

Charles Dickens School Food Policy



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1. Introduction

Charles Dickens Primary School is a Healthy Zone, dedicated to providing an environment that ensures the healthy choice is the easy choice. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, all elements of the school day are brought together to create an environment that supports a healthy lifestyle. We can be valuable role models to pupils and their families regarding food and drink choices and healthy living.

Policy implementation date:

Signature:

This policy will be reviewed annually to incorporate any new developments.

2. Food policy champions

To ensure our food policy is an embedded element of our school community, it was formulated by:

- Michael Eggleton (Headteacher)
- David Windle (Deputy Headteacher)
- Linda Nash and Kim Gartell (Breakfast club staff)
- Treetops staff
- Parents / carers and children were also consulted in the creation of this policy

The charity, School Food Matters, assisted the school in bringing the policy to life through workshops and engagement sessions.

3. Food policy aims and objectives

Our school food policy aims to:

- ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff, and visitors
- broaden the nutritional and dietary experience of every child

The objectives 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 ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils
- to make the healthy choice, the easy choice for the pupils in the school
- to provide all children with a broad and balanced range of foods
- to ensure children experience a diverse range of tastes and flavours

4. Food and drink provision throughout the school day

All school staff who serve food across the school day are trained in food safety and hygiene. Our most recent environmental health score is a 5.

4.1 Breakfast club

Charles Dickens has a breakfast club which is a Healthy Zone serving nutritious, school food standard compliant meals to support children's health and concentration ensuring they have fuel for learning. The club is run in-house by Linda Nash and Kim Gartell between 7.30 and 8.30am in order to provide childcare.

Children are served a range of healthy breakfast options over the course of a week, here is an example week:

- Monday: beans, toast, cereals, yoghurt, fruit
- Tuesday: porridge, toast, cereals, raisins, bananas, coconut
- Wednesday: wraps, crumpets, cereals, cucumber, carrots, leaves
- Thursday: fruit loaf, toast, cereals, fruit
- Friday: eggs on toast, teacakes, cereals, fruit

Milk and water are available to drink daily.

4.2 School lunch

Food served

School lunches are provided by Lunchtime Co. The menu changes each week on a 3-weekly rotation.

Both a vegetarian and non-vegetarian option are offered every day, except Monday which is meat free. Also available daily are a selection of salads, freshly baked bread and yoghurt with a variety of healthy toppings. Aside from yoghurt and fruit, a sweet dessert is offered once a week on Friday.

Dining environment:

The dining hall is a clean and pleasant place in which to eat. The lunchtime staff maintain high standards of cleanliness and order. Children are expected to use good manners during lunchtime; they select their lunch when they see the food at the serving station. Lunchtime is supervised by Linda Nash and Kim Gartell. Staff are encouraged to eat lunch with the children. Staff pay £2 for a school lunch.

Feedback and consultation:

Both a parent and a child survey are conducted termly in order to take feedback about school lunches.

Free School Meals:

Every child at Charles Dickens Primary School receives a free school meal.

4.3 Packed lunch

Packed lunches are lunches brought from home as well as those provided by the school and by parents for trips.

Children are encouraged to opt for school meals; however, a healthy packed lunch is allowed. The packed lunch should include a nutritious main for example a sandwich/pasta/noodles/soup, yoghurt and fruit / vegetable sticks. Children are allowed to bring in water to drink. Aligned with our school meal desserts, on a Friday packed lunches can include a small cake bar or biscuit.

Sweets, chocolate, crisps, fizzy drinks and juices are not allowed. Nuts are not allowed due to allergies. If children are given inappropriate food in their packed lunch, a healthy alternative is provided and parents / carers are informed.

School packed lunches can be provided for school trips – these consist of sandwiches, fruit, a biscuit and water.

4.4 Afterschool club

Charles Dickens Primary School has an after-school club which is a Healthy Zone serving nutritious, school food standard compliant food. The after-school club is run by an external provider (Treetops) and offers childcare from 3.15 – 6pm. Children are offered healthy snacks during the club. The menu was created in collaboration with School Food Matters on their Healthy Zones project.

4.5 Food brought in

All children are entitled to free fruit at breaktimes. Children are allowed to bring in their own fruit for breaktimes if they prefer. All food brought into the school should comply with the School Food Standards. This applies to the following occasions:

- Breaktimes
- Parents evenings
- Sports days/events
- School council meetings
- Exam or test days/weeks
- End of term
- School trips
- Birthdays (cakes, sweets and other confectionary are not permitted.)

We also strive to ensure that healthy food and drink options are available at the following school events and celebrations:

- Fund-raising events
- Seasonal celebrations [Christmas, Easter, Eid etc.]
- Summer and winter fair
- International events/Cultural week

4.6 Water only

The school is water only (except for milk), as per the Southwark Council water only policy. Children can refill their water bottles at various water fountains located around the school.

4.7 Meat free option

A vegetarian lunch option is available every day. Monday is a meat free day as the school is committed to a planet friendly future.

4.8 Dessert free day

On Mondays, Tuesdays, Wednesdays and Thursdays, our school serves yoghurt, a selection of fresh fruit or cheese and crackers. This policy also applies to pupils who bring in a packed lunch and we feel this is important to reduce sugar consumption and enable our pupils to have a more balanced, nutritious diet. On Fridays, a sweet dessert is available in addition to the above.

4.9 Reward culture

Food is not used as a reward for pupils. To recognise good behaviour, once a week a child from each class is selected to eat at the 'top table' at lunch.

5. Allergies and special diets

All staff are trained on how to manage allergies. Children with allergies are identified photographically. Each child with an allergy carries an epi-pen at all times in a shoulder pouch.

6. Food education

Cooking and nutrition is a compulsory subject within the Design & Technology curriculum [Appendix 3]. This is taught at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance and practical skills such as designing, preparing, and cooking predominantly savoury food. Here are some examples of how we deliver a broad variety of food education:

- Children are taught cooking skills during DT in both KS1 and 2. They are taught about food seasonality and sustainability.
- Children are also taught about healthy food in science and PHSCE lessons.
- Additionally, in science children learn about where food comes from, farming and the environmental impact of food production.
- The school has a garden in which vegetables are grown and chickens are kept – the garden is used during science lessons and after school for gardening club. The school also work with School Food Matters on a project called Young Marketeers where children grow vegetables to sell at Borough Market.
- The school regularly engages with outside agencies such as Cook School and Pizza Express for food making workshops.

7. Equal opportunities

Where food and drink are provided in school, and throughout all food education, we recognise the importance of all pupils, staff and visitors access to equal opportunities and ensure all are catered for, feel valued and included.

8. Staff and visitors

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes about food and drink, so it is important that they are positive and healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition. Staff and visitors are asked to model healthy eating and drinking when outside of the staffroom across the whole school site and wherever they are in view of children.

9. Monitoring and evaluation

At each annual review, we will identify what areas we need to improve on to ensure a healthy approach to food & drink and continue to be a Healthy Zone school.

Next review date: 17.10.2023

Appendix 1:

The revised standards for school food came into force on 1 January 2015 and are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

Appendix 2:

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Appendix 3:

[National Curriculum - Design and technology key stages 1 to 2 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)