



## **The Queen's Church of England Primary School**

*Encouraging every child to reach their full potential, nurtured and supported in a Christian community which lives and learns by the values of Love, Compassion and Respect.*

# **THE QUEEN'S SCHOOL Healthy Food Policy**

Agreed by: The Governing Board – Pastoral Committee

Date: March 2023

Review Cycle 3 years

Next Review Date: March 2026

All the Queen's School policies should be read in conjunction with the Equality Policy

If you require a copy of this document in large print, Braille or audio format, please contact the School Business Manager

## The Queen's School - Healthy Food Policy

### Rationale

The Queen's School recognises that sharing food is an important experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

As a Christian Community we recognise the need for a holistic approach to life. The Bible is full of imagery about feasts and food. Feasting is nearly always a metaphor for the Kingdom of God and the kingdom values of love, joy, justice and peace. It is well recorded that Our Lord ate meals with all sorts of people from the wedding banquet at Cana to eating with Pharisees, tax collectors and sinners. It was two basic foods, bread and wine, that Our Lord chose as the way in which we would not only remember him, but know in a very special way his ongoing presence with us. Jesus teaches us in John's Gospel chapter 6.35 'I am the bread of life, whoever comes to me will never be hungry, and whoever believes in me will never be thirsty'.

Research shows that well-nourished and well hydrated pupils are likely to be more receptive to teaching, learn effectively and achieve higher academic standards in school. Similarly, children cannot participate in active playtimes, physical education or compete in sporting activities with inefficient energy levels. It is now well known that obesity and many illnesses are related to poor diet and as a school we have a role in educating our pupils and families by ensuring we adopt a healthy eating policy that impacts all lunch provision, snacks and catering for any school events

Finally, we recognise the role a school can play, as part of the larger community, to promote family health and sustainable food and farming practices.

### Healthy School Vision

Part of the Queen's School vision is to improve the health and wellbeing of the wider community by teaching students and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The vision will be accomplished through food education and skills teaching (such as cooking and growing food), developing a school-wide ethos about the food served and consumed in school, and core academic content in the classroom

### Aims

- To increase children's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure children are well nourished at school, in order to concentrate, work effectively and participate fully in physical education, and that every pupil has access to safe, tasty, and nutritious food, and access to drinking water during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and children e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## **Objectives**

The Queen's School will ensure that the objectives are fully integrated into all aspects of school life and are accepted and embraced by all members of the school community. The school will aim to ensure that:

## **Curriculum**

- As part of our science and PSHE curriculum, food and nutrition is taught in an age appropriate manner throughout the school
- Opportunities are provided for pupils to prepare and explore ingredients and learn about the requirements of a healthy balanced meal.
- Opportunities are provided for pupils to grow herbs, fruit and vegetables in the 'Grow Zone' and engage in sustainability projects around the school.
- There may be opportunities for pupils to sample foods as part of the curriculum. Parents will be notified in advance and be given the opportunity to withdraw their child from taking part in any food tastings.

## **School lunches**

- As far as is possible, all school meals served by our school meals provider will be a minimum of a silver standard (Food For Life), appetising and healthy.
- Water will be served with all meals and pupils will be encouraged to drink water throughout the day.
- A suitable, clean, attractive environment is provided in which to eat lunch.
- Tables are cleaned between year group sittings, graces are displayed on the tables and water and cutlery are organised on self service tables.
- Staff who serve and prepare lunch will have adequate training, provided by the catering company
- All aspects of school lunches will be closely monitored by the Queen's School Leadership Team and the relationship between the school, the current school meals provider, their staff and lunchtime supervisors will be actively managed by them and the school administration team.
- Regular feedback will be gathered from children and parents.
- Where children decide to opt out of school lunches, feedback concerning the reasons for the decision will be sought.
- There will be food tasting sessions for parents.
- New items on the menu are offered as tasters for pupils to try in advance of being included in the weekly menu.
- Where possible, religious festivals and other special events will be celebrated with special menus
- Parents will be given copies of menus in advance of the term
- Children will be shown what is on the menu on any given day and the weekly menu will be displayed in the lunch hall
- Children will be allowed to make choices and where possible, sample foods
- If parents have any concerns specific to their child regarding school/packed lunches they should contact the school via [info@queens.richmond.sch.uk](mailto:info@queens.richmond.sch.uk)
- Menus will be provided for those children with special dietary requirements on completion of the caterer's special diet form and production of medical evidence of allergies/intolerances. Caterlinks allergy and intolerance form can be downloaded from their website; [www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk)
- Pupils with special dietary requirements have a personalised lanyard which is presented to the

catering staff at the service counter. This is checked against the caterer's list and children are guided to their meal choice.

### **Packed Lunches**

All packed lunches including those taken on school trips must comply with the school's packed lunch guidelines (see Appendix 1).

- Parents will be provided with information on what constitutes a healthy packed lunch.
- All children will be provided with a cup and water to accompany their meal or they may bring their water bottle in to the lunch hall.
- Packed lunch contents will be monitored and a system will be in place for follow up as necessary.

### **Breakfast Club**

- Children will be offered plain cereals and/or toast and preserves.
- Any special dietary needs can be met and must be shared with the school office, at the time of booking.

### **Snacks**

All snacks provided during the school day conform to the school's specific snack guidelines (see Appendix 3).

### **Water Provision**

- Children will be expected to bring a clean water bottle into school every day for use during the day and refilling as necessary.
- The bottle should be taken home every day to be cleaned and refilled.
- Children and staff will have access to free, clean, drinking water, throughout the school day (except at times where this is not practical such as during assembly).
- No juice at any time, including with packed lunches.
  
- Staff are aware of children's hydration needs and ensure that these are met.

### **Cake Sales**

Cake sales follow our nut free and sesame free guidelines, set out in Appendix 5.

### **Natasha's Law**

Under Natasha's Law, as outlined in the Food Information (Amendment) (England) Regulations 2019 the ingredients are required to be listed on all pre-packaged food for direct sale on our premises. We do not currently sell pre-packaged food at school, but in the event that we do in the future, we will comply with Natasha's Law.

### **Pupils**

- Up-to-date records of children's medical and dietary needs will be maintained by the admin team and staff will be aware of these.
- All children will be familiar with the school's healthy eating policy and guidelines and will be encouraged to be active enforcers of the policy throughout the school.
- Children will take part in monitoring and assessing how "healthy" the Queen's School is and where possible this will reinforce and link to other areas of the curriculum such as science and maths.

### **Staff**

- All staff who may handle food should have basic food hygiene training and training.
- All lunch hall staff will demonstrate best practice in lunchtime supervision and communicating with children, encouraging good table manners, use of cutlery and respectful behaviour
- Where extra training is required (such as working with children with specific dietary needs or specific eating disorders) this will be provided.
- Staff should understand what a balanced and healthy meal means and be aware of the schools own healthy eating policy and specific healthy eating guidelines. All staff will be encouraged to follow healthy eating habits and lead by example, acting as positive role models for the children.
- All new staff will receive information regarding the school healthy eating policy in their induction handbook.
- All existing staff will be updated as appropriate.

## **Equal Opportunities**

At the Queens School, we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well-nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity. At the Queen's School we aim to foster an ethos of teamwork and will strive to ensure that all members of staff feel supported, informed and comfortable in working with children who have eating and drinking difficulties.

Pupils with additional needs, where appropriate, are supported to eat in a quieter setting with a small group of peers and adult supervision.

Where appropriate, support will be sought from external agencies (e.g. Speech and Language Therapy) to ensure that the needs of pupils with specific eating difficulties can be met and staff are appropriately trained.

## **Guidelines**

How are we going to meet our objectives?

In order to meet our objectives, the Queens School will implement the following guidelines/policies:

- Packed lunches (see Appendix 1)
- School lunches Silver Mark guarantee (see Appendix 2)
- School snacks (see Appendix 3)
- Birthdays and special celebrations (see Appendix 4)
- Cake Sales (see Appendix 5)

•

### **Roles & Responsibilities**

- The Leadership Team will oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy, and liaising with curriculum subject leaders (PSHE, Science) to ensure the curriculum supports healthy eating, to monitor planning and observe lessons in support of this.
- Teachers and other staff will follow healthy eating guidelines in delivering the curriculum and in the supervision and provision of snacks.
- The Pastoral Committee will oversee the development, implementation and monitoring of this policy.
- A participatory approach will be encouraged for the whole school community to meet the objectives.
- The School Vision Development Plan will reflect our commitment to meeting these objectives as part of the commitment to well-being and sustainability

•

### **Monitoring & Evaluation**

In order to effectively evaluate this policy, we will ask ourselves the following questions on an annual basis or in light of any developments and changes in school.

Are our objectives being met?

How can we tell?

Have there been any difficulties? Why have they arisen?

What have been the successes? What made these possible?

What do parents and pupils think about our healthy food policy and lunch provision?

## Appendix 1

### Packed Lunch Guidelines

#### Healthy packed lunches can include:

- Fruit and vegetables.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, and falafel).
- A carbohydrate food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals/grains.
- Dairy food such as cheese, eggs, yoghurt or fromage frais.
- Plain popcorn, breadsticks or rice cakes.
- A cake or biscuit is allowed

#### Packed lunches should not include:

- Nuts/peanut butter. Due to some children having nut allergies, we have a strict no nuts policy (this includes products containing nuts such as pesto and Nutella).
- Sesame seeds. Hummus contains tahini, a sesame seed paste, which some children with nut allergies are sensitive to, so hummus should not be bought into school.
- Confectionery such as chocolate bars and sweets.
- Fizzy drinks, squash or fruit juices (fresh drinking water is available for all children to have with their lunch in the lunch hall).
- Crisps.

Packed lunches on school trips should follow guidelines above and parents will be reminded of this when being informed of trips.

## Appendix 2

### Silver Mark Guarantee

Caterlink operate at Silver grade 'Food for Life Served Here' catering mark as standard. 95% of dishes are freshly prepared daily using raw ingredients and following the Food for Life menu criteria as detailed below:

#### Food for Life menu criteria include:

##### Bronze

- Meals contain no undesirable food additives or hydrogenated fats
- 75% of dishes are freshly prepared
- Meat is from farms which satisfy UK welfare standards
- Eggs are from cage-free hens
- Menus are seasonal
- Training is provided for all catering staff
- No GM ingredients are used

##### Silver (in addition to Bronze criteria)

- A range of local, organic and fair trade produce is served
  - Chicken, eggs and pork products are from sources which meet high welfare standards or 10% of food is organic
  - No fish is served from the Marine Conservation Society 'fish to avoid' list
  - Information about where the food has come from is on display
- 
- In addition, Caterlink, our caterers have a Red Tractor and British First Policy which means meat products are fully traceable for farm to fork.
  - A salad bar and freshly baked bread is offered daily for children to help themselves
  - Vegetarian and Vegan dishes are on offer. The menu also includes meat free days.
  - Desserts are in line with guidance on sugars, ensuring they contain 6.5g of sugar or less.
  - Fresh fruit and yoghurt are offered daily



## Appendix 3

### Break Time Snack Guidelines

These items are allowed:

- Fruit (fresh or dried, including raisins)  
Vegetables
- **No nuts or nut products**
- **No humus or other products with sesame**

### After School Club Snack Guidelines

These items are allowed:

- Fruit (fresh or dried, including raisins)
- Vegetables
- Cereal bars which don't contain nuts or sesame seeds are also allowed before an afterschool club.
- **No nuts or nut products**
- **No humus or other products with sesame**

## **Appendix 4**

### **Birthdays and special celebrations**

As we have a number of children with allergies or food intolerances:

- Children should not bring cakes, biscuits or sweets to be shared with their class
- Parents/carers should not bring cakes, biscuits or sweets to be handed out after school

All children are welcome to bring in a special book to share with the class to celebrate their birthday.

The focus is about the symbolic act of sharing something to celebrate the child's special day rather than on the food itself.

## **Appendix 5**

### **Cake Sale Guidelines**

Please help keep our children safe by avoiding all nuts in your donations. This means food directly containing nuts (such as cereal bars, walnut cake, macaroons, peanut cookies, cherry bakewell/almond slices etc.) and also products derived from nuts and sesame seeds (such as Nutella, marzipan, or using crunchy nut cornflakes in cornflake cakes). Please also be careful of garnishes (e.g. using M&Ms as decorations) and nut sweets/candy (such as Snickers, Topic, Revels, pralines, Ferrero Roche, Feasts etc.). Ice lollies and ice creams may occasionally be sold, these should follow the same guidelines as for cakes i.e. nut and sesame free.

Prepacked foods will have the ingredients listed as per Natasha's Law.