

A St. Michael's CE (VA) Junior School Policy



Food & Healthy Eating Policy

By God's love, we all flourish together.

God is love. Whoever lives in love lives in God, and God in them. (1 John 4:16)

At St. Michael's, by God's love and through our Christian values of Love, Faith, Respect and Courage, we celebrate uniqueness and nurture curiosity, enabling each child to flourish on their own rich learning journey; whilst contributing to the wider community.

Reviewed by Business Management Resources:	Autumn 2023
To be reviewed:	Summer 2026

Mission Statement

Our school recognises the importance between good nutrition and pupils' emotional and physical health and well-being. It also recognises how this can affect their ability to maximise their educational attainment.

Policy Aim

- To promote consistent messages throughout the whole school by ensuring all policies, procedures and daily working practices follow this policy.
- To make sure that nutrition has a prominent place in school life.
- To offer healthy food and drink at all appropriate opportunities.
- To ensure the food environment promotes a happy, pleasurable experience.
- To maintain the Healthy Schools accreditation – revalidated autumn 2023
- To reflect the new school food standards regulations which allows our cooks to create imaginative, flexible and nutritious menus.
- To ensure that all packed lunches brought from home provide pupils with healthy and nutritious food.
- Adopt a culture of allergy awareness and education
- School's stakeholders to support the school to make life safer for the children, with allergies, in our care.

PRACTICE

Curriculum

Children are taught about food, eating healthily and the digestive system in Science. They are given opportunities to analyse foods, undertake cooking activities and consider the power of advertising in Technology. In PSHE they are encouraged to think about healthy lifestyle choices.

Extra Curricular Activities

Any food provided on site but out of school hours, or at events/activities held off the school site but during school hours, must comply with the Government's revised **School Food Standards 2015** (see Appendix A). This includes SMASH events, school productions and performances and sporting activities, etc. Some exceptions may be made for special events.

Tuck

Fresh fruit and vegetables may be brought from home for consumption at playtime. The school runs a tuck shop selling a selection of fresh fruits, yoghurts, rice cakes and wholemeal bread toast, tea cakes and cheese and crackers.

School Lunches

The school runs its own hot meals service with most ingredients sourced locally. Menus run on a three-week cycle with a daily meat and vegetarian option. These menus are produced in-house in accordance with current **School Food Standards** (see Appendix A) and are reviewed regularly in conjunction with ECC. Salad and fresh fruit are provided daily. Special themed lunches are organised to celebrate festivals and other special events. Parents are invited to join their children for a hot dinner once a term.

School Grab and Go

A healthy packed lunch option (Grab and Go) is also available for children to purchase. This is also produced in accordance with the revised **School Food Standards 2015**.

Packed Lunches from Home

Some children choose to bring a packed lunch from home. Children with packed lunches are able to eat their lunch in the school hall alongside children eating school lunches. The school will work with parents to encourage packed lunches to meet **School Food Standards 2015**. Packed lunches should include:-

- At least one portion of fruit and one portion of vegetables every day
- A portion of protein every day
- A portion of carbohydrates every day
- A portion of dairy every day
- A healthy drink every day
- One small cake or biscuit maybe included if you so wish

Please see Appendix B for suggested options.

Appendix C contains information from the Change 4 Life website regarding healthy packed lunch menus.

Please note that we are a nut allergy aware school. Our policy is not to serve any foods that may contain nuts or traces of nuts and not to allow any nuts or foods, containing nuts, to be consumed on the premises.

(Nut Allergy Awareness Policy attached - Appendix D). We ask parents to support this and the school will communicate with parents about our expectations, specifically with foodstuffs such as peanut butter and Nutella or packed nuts.

Water

Each child is expected to bring a named and filled water bottle to school each day throughout the year. A water cooler and water fountains are available for children to use.

School Garden

Our children are given the opportunity to grow vegetables in our extensive vegetable gardens and greenhouse as part of their learning about plants. Children are responsible for sowing, nurturing and harvesting the produce, much of which is used by our school cooks for the children's school lunches. Our children are able to truly see where their food comes from, from seed to plate.

Monitoring and Review

The implementation of this policy is monitored by the Healthy Schools Coordinator and Governor, and reviewed by the Governors' Business Management Resources Committee.

What we will do

- Maintain a pleasant eating environment
- Enable the School Council to contribute their views regarding packed lunch expectations, the Food Policy and dinner menus and encourage discussion and learning about healthy eating and living
- Maximise curricular opportunities to develop children's positive attitudes towards healthy eating and living

- Establish initiatives in school to promote healthy eating and drinking messages for the whole school community
- Have basic food hygiene training.
- Continue to develop the school garden, enabling children to grow fruit and vegetables.
- Continue to monitor that all food provided for children during out of school hours activities complies with our healthy eating policy.
- Provide support and guidance for parents in the provision of healthy packed lunches.
- Submit evidence for ongoing accreditation of the Healthy Schools Status.
- Adhere to the **School Food Standard Regulations** which include:
 - ✓ 1 or more portions of vegetables or salad as an accompaniment every day
 - ✓ at least 3 different fruits, and 3 different vegetables each week
 - ✓ an emphasis on wholegrain foods in place of refined carbohydrates
 - ✓ an emphasis on making water the drink of choice:
 - limiting fruit juice portions to 150mls
 - restricting the amount of added sugars or honey in other drinks to 5%
 - ✓ no more than 2 portions a week of food that has been deep fried, batter coated, or breadcrumb coated
 - ✓ no more than 2 portions of food which include pastry each week

Appendix A

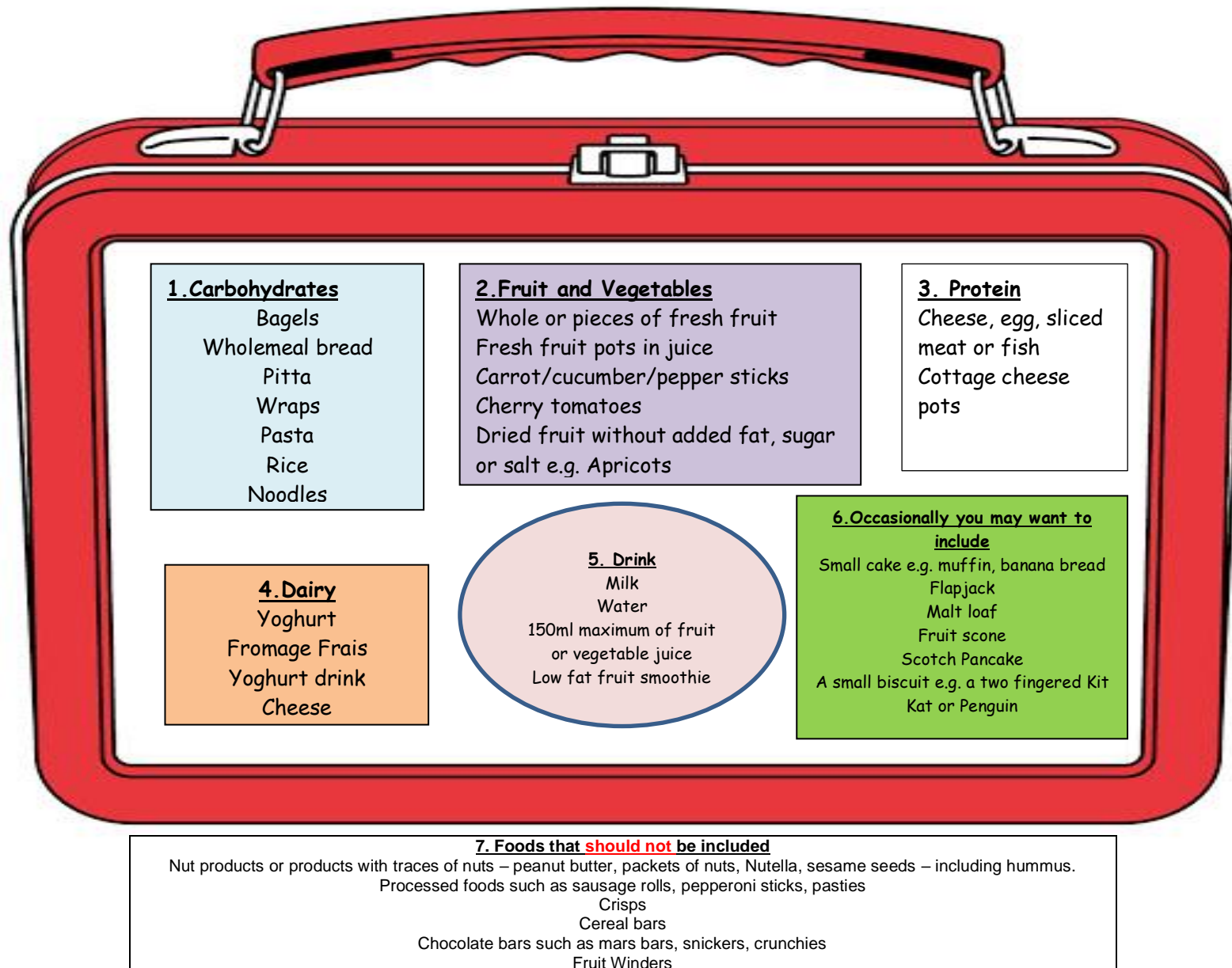
School Food Standards 2015 document can be found here:

<https://www.foodforlife.org.uk/schools/benefits/school-food-standards>

Healthy Lunchbox and Tuck – please note we are a NUT AWARE school

Suggested Healthy Eating Choices

The Food Standards 2015 recommend one item from boxes 1-5. You may wish to include 1 item from box 6. Box 7 indicates foods that should not be included.



Appendix C

Suggested Packed Lunch Menus from the Change 4 Life website:- <http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>
Monday	Tinned sardine bagel Tomato Kiwi Bottle of water	Double-decker sandwich with ham (reduced salt) and salad Mini blueberry muffin Mixed dried fruit Kiwi Bottle of water	6 oatcakes Double Gloucester cheese Chutney Salad Fruit scone Apple juice, unsweetened
Tuesday	Egg and tomato roll Two oatcakes and low-fat cheese Carrot sticks Dried apricots Semi-skimmed milk	Tuna pasta salad (with spring onion, green pepper and cherry tomatoes) Fresh fruit salad with low-fat fromage frais Slice of banana cake Apple juice, unsweetened	Cold spicy chicken strips Rice with beans and peas Slice of Jamaican ginger cake Low-fat plain yoghurt Fruit smoothie
Wednesday	Potato and sausage salad (with spring onion, pine nuts and low-fat plain yogurt) Fruit and low-fat fromage frais Slices of fruit bread Pear Bottle of water	Mexican chicken wrap Carrot sticks and baby corn Mixed fruit salad Slices of malt loaf Yoghurt drink	Smoked mackerel and potato salad (with mushrooms and spring onions) Yoghurt Slice of carrot cake Apple Orange juice, unsweetened
Thursday	Corned beef sandwich on wholemeal bread	Spicy beans and vegetables Mini pitta pockets Raspberries	BLT (grilled bacon, lettuce and tomato sandwich) Mixed seeds

	Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips) Banana Yoghurt drink	Low-fat fromage frais Fruit smoothie (made with semi-skimmed milk)	Grapes Dried apricots Drinking yoghurt
Friday	Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach) Nectarine Banana and blueberry smoothie (made with semi-skimmed milk)	Tinned salmon salad baguette (with cucumber, lettuce and low-fat plain yogurt) Flapjack with dried apricots Orange Bottle of water	Poppy seed bagel with liver pate and cucumber Carrot sticks Small box of raisins, semi skimmed milk

Appendix D – Nut Allergy Awareness Policy (written in line with the Anaphylaxis campaign and Allergy UK guidance)

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts, or a product containing nuts, can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

Some first aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens. We cannot have nuts in school in any form. So please can we ask that you have no nut products in the lunch boxes or brought into the school as treats. For example: peanut butter sandwiches, chocolate spreads, cereal bars, some granola bars, cakes that contain nuts, biscuits / cookies that contain nuts, peanut butter cakes, some Asian food, including satay sauces that contain nuts

This list is not exhaustive, so please check the packaging of products closely.