



# **Walthamstow School For Girls**

*“Neglect not the gift that is in thee”*

## **Whole School Food Policy**

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## **I Introduction**

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.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by Romi Jalil, Business Manager.

## **2 Aims**

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

## **3 Food and Drink Provision**

### **3.1 Breakfast**

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 for pupils from 8.00am – 8.45am. The breakfast menu includes a range of cereals, toast, continental options and cooked breakfast items.

### **3.2 Break Time**

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.

A breaktime service is also available between 11.10am and 11.30am. Hot snacks including focaccia pizza, hot bagels and homemade cakes are available in the dining area. A member of staff is always available on duty to supervise queues in the dining hall.

### **3.3 School Lunches**

School meals are provided by Olive Dining and served between 12:30pm and 1:30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2019.

Healthy food and drinks are promoted, and children are encouraged to eat balanced meals. The food available reflects the religious and cultural needs of the school community, for example, Halal meat is available daily. School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian option. We are trying to provide vegan options as often as possible during the week. The school meals menu can be found on our school website.

Olive Dining offer a “meal deal” available at the value of a free school meal, which includes a hot meal or salad and a desert. Various other deals are available including pasta, jacket potatoes and baguettes/sandwiches.

Our dining area offers a welcome environment where students and staff can enjoy their lunch whilst

socialising with friends and colleagues. The school operates a rota system to ensure all classes have fair access to school lunches. The rota is changed regularly to avoid the same groups always going last in the queue.

Students are supervised by Midday Supervisors over the lunchtime period members of the Senior Leadership Team are always on duty and carry radios in order to ensure that they can be contacted quickly if required.

Students are not allowed to take hot food out of the dining area for health and safety reasons and students are not allowed to consume food and drink in form rooms.

Students entitled to free school meals (FSM) are automatically enrolled within the cashless catering system with the daily entitlement and their FSM balance of £2.30 will be deducted from the meal purchased. In food consumed above the £2.30 allowance will be chargeable at the tills. The FSM entitlement can only be used for a lunchtime meal deal and cannot be used to consume snacks at breaktime.

### **3.4 Other Provision**

#### *3.4.1 Packed Lunches*

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include a range of the following:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous
- one portion of fruit
- one portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g., sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g., flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or iced buns.

#### *3.4.2 Drinks*

Several water fountains are located within the school site and students are encouraged to fill up water bottles. We encourage children to drink water regularly throughout the day to ensure they are well hydrated. Research shows this can improve concentration and learning.

Olive Dining provide a range of fruit juice-based drinks for purchase at break or lunchtime. No popular sugar-based fizzy drinks are sold by Olive Dining.

Fizzy-drinks or energy drinks **should not be brought in as part of a packed lunch** by any students.

### 3.4.3 Vending Machines

We provide two vending machines which supply a selection of cold meal deals and a range of healthy snacks. These snacks can only be purchased during break and lunchtimes.

## 3.5 School trips

Students attending school trips that span the lunch time are expected to bring their own packed lunch. Students entitled to a FSM can pre-order a school packed lunch via the trip organiser. Students will not be allowed to buy lunch from food outlets or shops during a trip.

## 4 Rewards

The school does not encourage the regular eating of sweets or other foods high in sugar, especially as a reward for good behaviour, academic or other achievements. Other methods of positive reinforcement are used in school. See our behaviour policy for a list of rewards used.

## 5 Fund-Raising

Occasional fund-raising events may include the sale of treat food such as cakes, but this will be limited to only fund-raising events. All food produced for fund-raising events must list allergen information and confirm to food safety and hygiene standards.

## 6 Curriculum Links

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Food Technology. The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

## 7 Enrichment

The school has an allotment area and students are encouraged to join the Gardening Club to support the growth of home-grown produce.

## 8 Special Dietary Requirements

Parents and carers must make the school aware of any severe food allergies their daughter suffers from. In such circumstances individual care plans are created for pupils with food allergies in consultation with school nurses. Any medication required to manage food allergies should be provided as part of the individual health care plan.

The school does everything possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Pupil's food allergies are recorded in our management information system SIMs and also our cashless catering system.

We are a "nut-free" school and school packed lunches should not contain any nut-based products. Any food products provided by Olive Dining will not contain any nut products.

## 9 Food Safety and Hygiene

We recognise that food safety and hygiene is of paramount importance for the health of the whole school community. To ensure that food is stored, prepared and eaten in clean and safe environment, the following food safety arrangements will be adopted:

- Ensuring that adequate storage and washing facilities are available
- That food handlers undergo appropriate food safety and hygiene training
- A documented food safety management system based on HACCP principles will be put in place, implemented and maintained
- That suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. Olive Dining have food safety information displayed in the appropriate areas.

All staff involved in the preparation or handling of food are expected to complete their Food Hygiene Certificates. There is regular monitoring of the food facilities by the Local Authority Environmental Health Officer.

## **10 Student Voice**

We aim to provide opportunities for pupils to play an active role and contribute to decisions on food within in the school. The mechanisms in place for pupil consultation and input are: *School Council, Food Focus Group, Suggestion Box, Student Year Meetings*. The school also promotes student involvement and ownership through cross-curricular activities, competitions, questionnaires, assemblies and PSHE/tutor periods.

## **11 Environmental Issues**

There are many links between food and the environment. The School and Olive Dining are aiming towards:

- Reducing the amount of packaging waste from food and drink
- Phasing out products that use single-use plastics
- Use some locally produced foods where possible
- Promoting opportunities for pupils to grow food at school, e.g. vegetables, herbs.

## **12 Expectations of staff and visitors**

Teachers, caterers, lunchtime supervisors and school nurses have a key role in influencing students' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. It is essential that staff remain committed to setting an example with food in school.

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. Staff should not eat food in a classroom.

## **13 Parental Engagement**

Our relationships with parents and carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

We actively encourage parents to participate in decisions concerning school food (such as school

meals, packed lunches, water provision, snacks).

Menus are available for parents and students on the school website.

## **I4 Monitoring and Review**

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 3 years.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

