administration staff • The lunchtime experience has been improved by creating more space for the lunches
Packed Lunches	<p>What is your policy concerning the content of packed lunches?</p> <p>What items do you encourage children to bring in?</p> <p><i>Since the introduction of free school dinners to all children the uptake of packed lunches has reduced – approximately 15%</i></p> <p>Packed lunch guidance from the School Food Trust states that the following food types should make up a healthy packed lunch:</p> <ul style="list-style-type: none"> • Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, rice, potatoes, couscous; choose wholegrain where possible (at least once a week) • 1 portion of fruit and 1 portion of vegetable or salad • Dairy food such as cheese, yoghurt, semi-skimmed milk • Meat, fish, or another source of non-dairy protein such as eggs, beans and pulses, hummus, falafel <p>What drinks should be included in packed lunches or do you have a water only policy?</p> <p>Healthy drink options are water, pure unsweetened fruit juice or milk.</p> <ul style="list-style-type: none"> • Water is provided for packed lunch pupils as well as school meal pupils • We are a Water Only school <p>What items are discouraged in your packed lunches?</p> <p>School Food Trust Guidance suggests that the following items should not be included in a healthy packed lunch:</p> <ul style="list-style-type: none"> • Crisps • Confectionery such as chocolate bars, chocolate biscuits, cakes or sweets

	<ul style="list-style-type: none"> • Cereal bars • All drinks other than water including yoghurt drinks <p>We suggest including fruit, vegetables, plain rice cakes, a hot cross bun, plain breadsticks, malt loaf, a fruit scone, custard or rice pudding as alternatives to confectionery.</p> <ul style="list-style-type: none"> • Parent packed lunch guidelines have been developed from the more detailed packed lunch policy and this is disseminated to parents • Packed lunches are monitored by lunchtime staff on a daily basis and by the Healthy Schools Coordinator and the Headteacher every few weeks • The school has chosen not to reward healthy packed lunches • If packed lunches are identified as not meeting the packed lunch requirements then a note is put into the lunch box • Parents are informed about the packed lunch guidelines through newsletters and the parent guidelines at the end and beginning of each academic year, new parents are also informed by receiving the guidelines in their welcome pack • Pupils are informed about the packed lunch policy.
After School Clubs	<ul style="list-style-type: none"> • Food is not provided by the school for after school clubs • Pupils are allowed to provide their own snacks but these must be inline with the packed lunch policy • A cooking club and a gardening club run once a week
Water Provision	<ul style="list-style-type: none"> • Children have access to drinking water all day with access to water fountains and classes have sinks and cups and teachers encourage water consumption. • The school does not provide water bottles but pupils are encouraged to bring their own

Early Years Food <i>(based on recommendations from the Children's Food Trust Guidance 2012)</i>	<ul style="list-style-type: none"> • The school takes part in the Nursery milk scheme • The school is part of the Tower Hamlets Healthy Early Years Accreditation • Snacks available to children throughout the day are fruit and bagels and a healthy breakfast free of charge is available to all children every morning. We are a Nut free school so nuts are not available. • The only drinks available to children in EY are milk and water Nursery children eat their lunch in their classroom and are served and supported by EY staff. • The school consults with catering providers about Early Years food and meeting the Children's Food Trust guidelines
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Specialist dietary requirements	<ul style="list-style-type: none"> • Specialist dietary requirements (allergies, intolerances, cultural or religious requirements) are recorded in the dining room with photos and details of those allergies and on school records • The Headteacher consults with parents of pupils with special dietary requirements and ensure that allowances are made by liaising with the catering staff • The school does not allow nuts in any form
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CURRICULUM

Curriculum	<ul style="list-style-type: none">• Food and nutrition is covered in Science and PSHE and PE• The school has various resources for teaching food and nutrition.• Children learn practical food skills eg, planning, budgeting, preparing and cooking meals• Teaching staff receive appropriate training to deliver this subject
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REWARDS AND SPECIAL OCCASIONS

Rewards	“We do not use sweets, chocolates or any other unhealthy food as a reward, treat or a prize.”
Special events, celebrations and birthdays	<ul style="list-style-type: none">• Pupils are allowed to bring in food from home for fundraising events such as the school tea party which is held at Christmas and in the summer• Parents provide cakes for the tea party• We encourage parents to provide health party bags for children’s birthdays.

CONSULTATION AND PARTNERSHIPS

	Things to consider
Children	<ul style="list-style-type: none">• Pupils are actively consulted about healthy eating issues in class in the cooking and growing club
Parents	<ul style="list-style-type: none">• Parents are invited to attend healthy eating workshops• Parents are invited to sample school lunches• The school involves parents in developing the healthy school ethos through initiatives like cookery club, participating in cooking in EY’s, guidance on healthy packed lunches and snacks• Parents are consulted about school food through evaluation and consultation using a parent survey• All parents are aware of the food policy through school newsletters and it is available on the school website and on request
Staff	<ul style="list-style-type: none">• Staff are provided with training both in and out of school and have received training around packed lunches
Governors	<ul style="list-style-type: none">• Governors are aware of this policy
External Agencies	<ul style="list-style-type: none">• The Healthy Lives team are the only external agency used to consult around school food and healthy eating

MONITORING OF POLICY

The Healthy Schools Coordinator will ensure this policy is monitored and reviewed annually and that it is implemented across the school
