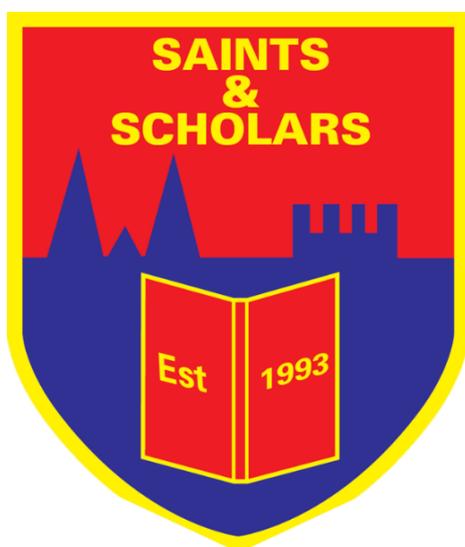


# Saints and Scholars Integrated Primary and Nursery School



## Food in Schools Policy

Date reviewed	20 <sup>th</sup> September 2023
Date ratified by Governors	
Next review date	

**Introduction:**

This policy will help realise the school vision in relation to the physical development of the pupils.

Saints and Scholars Integrated Primary School is a Health Promoting School and actively supports healthy eating and drinking throughout the school day.

This Policy has been drafted in line with the Department of Education's Food In School Policy which has both mandatory and discretionary elements:

**Mandatory:**

Schools must:

- Ensure that food meets the nutritional standards
- Ensure that pupils learn about food
- Ensure that water is accessible for all pupils throughout the day

**Discretionary:**

Schools may:

- Implement a Healthy Breaks Policy
- Determine what is allowed in lunchboxes
- Decide if pupils are allowed to go home at lunchtime

**Aim:**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

**Objectives:**

- To ensure a whole school approach to Healthy Eating and Drinking.
- To encourage children to develop healthy patterns of behaviour.
- To make children aware of the ways they can keep their bodies healthy and the consequences of not doing this e.g. the dangers of childhood obesity.
- To ensure that staff, students and parents are aware of current issues related to health and food.
- To ensure that effective links are made between teaching on nutrition and physical education.
- To raise awareness about healthy eating and drinking through the curriculum.
- To make the most of outside organisations that can support our intentions.
- To provide information about how to eat well.
- To encourage pupils to eat a wide variety of foods.
- To encourage pupils to drink water throughout the day.
- To ensure that our school meals provide tasty choices and meet the Nutritional Standards for school meals.
- To ensure that children who are entitled to free school meals avail of this entitlement.

- To have a mealtime environment that encourages the positive social interaction of pupils.

### **Strategies:**

We will meet our objectives by implementing the following strategies:

#### Healthy Eating

- Breakfast
  - The school operates a Breakfast Club which offers pupils a healthy breakfast every school morning at an affordable cost.
- Break
  - The school operates a Healthy Breaks Policy.
  - Suitable healthy break snacks include:
    - Pieces of fresh fruit
    - Fruit pots of sliced or chopped fresh fruit
    - Canned fruit in natural juice
    - Salad pots
    - Raw vegetables such as tomatoes, carrots, celery, peppers and cucumber
    - Bread, pancakes or scones with a thin spread of margarine
    - Breadsticks or crackers with cheese
    - Sandwiches, bagels, baguettes, pitta bread, tortilla wraps or rolls
    - Yogurts
  - Unsuitable break snacks include:
    - Any type of confectionery, eg chocolate products and sweets
    - Crisps and crisp-like products such as tortilla chips, potato sticks, corn chips, prawn crackers, puff crackers
    - Cakes, buns or pastries
    - All biscuits
    - Fizzy drinks
    - Dried fruit that has been sugared or coated in yogurt or chocolate
    - Pretzels
    - Nuts
  - \*On the last day of every term pupils may be permitted to bring an 'Unhealthy Break.'
- Lunch
  - Every month a school dinner menu is sent home to parents and is available on the school website.
  - Our meal provider ensures that there are healthy options available daily.
  - The menu meets the Nutritional Standards for school meals and includes vegetables and fruit.
  - Yogurt and fruit are available every day.
  - Foods are oven cooked as opposed to fried.
  - Chips are only available once per week.

- We encourage parents who send packed lunches to ensure that the lunch contains healthy options e.g. information on our healthy break and lunch policy is shared with parents on Dojo and on our website on a regular basis.
- The school encourages those parents entitled to Free School Meals to take them.
- Healthy Drinking
  - Water is accessible to all pupils and staff throughout the day
  - We encourage all children to bring a bottle of water to school with them every day as it has been shown to benefit health and concentration.
  - Fizzy drinks are not permitted in school.
  - Milk is given to every pupil in Nursery every morning and can be bought, at an affordable cost, by all other pupils as part of the Department of Education's European Milk Subsidy Scheme.
  - Milk and water are available every day at lunchtime for those children who are taking school dinners.
- Other
  - Due to some children in our school having allergies, foods containing nuts or hard boiled eggs or egg-based sandwich fillings are not permitted.
  - Children must not share food (unless as part of a celebration or end of term treat which the teacher has written a risk assessment for).
  - Healthy Eating and drinking are promoted in the Curriculum through Personal Development and Mutual Understanding (PDMU) and World Around Us (WAU) topics.
  - Outside businesses/organisations are used when appropriate eg Tesco's 'Farm to Fork' initiative.
  - Books on various aspects of Healthy Eating and Drinking can be found in the school and class libraries.
  - Pupils in the Nursery are made aware of the importance of oral hygiene by visits from the School Dentist.
  - Literature on Healthy Eating is made available to parents when appropriate.
  - It is the exception and not the norm that sweets are used as a reward.
  - Parents are not permitted to send homemade cakes into school for health and safety reasons.
  - Due to allergies within certain classes, birthday cakes are not to be brought into Nursery or our Primary 1 classes. These can be provided in classes from Primary 2 at the teacher's discretion. Any food sent to school should be clearly marked with ingredients and allergen information.
  - Staff who take responsibility for food have completed basic food hygiene training (all breakfast club staff and our catering staff have all completed this).

## **Allergies and Special Diets:**

The school keeps a Food Allergy Register and it is the responsibility of parents of pupils with food allergies to inform the school about these. The school will in turn make the kitchen aware of this by completing a 'special diet application form'.

More information on how the school manages allergies can be read in our 'School Allergens Policy' which is available on our school website. A copy of this policy can also be requested at the school office.

Special diets can be required for a wide variety of medical conditions including food allergies, food intolerance, diabetes and coeliac disease. A medically prescribed diet is one which has been prescribed by a medical consultant, GP or registered dietician. Pupils with specific food related medical conditions can be catered for if sufficient information is provided from the pupil's medical consultant, GP or registered dietician to ensure that school catering services can safely meet the needs of the child.

Other children follow special diets for religious or cultural reasons, or because they are vegetarian or vegan. Standard school catering services are likely to meet most needs in relation to dietary requirements however, where they do not meet such needs, a Parent/ Guardian may contact the school to request special meals.

The catering service has a significant role in the day-to-day provision of special diets. This can be for children with allergies or intolerances, children who are vegan or vegetarian, or children who require a special diet for religious or cultural reasons.

The procedure for supplying meals to meet special dietary requirements in Saints and Scholars is as follows:

- Parent/ Guardian to inform school that their child has a special dietary requirement
- School will provide a Special Diet Application Form and Special Diet Medical Form to Parent/ Guardian.
- Parent/ Guardian to complete Special Diet Application Form and Special Diet Medical Form and return to school.
- Meeting to be arranged with School, Parent/Guardian and School Catering Service to outline roles and responsibilities using the Special Diet Meeting Checklist. A meeting may not always be required for all special diet applications, but it is advised for all pupils requiring a medically prescribed diet.
- Outcome of the meeting to be recorded using the Special Diets Meeting Outcomes Form.
- School to carry out a risk assessment.
- School to perform regular reviews of special diets. All parties to communicate any changes to requirements or provision.

## **Monitoring and Evaluation:**

We will monitor and evaluate progress through:

- Pupil Council
- PDMU/WAU co-ordinator monitoring planners to ensure Healthy Eating and Drinking is being covered
- Teachers being able to identify food-based topics through other schemes of work
- Breakfast Club co-ordinator reporting on the number of pupils using service
- Parent Questionnaires
- Discussions between the Principal and the Catering Manager at The Armstrong PS (Sonia Lyness) and the Catering Team Leader (TBA).

**Links to other policies:**

This policy works in harmony with:

- Healthy Living
- School Allergens Policy
- Pastoral Care
- PDMU
- WAU
- PE
- Lunchtime
- Positive Behaviour Management

**Policy Review:**

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, governors, education authority representatives, community dietitian and local school nurses. It will be reviewed as and when necessary.