



School Food Policy

2020-2023

This policy is reviewed every three years and was agreed by the Governing Body of Chellaston Junior School in Summer 2020 **and will be reviewed again in Summer 2023**

Signed: _____ Chair of Governors

Date: _____

Non-Statutory Policy

Aims and Vision

Chellaston Junior School



“Together we are **stepping to success**. Together we are **working to achieve our best**.”



Our aim In striving to become an outstanding school, at CJS we will help ALL pupils to be:

- **Successful Learners** who enjoy learning, make excellent progress and achieve very high standards across the curriculum
- **Confident Individuals** who are able to lead happy, safe, healthy and fulfilling lives
- **Responsible Citizens** who make a positive contribution to British and the global society



Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra curricular events.

Why is a policy needed?

At Chellaston Junior School, we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership within parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

The policy **must** be read in conjunction with the school's Food Safety Policy which details to safe storage and preparation of food at CJS.

Aims of School Food at CJS

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

This School Food Policy is co-ordinated by the Head teacher in consultation with the Kitchen Manager.

The main aims of our School Food Policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Nut Free School

The school has a nut-free foods policy as we have had pupils and staff members at the school with a severe nut allergy. Parents are informed of the policy when their child starts school and are discouraged from bringing nuts or food containing nuts into school. Any foods that contain nuts are removed immediately. Nut Free School notices are displayed throughout the school.

Breakfast Club for Vulnerable Pupils

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club (in school, free of charge) for vulnerable pupils from 8.00am – 8.45am.

The breakfast menu includes, toast, cereals, crumpets, muffins, milk, water.

The Zone (Before and after school club / Holiday club)

Food provision at the Zone (breakfast and after school club and holiday club) is compliant with the National School Food Standards (2015). It is prepared on the school premises to the same standards as other school meals. Relevant staff have basic food hygiene and preparation certification. Children in the clubs sometimes have regular opportunities to prepare and cook healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

The Zone provides breakfast for pupils whose parents book and pay on Parent Pay. The Zone Breakfast menu includes:

- Toast with margarine/butter
- Fresh fruit
- Non or low sugar cereals (weetabix, cornflakes, Rice crispies, porridge, shredded wheat, cheerios, special K)
- Fruit juice, Apple and Orange Juice
- Water
- Fresh milk
- Occasional 'treats' - Bagels, Choc brioche, Waffles, Pancakes

The Zone provides tea for pupils whose parents book and pay on Parent Pay. An example of the Zone After-School menu is:

Week One; Fresh Fruit will be available daily

Monday	Tuesday	Wednesday	Thursday	Friday
Beans(V), Ravoli (G) +Toast(G) Fromage Frais(M)	Pasta in tomato sauce(G,M) or cheesy pasta(G,M) Frozen Toffee or strawberry Yoghurt(M)	Toasted Crumpet or muffins(G) cheese spread(M), Jam Double chocolate mini muffins	Fish fingers (F,G), Bread and butter(G,M) Seasonal Fresh fruit	Wraps, Pitta bread, Cheese, ham, chicken, Egg, tuna Salad(G,E,F,M) Homemade biscuits (G,M)

Week Two;

Monday	Tuesday	Wednesday	Thursday	Friday
Hot wraps, chicken dippers (G,E,M) Quorn dippers. Peppers, cucumber, sweet chilli sauce Shortbread(G)	Hot dogs(G) Quorn dogs(E,G,M) Seasonal Fresh fruit	Pasta in tomato Sauce (G,M) cheesy Pasta (G,M) Homemade chocolate sponge (G,E)	Sausage roll (G,M,Mu) spaghetti hoops(G) Cheese(M) apple, raisins	Potato wedges (G) Cheese(M), Beans(V) Fruit cocktail and cream(M)

Week Three;

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes, Cheese(M),Beans or tuna (F,M) Mini Chocolate chip muffins	Chicken burger(G) Quorn dippers + roll (G,M,E) Fromage Frais or Muller corners (M)	Waffles + Spaghetti Hoops(G) Ice cream tubs(M)	Pepperoni Pizza(G,M) cheese pizza(G,M) +Salad Seasonal Fresh fruit	Chicken tikka , flat breads (G) Salad, mint sauce(M) Homemade Iced sponge cake (G,M,E)

Allergies: M: Milk G: Gluten E: Eggs F:Fish Mu: Mustard V: Vegetarian

Break time snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Parents **must** remember that CJS is a **nut-free school** when considering the snacks their child brings to school.

Tuck Shop

The school plans to run a healthy school tuck shop daily at break-time. The tuck shop will be managed and run by the Kitchen Manager. The tuck shop menu will include. The **tuck shop will provide** a range of snack foods that comply with the food-based standards for all school food other than lunches and helps to contribute to a balanced healthy diet focused on the 'Eatwell Plate'; examples (and notional prices) include:

Toast 20p available every day	Milk 25p
Crumpet 25p e.g. Tues only	Flavoured milk 35p (choc, banana, strawberry)
Teacake 25p e.g. Thur only	Water 30p
	Fruit juice 40p (apple, orange)

Water

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

Packed Lunches

If parents choose for their child not to have a meal prepared by the school, we ask them to provide children with packed lunches that complement the nutritional standards. This is achieved by promoting healthy packed lunch options using the principles of the 'Eatwell Plate'.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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This will ensure children having packed lunches have a healthy balanced meal.

Food safety issues around packed lunches will be conveyed to parents.

Foods and drinks we discourage include:

- Foods with a high fat content e.g. chocolate
- Foods with a high sugar content e.g. sweets
- Foods with a high salt content
- Drinks containing high levels of sugar

School Lunches

Food prepared by the school catering team (including for the Zone and for the meals we prepare for Chellaston Infant School) meets the School Food Standards (2015). **Where possible, we use organic and local ingredients.**

As a school, we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them and will advise on the process for obtaining a free meal.

Healthy options are promoted at lunchtime and the children are consulted about food choices through the School Council.

At CJS, all school meals are prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment"

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Pupils are provided with a choice of milk or water with their school meal.

Example School Menu (the most up-to-date version will be found on the school website at <http://www.cjs.derby.sch.uk/page/school-dinner-menu/50846>)

	w/c 23rd March	w/c 30th March	w/c 20th April
Monday	<p>Choose a main Meatballs(G,M) Quorn balls (E,G)</p> <p>with Pasta(G) Mixed veg</p> <p>Dessert Iced sponge (G,M,S,E)</p>	<p>Choose a main Assorted Pizzas</p> <p>with Spaghetti hoops Peas Potato Wedges</p> <p>Dessert Sponge cake (G,E,S,M)</p>	<p>Choose a main Breaded chicken (G) Vegetable Burger(G)</p> <p>with Chips peas Baked beans</p> <p>Dessert Sponge cake (M,S,G,E)</p>
Tuesday	<p>Choose a main Sausage (G) Quorn Sausage(E,G,M)</p> <p>with Rice Peas Potato cubes</p> <p>Dessert Toffee mousse (M)</p>	<p>Choose a main Fish(F) Vegetable bakes (G)</p> <p>with Creamed potatoes (M) Peas Mushy peas</p> <p>Dessert Strawberry mousse (M)</p>	<p>Choose a main Bolognaise (M,G,S) Quorn bolognaise (G,S,E,)</p> <p>with Pasta Garlic Bread Mixed Veg</p> <p>Dessert Ice cream (M)</p>
Wednesday	<p>Choose a main Minced beef (G,E,S,M) Quorn mince (G,E,S,M)</p> <p>with Creamed potatoes (M) Green beans Carrots Yorkshire pudding (G,M,E)</p> <p>Dessert Shortbread (M)</p>	<p>Choose a main Chicken pie(G,E,S,M) Quorn pie (G,S,E,M)</p> <p>with Roast Potatoes (G) Gravy (G) Carrots / Broccoli</p> <p>Dessert Rice pudding and sultanas (M)</p>	<p>Choose a main Roast Beef Quorn fillets (G,M) Yorkshire pudding (G,M,E,) Carrots</p> <p>with Roast potatoes Green beans Gravy (G)</p> <p>Dessert Jam sponge (M,S,G,E)</p>
Thursday	<p>Choose a main Fish fingers (F,G) Vegetable fingers (G)</p> <p>with Potato waffles Baked beans Peas</p> <p>Dessert Fruit and cream</p>	<p>Choose a main Beef chilli (G) Quorn chilli (G,M,E)</p> <p>with Rice Taco (S) Mixed veg</p> <p>Dessert Ice cream (M)</p>	<p>Choose a main Chicken tikka (M.S.) Quorn tikka (M,S,E)</p> <p>with Boiled rice Nan (G,M,E)</p> <p>Dessert Muffin (G.S.M.E)</p>
Friday	<p>Choose a main Chicken nuggets (G) Quorn dippers (G)</p> <p>with Chips Peas</p> <p>Dessert Biscuit (G,M,S,E)</p>	<p>Choose a main with Cooks choice</p>	<p>Choose a main Fishcake (F,G,M,MU,SU) Vegetable Kiev's (G,S)</p> <p>with Chips Peas Mushy peas</p> <p>Dessert</p>

(C) Celery, (Cr) Crustaceans, (E) Eggs, (F) Fish, (G) Gluten, (L) Lupin, (M) Milk
(MO) Molluscs, (Mu) Mustard, (N) Nuts, (P) Peanuts, (Se) Sesame, (S) Soybeans, (Su) Sulphites
Some ingredients may contain traces of other allergens if they are produced in premises where they are

ALLERGIES
Children with allergies will be catered for from the menu using modified dishes when necessary. Menu subject to change on a daily basis.

FRESH SALAD
Is available on
a daily basis

FRESH FRUIT
Is available on
a daily basis

CHILLED WATER
Is available on a
daily basis

FRESH MILK
Is available on
a daily basis

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

Special Dietary Requirements

The school provides food in accordance with pupils' religious beliefs and cultural practices as required. School caterers offer a vegetarian option at lunch every day. Allergy information is provided with all school menus.

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Pupil's food allergies are displayed in a sensitive way in a booklet created and maintained by the school's Welfare Assistant. This is kept with the kitchen manager and shared with all relevant catering staff.

Visits and Residential

Any meals taken as part of on or off school site residential will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

Packed lunches provided (by the school) for school trips as part of our Free School Meal provision comply with National Food Standards.

Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PSHE, PE and Design and Technology. We reinforce our delivery of the national curriculum by holding a healthy schools week annually which enables us to focus on all aspects of healthy eating.

Food and nutrition is taught at an appropriate level throughout the school in Science, PSHE and Design Technology (cooking and nutrition). The Eatwell Model is used throughout the school as a model of understanding a balanced diet.

Occasional clubs also support the teaching of food and healthy eating (e.g. cooking or food growing)

Staff delivering cooking sessions and clubs will have achieved Level 1/2 in Food Safety and Hygiene.

Events and Celebrations

The school does not encourage the regular eating of sweets or other foods high in sugar or fat. The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school. However, we do give out birthday sweets **(nut free)** if parents choose to send them in.

At special times of the year during which classes may have a class event to which food is brought in by parents, we expect to provide a balance between treat foods and healthy fruit and vegetables.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.