

Langley Mill Church of England (Controlled) Infant School and Nursery



FOOD POLICY

This policy has been impact assessed in the light of all other school policies including the Equality Policy.

Written / Reviewed by	Date	Approved by GB	Minute Number	Next Review Date
Debra Dawson	September 2012	26/06/2013	GB/2013/45	January 2015
Debra Dawson	January 2015	17/03/2015	GB/2015/17	September 2015
Debra Dawson	September 2015	12/11/15	TLC/2015/22	September 2016
Debra Dawson	September 2016	16/11/2016	TLC/2016/32	September 2017
Debra Dawson	September 2017	20/03/2018	GB/2018/18	September 2018
Debra Dawson	October 2018	5/12/18	GB/12018/84	September 2019
Debra Dawson	September 2019	03/12/2019	GB/2019/92	September 2020
Debra Dawson	October 2020	01/12/2020	GB/2020/64	October 2021
Karen Scrivens	September 2021	21/09/2021	GB/2021/65	September 2022

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Food Policy

1. RATIONALE

As a school, we pride ourselves in providing the best education for the children, within available resources. The school ethos embeds the importance of a balanced diet and this is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate and model healthy eating as a valuable part of daily life.

As part of the curriculum and to improve the health and well-being of our children, we:

- Participate in the national fruit scheme.
- Provide fresh, filtered water for all the children.
- Hold accreditation as a Healthy School Community.
- Adhere to DfE Guidance 'School food standards practical guide' (Updated 8 September 2021),

A whole school approach is adopted to ensure pupils' healthy lifestyle which covers:

- The daily school provided midday meal
- Home provided packed lunches
- Food provided during nursery/school sessions, other than at school meal times
- Healthy eating within the curriculum
- Extended provision, such as breakfast club/after school club.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence feed the body, fuel the mind. Children need to develop healthy eating habits, and ensure that they have the energy and nutrition they need to get the most from their whole school day.

2. AIM

2.1. The aim of this policy is to ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.

2.2. School food provision will reflect all the requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs (see [Appendix 1](#)).

2.3. The policy will reflect links between food and the relevance to children's mental health, behaviour and learning (see [Appendix 2](#)).

3. OBJECTIVES

3.1 Working with the school's caterer

3.1.1. The school and its caterer must meet the nutritional standards for school meals (Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the Education Act 1996, as amended, Section 114A of the School Standards and Framework Act 1998, 2014 No. 1603 Education, England The requirements for School Food Regulations 2014) and non-school meal food provided in school.

The school, through its caterer/food provider, must offer the following food groups as part of the school meal.

Nutritional standards for school meals

Fruits and vegetables these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)	<ul style="list-style-type: none"> One or more portions of vegetables or salad as an accompaniment every day One or more portions of fruit every day A dessert containing at least 50% fruit two or more times each week At least three different fruits and three different vegetables each week
Meat, fish, eggs, beans and other non-dairy sources of protein	<ul style="list-style-type: none"> A portion of food from this group every day A portion of meat or poultry on three or more days each week Oily fish once or more every three weeks For vegetarians, a portion of non-dairy protein on three or more days each week A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools (applies across the whole school day)
Milk and dairy	<ul style="list-style-type: none"> a portion of food from this group every day lower fat milk, which must be available for drinking at least once a day during school hours
Starchy foods	<ul style="list-style-type: none"> One or more portions of food from this group every day Three or more different starchy foods each week One or more wholegrain varieties of starchy food each week Starchy food cooked in fat or oil no more than two days each week (applies across the whole school day) Bread - with no added fat or oil - must be available every day
Healthier drinks (applies across the whole school day)	<ul style="list-style-type: none"> Free, fresh drinking water at all times <p>The only drinks permitted are:</p> <ol style="list-style-type: none"> Plain water (still or carbonated) Lower fat milk or lactose reduced milk Fruit or vegetable juice (max 150mls) Plain soya, rice or oat drinks enriched with calcium Plain fermented milk (e.g. yoghurt) drinks Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey) Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium Cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey Tea, coffee, hot chocolate <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice</p>
Foods high in fat, sugar and salt	<ul style="list-style-type: none"> No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week (applies across the whole school day) No more than two portions of food which include pastry each week (applies across the whole school day) No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day) Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food No confectionery, chocolate or chocolate coated products (applies across the whole school day) Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery Salt must not be available to add to food after it has been cooked (applies across the whole school day) Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful (applies across the whole school day)

Portion sizes and food groups provided will reflect the School Food Plan (2013) and School Food Standards (2014) documents.

3.2 The school and its caterer will introduce school meal themes days/weeks, such as:

- Bringing in the harvest
- Potato day
- Bonfire night
- Chinese New Year
- International themes
- Historical themes
- Farm day
- Taster days
- Curriculum theme days

3.3. The school will provide parents with information promoting school meals as a healthy option and in attempt to increase uptake of school meals through:

- New admission/transition meetings.
- Leaflets and parent guides.
- Website / Facebook posts.

3.4. The school will include work associated with healthy balanced diets in its curriculum:

A variety of foods may be prepared and consumed during certain topics and within the curriculum or as part of a celebration. It is recognised that eating together is a fundamental experience for all people; a primary way to celebrate national values and cultural diversity.

As part of the work that children do for science, and for personal, social, health and economic education (PSHE), they will undertake other health related activities, e.g.:

- Be taught the components of a healthy diet
- Practical experience involving preparation of food and cooking
- Learn about the importance of healthy eating both now and in the future
- Learn about food production, manufacturing, distribution and marketing and their impact on health and the environment
- Family health, sustainable food and farming practices within the larger community; this is extended through the provision of Forrest School teaching.
- Design a menu for school/at home lunch/breakfast/evening meal
- Learn about cost of menus, etc
- Measure and weigh using recipes / games
- Play food on the plate games
- Learn about food in history
- Discos, parties, with healthy food, etc.
- Activities and competitions during Healthy Eating Week

The school will enlist the help of its school caterer, school nurse/health visitor or other professionals to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest. Information on healthy eating and nutrition will be provided to all parents prior to their child starting full time school.

3.5. The school will provide information on healthy foods that should be included in Lunch boxes from home (see Appendix 3)

The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and recommend to parents/carers that this is the best option. Parents/carers are also informed by the school, that from September 2014 all children from reception to the end of key stage 1 are entitled to government funded school dinners. However, should parents/carers decide to send in a packed lunch from home, they are provided with information on nutritionally balanced packed lunches.

Parents/carers are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents/carers do not include the following items in packed lunches (see Appendix 3):

- Sweets
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks

- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet cereal bars, etc.
- Chocolate bars

Parents/carers who have difficulty following these guidelines are offered support from the Pastoral Manager.

3.6. The School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at midday in the school

Staff share meal times with pupils for specific reasons such as transition periods and special events. Parents/carers will be invited to join their children for special meals at different points in the school year.

The school will provide a clean, sociable, calm environment for children to eat their lunch:

- The children eat in two staggered sittings (11.45 am - 12.15 pm and 12.20 pm – 12.50 pm), with the tables cleaned between each.
- Tables are forward facing, with only 3-5 children on each.
- Children with sensory needs eat in smaller groups in classroom settings assisted by teaching and learning assistants.
- All children are required to sit at a table for 30 minutes, in order to eat their lunch.
- They are encouraged to use cutlery appropriately.
- Children are encouraged to eat as much as they can and at least try all foods on offer. Rewards are given for clean plates/lunchboxes.
- Teaching and learning assistants support the children throughout the lunch period e.g. children who may have problems eating their lunch, need support to use cutlery, spill or drop their lunch, cannot find a place to sit, do not eat their lunch, etc.
- Children are expected to regulate their behaviours well whilst eating their lunch, and be polite, courteous and helpful and show good manners.
- If a child has a problem or wishes to leave the dining hall, they should raise their arm and wait until a teaching and learning assistant speaks to them.
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or teaching assistant to explain.
- Caterers and teaching and learning assistants should thank children for using good etiquette, as children should thank them for their help and assistance.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

3.7. The school will reward pupils for good meal time etiquette and good behaviour

To encourage good behaviour and social interaction during the meal time, pupils receive lunchtime rewards for healthy eating and good behaviour regulation e.g. special stickers and certificates.

3.8. The school will ensure their school representative is trained, at least, to Basic Food Hygiene Standards

The school will ensure their representative will receive basic food hygiene training.

Either:

- Through the school meal provider, e.g. HC3S, or
- Local college

3.9. At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. Examples of this are:

- Healthy lunch box advice

- Healthy balanced diet information given at transition meetings
- Parent engagement sessions
- Home learning tasks
- Competitions
- Visitors invited into school to deliver special events

3.9. The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met

This policy, its procedures and activities, used to meet the School Food Standards (2014) and School Food Plan (2013), will be monitored and reviewed periodically by the HT, lunchtime teaching assistants, pupils, staff and the governing body. Where members of the school community find that they are unable to work within the policy then school will negotiate on an individual basis. The policy and related items will regularly be reported in the school's newsletter. The head teacher will ensure that training and resourcing are appropriate and up to date.

3.10. Provision for Early Years (children under 5 years)

Snack provision for Early Years children meets guidelines set out in the 'Statutory framework for the early years foundation stage' (31st March 2021). (Appendix 4)

Children in Nursery and Reception classes will be provided with a healthy daily snack that contains nutrients from the four main food groups needed for a healthy and balanced diet for children of this age. These groups are:

1. Potatoes, bread, rice, pasta and other starchy carbohydrates
2. Fruit and vegetables
3. Beans, pulses, fish, eggs, meat and other proteins
4. Dairy and alternatives

Menu planning will take into account the following:

- No cereals high in sugar will be provided
- Only fresh fruit and vegetables will be provided
- Meat provided will be lean and formed or processed meat products will not be used
- Fresh drinking water will be available at all times
- Milk provided will be full fat or semi-skimmed
- No sweet foods such as cakes, biscuits, sweet muffins, cookies, flapjacks, pastries, chocolate and sweets will be provided
- Dried fruit will not be provided as it releases sugar that can stick to children's teeth causing tooth decay

The snack menu will be made available to parents to enable them to plan a balanced diet for their child.

A suitable eating environment will be available to promote social aspects of meal times.

Equal Opportunities

Provision is made for special diets for medical conditions following appropriate medical verification, ethical and cultural requirements, and for appropriate preparation, presentation and access. A form to access this is available from the main office.

APPENDICES

Appendix 1

Medical diet form for parents – go to

<https://www2.myschoollunch.co.uk/media/1720491/medical-diet-request-form-md1.pdf>

Appendix 2

JUNE 12, 2019 BY HEALTHY-FOOD-CHOICES-IN-SCHOOLS

3 Ways Nutrition Influences Student Learning Potential and School Performance

Advocates of child health have experimented with students' diets in the United States for more than twenty years. Initial studies focused on benefits of improving the health of students are apparent. Likewise, improved nutrition has the potential to positively influence students' academic performance and behaviour.

Though researchers are still working to definitively prove the link, existing data suggests that with better nutrition students are better able to learn, students have fewer absences, and students' behaviour improves, causing fewer disruptions in the classroom.

Improve Nutrition to Increase Brain Function

Several studies show that nutritional status can directly affect mental capacity among school-aged children. For example, iron deficiency, even in early stages, can decrease dopamine transmission, thus negatively impacting cognition. Deficiencies in other vitamins and minerals, specifically thiamine, vitamin E, vitamin B, iodine, and zinc, are shown to inhibit cognitive abilities and mental concentration. Additionally, amino acid and carbohydrate supplementation can improve perception, intuition, and reasoning. There are also a number of studies showing that improvements in nutrient intake can influence the cognitive ability and intelligence levels of school-aged children.

Provide a Balanced Diet for Better Behaviours and Learning Environments

Good Nutrition helps students show up at school prepared to learn. Because improvements in nutrition make students healthier, students are likely to have fewer absences and attend class more frequently. Studies show that malnutrition leads to behaviour problems and that sugar has a negative impact on child behaviour. However, these effects can be counteracted when children consume a balanced diet that includes protein, fat, complex carbohydrates, and fibre. Thus, students will have more time in class, and students will have fewer interruptions in learning over the course of the school year. Additionally, students' behaviour may improve and cause fewer disruptions in the classroom, creating a better learning environment for each student in the class.

Promote Diet Quality for Positive School Outcomes

Sociologists and economists have looked more closely at the impact of a student's diet and nutrition on academic and behavioural outcomes. Researchers generally find that a higher quality diet is associated with better performance on exams, and that programs focused on increasing students' health also show modest improvements in students' academic test scores. Other studies find that improving the quality of students' diets leads to students being on task more often, increases math test scores,

possibly increases reading test scores, and increases attendance. Additionally, eliminating the sale of soft drinks in vending machines in schools and replacing them with other drinks had a positive effect on behavioural outcomes such as tardiness and disciplinary referrals.

Every student has the potential to do well in school. Failing to provide good nutrition puts them at risk for missing out on meeting that potential. However, acting today to provide healthier choices in schools can help to set students up for a successful future full of possibilities.

Appendix 3

A healthy and balanced packed lunch should include a portion of the following

- ✓ **Starchy food**, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- ✓ **Fresh fruit and vegetables**, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- ✓ **Milk or dairy food**, e.g. cheese, plain/fruit yoghurt, etc.
- ✓ **A small portion of lean meat, fish, or alternative**, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg, hummus, etc.
- ✓ **A drink**, e.g. fruit juice diluted with water (not fizzy or diluted squash), water or milk.

An ice pack is a good idea to keep everything fresh until lunchtime.

(Please may we remind you that the following are not allowed, sweets, chocolate, crisps high in fat and salt, cakes/doughnuts high in sugar, cereal bars high in sugar and fizzy/high in sugar drinks)

School meals provide a healthy, balanced meal which includes food from the following groups on a daily basis

- ✓ Meat, fish and other sources of protein, e.g. eggs, beans and pulses. Fish is available once a week.
- ✓ Starchy food, e.g. pasta, noodles, rice, potatoes. Also, a different type of bread is available daily.
- ✓ Fresh fruit and vegetables/salad, at least on portion of each per day.
- ✓ Milk and dairy food, includes milk, cheese, yoghurt, fromage frais and custard.
- ✓ Drinks - at least two of the following are available daily – milk, pure fruit juice, yoghurt or milk drinks, water.

Appendix 4

Early Years Foundation Stage Menu Update

Following the Government's publication of the 'Statutory framework for the early years foundation stage' on 31st March 2021, Derbyshire Catering Service has reviewed the menu in place in nursery settings.

The framework is mandatory for all early years providers in England from 1 September 2021 and includes guidance to ensure that the Early Years Foundation Stage welfare requirements for food and drink are met.

Point 3.49, Food and Drink, provides the below link to guidelines and example menus appropriate for early years settings in England:

<https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england>

Drinks

The new guidelines on drinks require that:

- Children must have access to fresh drinking water.
- Children should be provided with **only** fresh tap water and plain milk to drink during the school day (as per your current arrangements).¹

Therefore, to ensure that Derbyshire Catering Service aids all early years settings to comply with the statutory framework we will work with nurseries to remove the option of fruit juice at lunchtime.

How we will support you

- Operational Catering Managers and Catering Supervisors will support the organisation of any operational changes required.
- The catering team will be available to answer any queries regarding the change from parents/carers.
- On request, we can provide a letter for parents/carers to explain the requirement for the change.
- On request, we can supply a hydration poster pointing out the key benefits of drinking water.

Guideline summary:

Please be assured that the meals provided by Derbyshire Catering Service are fully compliant with the School Food Standards and follow the newly published guidelines summarised overleaf.

¹ The Nursery Milk Scheme is operated by the Nursery Milk Reimbursement Unit (NMRU) on behalf of the Department of Health. It entitles children under 5 years who attend approved day care facilities to receive 189ml (1/3 pint) of milk each day, free of charge. For further information please visit: <https://www.nurserymilk.co.uk>

Menu planning advice	Each lunch should include a main course and a dessert. Vary the desserts you offer with lunch each week. For main meals (typically lunch), provide a variety of different desserts each week (for example fruit-based desserts such as apple crumble, dairy-based desserts such as rice pudding) and limit provision of cakes and biscuits.
Food group	Guidelines
Potatoes, bread, rice, pasta and other starchy carbohydrates	<ul style="list-style-type: none"> • Provide a portion of starchy food as part of each lunch. • Provide at least three different starchy foods as part of lunch each week. • Provide a variety of wholegrain and white starchy foods each week. • It is good practice to provide wholegrain starchy foods for at least one lunch each week. • Limit starchy foods which have been fried to once a week at lunch. • Limit canned pasta in sauce. • Avoid flavoured dried rice, pasta and noodle products, for example packets and pots of instant flavoured noodles, pasta and rice.
Fruit and vegetables	<ul style="list-style-type: none"> • Provide at least one portion of vegetables and/or fruits as part of lunch each day. • Provide a variety of vegetables and fruit across the week at lunch. • Check product labels to choose canned vegetables and pulses without added salt and sugar, fruit canned in juice not syrup, and reduced salt and sugar baked beans. • Baked beans can count as a vegetable only once during each week.
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> • Provide a portion of beans, pulses, fish, eggs, meat (for example red meat or poultry) or other proteins (for example meat alternatives) as part of lunch each day. • Provide a variety of foods from this group as part of lunch across the week. • It is good practice to provide a portion each of beans, pulses, fish, eggs, meat (for example red meat and poultry) or other proteins (for example meat alternatives) each week as part of lunch. • Provide vegetarian children with a variety of protein sources such as pulses, eggs and meat alternatives each week as part of lunch. • Provide one lunch for all children each week which uses pulses or a meat alternative as the protein source • Provide oily fish (such as salmon, sardines or pilchards) at least once every three weeks; this can be provided as part of lunch or tea. • Limit the provision of meat products (for example sausages, meatballs), fish products (for example fish fingers, fish cakes), and products made from meat alternatives (for example vegetarian sausages), to once a week for each of the three types.

Dairy and alternatives

It is good practice to provide three portions of milk and dairy foods each day (including those provided at home); one of these can be provided as part of lunch.

Thank you for your understanding and co-operation,

If you have any catering related queries, please contact:

Sara Jones, *Catering Service Manager* on 07748 624 247