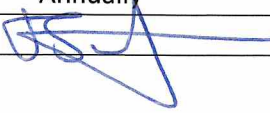


Campsbourne School

Food Policy

Policy Originator	Campsbourne School
Governor Responsible	Head Teacher
Status	Not Statutory
Last reviewed	Summer 2018
Ratified on	25/04/2018
Review period	Annually
Signed by Head Teacher	

INTRODUCTION

At Campsbourne School we understand the importance of healthy eating, oral health and the pupils' education.

FOOD POLICY AIM(S)

Food and sharing food are an important part of what we do as a school. At Campsbourne we have our own team of dedicated chefs, kitchen assistants and midday meals supervisors. We ensure that the children sit together with their friends regardless of whether they eat a school dinner or a packed lunch.

Staff serve our younger children and encourage them to eat and help them learn to assist with clearing up after their meal.

The menu, which is healthy and nutritionally balanced, is developed by our head chef with feedback from the school council. We cater for vegetarians, have a Halal option and for medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods.

We believe eating is more than just 'refuelling' and should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with you to make lunchtime better for your child, but at Campsbourne our aim is for lunchtime to be more than just food.

In January 2015 a new set of standards for all food served in schools was launched by the Department for Education. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

Breakfast Club

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals.

Healthy breakfast options served at Breakfast Club include:

- A selection of cereals including low sugar, low salt, high fibre alternatives e.g. Weetabix, Rice Krispies, Porridge (Ready Brek), Cornflakes and Cheerios
- Brown toast with jam, honey or marmite.
- Full fat milk, water and fruit juices for drinking.

Snacks

At Campsbourne School we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. The school council run a tuck shop on Fridays providing fruit and vegetable snacks to children in KS2. Snacks provided for children and staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

School lunches

Food prepared by the school catering team meets the national school food based standards. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions to ensure that the meals reflect on the needs of the pupils.

We encourage children to take responsibility for their meal choices. Children are provided with three options that they can choose from. Children have to choose one of these three options and are not allowed to pick and choose individual elements to create an unhealthy meal e.g. fish and chips with baked beans or salad cannot become a plate of chips.

Should children wish to ask for second portions then they can do so if there is still food available and it is appropriate. However, we are mindful of children maintaining healthy lifestyles. If children are asking for second portions but we don't feel that this is appropriate we will contact the parents to share our concerns. No children are allowed two portions of pudding unless it is fruit.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice on how to ensure they are.

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water or milk.

Ideal
Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Meat/ fish eggs and non-dairy protein e.g. pulses everyday - Oily fish at least once every few weeks - Starchy food such as bread, pasta, rice, potatoes - A dairy product milk, cheese and yoghurt - Water or milk (semi-skimmed or skimmed).
Limited
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack - Fruit juice 150mls per day Meat products sausage rolls, pies, sausages etc
Not Allowed
Salty snacks such as crisps nuts etc - Sweets and chocolate - Sugary soft / fizzy drinks

For more information: www.childrensfoodtrust.org.uk or the school website.

Drinks

Water is available for all pupils throughout the day, free of charge. Milk is available for children at least once a day in addition to before and after school clubs.

School Trips

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch. The packed lunch consists of a sandwich, piece of fruit and a drink.

After School Club

After school club provide a small light meal in the afternoons. This includes:

- Fish Fingers
- Pizza
- Halal Chicken Sausages
- Wedges
- Brown Toast and Jam or honey
- Fruit and Carrots

Extra curricular activities

- We offer clubs that provide continued learning around leading a healthy lifestyle for example yoga, football, basketball and dance club.

Birthdays and other special celebrations

We recognise that children's birthdays are a special occasion and whilst we are happy to hand out cakes / sweets to classmates we encourage you think about the size of the treat being provided. Small bags of Haribo Sweets or small cup cakes are fine but please be mindful we are a 'no nut' school.

National Curriculum

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

- 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.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms.

The school nurse delivers sessions on living a healthy lifestyle and the dentist visits annually to talk about oral health.