



STGPS, Camberwell

**St George's C E Primary School
Whole School Food Policy
Spring 2023**

Aims

St George's C E 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 George's C E staff recognises and are committed to the fact that healthier children learn more effectively.

Contextual Information about the School

St George's C E School has total of 162 pupils. The school is a one-form entry Church of England school. The majority of our pupils are Black African or Black Caribbean and over 50% are recorded as being entitled to Free School Meals.

Policy Development

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

- Catering Manager
- Teaching Staff (D& T and Science)
- Senior Leadership Team

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

A 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.

School Meals (lunches)

- Food is provided by our in house Catering Team, Mr Jolly and his team of four catering assistants.
- Children have the option to opt for packed lunch
- Food is presented at child height and the catering staff talk through the options verbally.
- Children are encouraged to try different foods each day by the catering staff.
- Children have a choice of meat or vegetarian options.
- Children are expected to choose one of the main options and vegetables and salad each day.
- Jacket Potatoes with a choice of fillings are on offer daily.
- Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.
- A member of staff or non-teaching staff line up with children and discuss options and help make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with pupils.
- 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.

Allergies

The catering manager is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchen and school office.

Food Standards

Starchy food cooked in fat or oil must not be provided on more than two days each week.

To promote variety the 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 to ensure at least three different vegetables and three different fruits are provided each week.

When it comes to protein, the 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.

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.
- Parents are consulted by a class teacher or midday meals supervisor if lunch boxes do not contain a balanced diet.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.

Drinking Water

- Drinking water is provided in all classes, on tap for children to drink water throughout the day.
- Pupils are encouraged to bring individual, clean plastic bottles from which to drink.

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.
- A gardening club runs where vegetables, fruits and herbs are grown seasonally.

Provision for Staff

- Staff are encouraged to eat healthily themselves.
- Many staff members choose to have a school dinner. Some choose to eat with the children.
- 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.
- The Catering Manager has been fully trained and all staff hold a catering qualification.

Parents

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and St George's C E website (www.stgeorgsprimary.school).
- The school provides school meal tasting sessions during open events.
- Parents are invited to join the children for lunch, this must be booked through the school office.

Other Issues

- Sweets, chocolates or cakes (including party bags) for special occasions, such as birthdays, are **not permitted** but can be distributed by parents in the school playground, after school
- Multicultural food is encouraged during parties such as Christmas, Cultural Week and school meals.
- The use of sweets for rewards is kept to a minimum.
 - Instead, children are rewarded with stickers, praise, and visits to the Headteacher for good work.
- 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
- A range of fresh fruit or vegetables are offered to children in KS1 during morning play.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas Lunch.

Actions carried out recently:

- Menus are displayed in the school foyer so that children and parents are aware of what food is available, giving both time to make healthy choices before going in to dining hall.
- Parents must notify the school office each term if their child will be choosing packed lunch or school dinners.
- Parents will be given clear expectations of what constitutes a healthy and well balanced lunch
- If a member of staff feels a child's packed lunch does not meet these expectations, the child will be offered a school dinner and the parents will be informed.

This policy was reviewed by the SLT, Catering Manager