

THE QUEENSWELL FEDERATION

FOOD POLICY

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Rationale:

The Queenswell Federation is committed to ensuring all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

Objectives:

1. To ensure information relating to food and nutrition is consistent and up to date.
2. Encourage the school community to make informed choices on a healthy balanced diet.
3. Ensure that pupils have access to free drinking water throughout the school day.
4. To encourage children to bring in a fruit or vegetable snack for break times.
5. To provide healthy options at lunch time.
6. Ensure that a range of food is available to meet the dietary, cultural and religious requirements of pupils and staff.
7. To provide a safe, clean and pleasant area for pupils and staff to eat.
8. To ensure that if any healthy snacks are sold they are consistent with healthy eating guidelines.
9. To encourage healthy food to be bought into school (snacks and packed lunches).
10. To promote opportunities for children to grow, cook and prepare food in school (e.g. gardening club, cooking)
11. To ensure that staff with a responsibility for food have Basic Food Hygiene training.
12. To provide a forum for the whole school community to input their views and suggestions on food and drink opportunities.
13. To provide or signpost to out of hours food provision (breakfast club/after school club).

Implementation

1. Healthy snacks

All staff to encourage children to bring in a healthy snack to be eaten during break time. Water is also encouraged to be drunk throughout the day.

2. Healthy Lunches

Food prepared by the school catering department meets the school food standards. Radish is the company that provides the school dinners and there are regular meetings with the children and the Head Chef to ensure that the children are happy with school

dinner and understand the need for quality ingredients and food. Throughout the year the children are given surveys to fill in about school dinners and how it can be improved.

Packed Lunches

Children are encouraged to think about reasons for why they need to have a healthy packed lunch and School Parliament lead assemblies to ensure children think about their lunch choices. Additionally, we invite outside agencies to talk to the children regarding healthy lifestyles. E.g. 'Change4life'

3. Healthy Living Events

'Healthy Living' events promote the importance of healthy eating and exercise. During these events, children learn about the need for balanced diets and participate in various sports activities.

4. Treats

We accept as part of a balanced diet that children should have treats from time to time. These should be infrequent and managed by staff for a number of reasons including food hygiene & safety, allergies, inclusion etc. Parents/carers should not provide treats from home for birthdays etc. The children are encouraged to bring in a selection of fruit or a book for their birthday.

5. Food Hygiene

Some staff may prepare more 'snacks' or undertake more cooking activities than others. Therefore some staff have a Food Hygiene Certificate for their own work and to advise others

6. Cooking and Food Education in the Curriculum

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 and KS2.

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.

Extra-curricular activities

- We hold clubs that provide continued learning around leading a healthy lifestyle for example gardening club, cooking club, rounders club, football club and athletics club.

Roles and Responsibilities

1. Governing Body - To ensure guidelines and legislations are followed in line with current initiatives.
2. LMT – To ensure that the policy is implemented and that staff have sufficient training. Particularly to ensure Food Hygiene certificates are updated
3. Staff – To encourage children to try new healthy options and to ensure understanding of what foods are healthy.
4. Parents/ carers – To provide their children with a healthy packed lunch and ensure that children bring a snack and a water bottle to school.

APPENDIX ONE:

PACKED LUNCH GUIDANCE

Rationale

1. To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupils with healthy, safe and nutritious food.
2. Schools are required to positively promote the health and well-being of their pupils. Work around healthy eating is a high priority of the “Every Child Matters agenda”.
3. The content of school lunch boxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
4. Packed lunches should provide a nutritious, balanced diet to support the child’s learning and development.

Aims

To ensure that packed lunches (brought in from home) reflect the standards for school meals introduced in September 2006.

Please visit www.schoolfoodtrust.org.uk for more information

To encourage a high nutritional quality of packed lunches in schools and healthy eating habits of children at lunchtimes, that can influence health and well-being.

To further raise the profile and support health and well-being throughout the school.

To encourage healthy eating habits from an early age and improve the overall nutrition of pupils

What the school will provide:

An appropriate area where pupils who choose to bring packed lunches can eat and where possible, they will be able to sit with those having school dinners.

A storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Drinking water for pupils who request it

The school will, within reason, send any uneaten packed lunch food items home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Guidance

Suggestions for food to include in a healthy packed lunch

- At least **one** portion of fruit or vegetables every day
These foods provide vitamins, minerals and fibre.
- Meat, fish, eggs or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap, roll or salad)
- Oily fish such as pilchards, tuna or salmon
These foods provide protein for growth
- A starchy food such as bread, pasta, rice, potatoes or other types of cereals every day
These starchy foods are a healthy source of energy.
- Dairy food such as milk, cheese, yoghurt or fromage frais
These foods provide calcium for healthy bones and teeth.
- A drink – water is best followed by milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, drinking yoghurt or dairy based smoothies.
- Cereal bars rather than cakes and biscuits
- Fruit, crackers and cheese and vegetables or bread sticks with a dip

[Link to Change4Life](#)

Packed Lunches should not include:

Fizzy / highly sugared drinks in cartons, bottles or cans

Meat products such as sausage rolls, individual pies, corned meat, sausages/chipolatas/pepperoni sticks, and processed cheese based products

Cakes

Crisps

Biscuits, sweets / confectionary

Chocolate spread/jam as a filling for sandwiches

Chewing gum

Energy drinks

Nuts or nut products because of the danger to other children with allergies

Hot food – due to the health and safety concerns relating to food poisoning and scalding.

Special Diets

The school recognises that some pupils may require special diets due to verified medical conditions. In this case, parents are urged to inform the school and be responsible in ensuring that packed lunches are as healthy as possible.

For these reasons, children must eat their own and no-one else's packed lunch.

Ramadan

Ramadan affects Muslim pupils, families and staff and schools should, to the best of their ability, consider their arrangements to accommodate the needs of those fasting.

Eid-ul-Fitr and time off school

Eid-ul-Fitr is one of the two most important festivals in Islam, marking the end of a month of fasting and most parents will want to celebrate with their families and communities. Pupils are entitled to one day's authorised absence from school when Eid-ul-Fitr falls on a school day (register code R).

Background

Ramadan is believed to be the month in which the prophet Muhammad received the first revelation of the Qur'an. In this month Muslims will not eat or drink between the hours of dawn and dusk; the purpose is also to develop spiritual and moral discipline. This means they will rise before dawn (around 3am) to eat breakfast and pray and in addition, special evening prayers are conducted during which long portions of the Qur'an are recited.

Who performs fasting?

It is obligatory on all Muslims who have reached puberty to observe the fast. Many younger children are gradually introduced to fasting by performing it for half days or occasional days. Practice will vary across families, though usually this does not happen before the age of 7. If you have concerns about a young child fasting, speak with the parents and also if you can with their Imam. NHS Choices has advice on Ramadan health, which recommends not fasting for children under seven or possibly eight years old - please

see: <http://www.nhs.uk/Livewell/Healthylramadan/Pages/faqs.aspx>

Those who are ill, travelling, women who are menstruating and in developed stages of pregnancy do not have to fast, but will catch up days missed later in the year or provide food for the needy. Families will make their own decision on such issues affecting their children.

How can we support fasting students during exams?

- Offer guidance on avoiding dehydration, eating nutritious food, taking appropriate rest periods, organising revision sessions etc. during the run-up to Ramadan and exercising flexibility where possible
- Provide a quiet room during break times where students are able to pray, rest or revise between examinations
- Work with parents to offer advice to students on how to use their time sensibly for rest and revision, especially early in the morning and waiting to break the fast at night

What can we do to support their Muslim pupils during Ramadan?

Parents have a responsibility to tell the school if their child is fasting, not least to ensure that school and home can work together to support the child and keep them safe. There is no need to separate pupils from activities, but usual practice may be adapted. Pupils should still do PE, but schools can ensure that they do not over-exert themselves.

- Write to parents early, explaining the school's approach to Ramadan and what you will be doing and that you recognise the importance of Ramadan for Muslims
- Provide support during lunch hours with a designated member of staff to supervise alternative arrangements while the rest of the school eats
- Pupils and staff may want a room in which to pray and reflect
- Use the themes and values of Ramadan to promote community values across the whole school. Use assemblies, displays, discussion groups, topics across the curriculum where appropriate to celebrate and understand Ramadan; this is a real opportunity for SMSC and exploring 'British values' and humanity
- Special assemblies may be organised, involving Muslim visitors from the local community or parents
- Particular emphasis can be made during assemblies as Eid-ul-Fitr approaches

Education is very important in Islam, but so too are the religious and spiritual practices of the faith. Schools, families and local leaders can work together to provide the best opportunities for pupils to benefit from both.

Please note the above material and reference is guidance only - specific advice should be sought where necessary.