



# Whole School Food Policy

## **Mission/Rationale**

This policy, like all others in the school, supports the school's values. Dulwich Wood is a vibrant, happy and inclusive school, where every child is encouraged and supported to be the best they can be across the broad and balanced curriculum on offer.

## **Aim of the Whole School Food Policy**

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

## **Name of member of SLT responsible for school food**

Helen Rowe, Head teacher

Lucia Taylor, Business Manager

SLT members have overall responsibility for food in school, for policy development and for ensuring all providers on school premises are aware of the policy.

## **People with key responsibilities for food in schools**

- Catering company (Chartwells) – responsible for menus, nutritional analysis and standards as well as working with SLT in improving food in school
- School Cook– responsible for managing the kitchen staff team; preparation, cooking and serving of school lunches.
- School– responsible for overseeing and coordinating nutrition education for pupils and training for staff where required, working closely with Chartwells when appropriate

## **Our Healthy School - whole school approach**

In line with Southwark's school meals guidelines all school lunches and packed lunches are free to all children regardless of Parental income or status.

## **The eating environment**

The school dining room is bright and clean. The Kitchen staff deliver meal sittings from 11.30am to 1.30pm. There are hand sanitisers and hand washing facilities for all children, water jugs on each table, a salad and fruit bar as well as homemade bread, all of which are all available throughout each sitting.

Reception children eat first, followed by Year 1 to Year 6 in that order.

Time for lunch break is sufficient to enable all pupils to eat their meal.

Teachers are aware of influence of role modelling; many teachers eat a school meal and their presence in the dining room both promotes good eating habits and demonstrates that meal times are a social occasion. Children are encouraged to chat to their friends and use their knives and forks appropriately.

Each day a member of SLT monitors the dining room to ensure that there is enough of each meal option and that each child gets their preferred choice (and doesn't change their order at the last minute!).

The school provides a similar welcoming eating environment for the children who use breakfast club and after school club. A dining table is set up and cutlery laid out for both breakfast and afternoon snacks. All the staff who work in these settings have completed the on-line food hygiene training and sit down with the children to eat.

All children are offered fresh fruit at playtimes; the fruit is plentiful and if children ask they can also take a piece of fruit to after school club or to eat at home time. The youngest children also get a carton of milk each day.

On Friday the 'Friends of Dulwich Wood' run a healthy tuck shop where children can buy seasonal fruit and try new fruits and vegetables. The fruit is often presented in attractive and unusual ways like ice lollies, kebabs, in little bags with ribbons etc. There are also reduced sugar energy bars with dried fruits and gluten free products on offer. In line with the school policy, all products on sale are carefully monitored to ensure that nothing contains nuts.

### **Rewards and Special Occasions**

#### **Link to behaviour for learning policy**

Food is not used for rewards – instead we rely on praise, complimentary remarks, house points, stickers, stars and celebration assembly certificates etc. Food is not used for end-of-term presents to pupils.

Children (and Parents) are explicitly taught that sugary and fatty foods are treats and are only eaten on special occasions. This includes the celebration of Birthday's in school. Parents/Children know that birthday cake and sweets cannot be shared for individual birthday as this would lead to at least 30 extra treat days a year. Children who want to share their birthdays bring in items such as grapes, bread sticks and pop-corn.

### **Communication**

Consultation with parents, pupils and governors occurs as well as discussions with caterers, pupils, parents and teachers through informal and formal meetings, phone calls, questionnaires, curriculum evenings, letters, display boards etc.

### **Quality assurance**

- Staff teaching nutrition should receive training to ensure a consistent approach and baseline knowledge of healthy eating (part of Science, PE/sport, PSHE)
- Outside visitors should be made aware of the policy and ethos of the school towards healthy eating before planning their sessions

### **School food and drink provision - the requirements for school food regulations**

The Department for Education have published the new school food regulations now to give schools, caterers, suppliers and food manufacturers time to familiarise themselves with the changes and to make any necessary preparations. The standards will become statutory from January 2015.

The standards are based on the following food groups:

- Starchy food
- Fruit and vegetables
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Milk and dairy
- Foods and drinks high in fat, sugar and salt
- Plus, healthier drinks

The general principle of the new standards emphasises the importance of providing a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Offering a wider range of different foods provides a better balance of nutrients. **See Appendix One**

### **Our caterer- Chartwells (part of Compass Group) – Healthy Eating Policy statement, Sep 2015**

"Chartwells strives to continually improve the health and wellbeing of the pupils we feed every day. We have implemented a strategy that outlines our health and wellbeing commitments between now and 2020. This strategy has three core pillars; healthier food, healthier futures and healthier lives.

Chartwells support the commitments Compass Group UK & Ireland has made to the Government's Responsibility Deal and Government Buying Standards. None of our ingredients contain artificial trans fats and we are working closely with all of our suppliers to work towards the 2017 salt targets.

Our menus are developed in line with current UK healthy eating guidance. We are advocates of the School Food Plan and ensure that all of our menus are compliant with the school food standards. We follow recommended portion size guidelines to ensure our recipes meet the nutrient requirements of the specific age groups within a school environment". **See Appendix Two**

### **Non-school packed lunches**

The school will provide information on healthy foods that should be included in lunch boxes from home. The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended approaches from the NHS -

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

- and guidelines set out by the British Nutrition Foundation. A child's lunch should include only the following:
- A portion of starchy food, e.g. wholegrain roll/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), and milk (not flavoured)

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child.

Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

**In addition, the school requests that parents do not include the following items in packed lunches:**

- **Sweets chocolate, etc.**
- **Crisps or any packet savoury snacks high in salt and fat**
- **Fizzy drinks/sugary drinks**
- **Sweet cakes, e.g. sugary cakes, doughnuts, etc.**
- **Anything containing nuts**

### **Monitoring and evaluation**

Children and Parents are regularly asked (both formally and informally) whether the school lunches are acceptable, feedback is mostly positive. Where problems have been identified both SLT and School Council have discussed and resolved the issues. For example, when portion control was raised by the School Council a representative from Chartwells met with the school Council and SLT to explain portion recommendations and general guidelines in terms of different amounts of each food group that must be included in the menu each day.

The food choices and menus are monitored daily by the SLT member in the dining hall and where a particular food item has not been acceptable or a popular choice this information is immediately shared with the cook and the menu changed accordingly. Rarely are there issues with the quality of food, in fact the School Cook is introducing items like Jellof rice, chimi-changas, Jamaican patties which are both popular and an opportunity for some children to try new things. She also supports Chinese New Year by providing a Chinese themed menu, Christmas dinner and is keen to further develop this aspect of her catering e.g. she provided a jerk Chicken themed BBQ at the School Summer fair

Only a few children chose to bring packed lunches from home and these are regularly monitored. If children are noted to consistently bring unhealthy packed lunches, parents are contacted to discuss and encourage other options. Packed lunch guidelines are reiterated on trip letters where packed lunches are required. Most children however order a school packed lunch which includes water, juice, fruit, a sandwich and a biscuit.

### **Meeting the needs of pupils with special dietary needs**

Our school is a nut-free zone. Epipens are kept in the school office and training is provided annually for staff. We have 3 type-1 diabetic pupils who are closely monitored by trained staff throughout the day.

When pupils are enrolled, dietary requirements are requested via a questionnaire and catering are informed appropriate. Pupils with cultural diets are recognised by catering by photos placed near the service area. In this way, catering staff can encourage appropriate meals and not exclude pupils in any way. All mid-day meal supervisors are attached to a House so they know the children really well, they also know their meal choices and dietary requirements.

**Dissemination of policy to the whole school community will be through inclusion within school prospectus, on the school website, on school entry and annually thereafter.**

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|--------------------------------------|----------------------------------|
| <b>Date of policy implementation</b> | December 2015                    |
| <b>Approved by</b>                   | Full Governing Body January 2016 |
| <b>Date of policy review</b>         | January 2019                     |

## Appendix One

| Revised standards for <i>school lunches</i>                           |  |
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| Food group  | Food-based standards for school lunches  |
| <b>STARCHY FOOD</b>   | One or more portions of food from this group every day   |
|   | Three or more different starchy foods each week  |
|   | One or more wholegrain varieties of starchy food each week   |
|   | Starchy food cooked in fat or oil no more than two days each week<br>( <i>applies to food served across the whole school day</i> )   |
|   | Bread - with no added fat or oil - must be available every day   |
| <b>FRUIT AND VEGETABLES</b>   | One or more portions of vegetables or salad as an accompaniment every day  |
|   | One or more portions of fruit every day  |
|   | A dessert containing at least 50% fruit two or more times each week  |
|   | At least three different fruits, and three different vegetables each week  |
| <b>MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN</b> | A portion of food from this group every day  |
|   | A portion of meat or poultry on three or more days each week   |
|   | Oily fish once or more every three weeks   |
|   | For vegetarians, a portion of non-dairy protein three or more days a week  |
|   | A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, ( <i>applies across the whole school day</i> ) |
| <b>MILK AND DAIRY</b>   | A portion of food from this group every day  |
|   | Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours   |
| <b>FOODS HIGH IN FAT, SUGAR AND SALT</b>                              | No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated ( <i>applies across the whole school day</i> )   |
|   | No more than two portions of food which include pastry each week<br>( <i>applies across the whole school day</i> )   |
|   | No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat<br>( <i>applies across the whole school day</i> )   |
|   | Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food  |
|   | No confectionery, chocolate and chocolate-coated products  |
|   | Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary.  |
|   | Salt must not be available to add to food after it has been cooked   |
|   | Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.   |

|   |  |
|---|--|
| <p><b>HEALTHIER DRINKS</b></p> <p><i>applies across the whole schoolday</i></p> | <p><b>The only drinks permitted are:</b></p> <ul style="list-style-type: none"> <li>• Plain water (still or carbonated)</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (max 150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium, yoghurt drinks</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water</li> <li>• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk</li> <li>• Tea, coffee, hot chocolate</li> </ul> <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice</p> |
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### In addition

- School food other than lunch (breakfast, mid-morning break, after school club food) required to meet the revised standards.
- Drinking water is available freely throughout the day.
- Menus will be made available to pupils and parents
- Vending, if to be used in the school, should adhere to government standards
- Packed lunches –guidance sent home to parents and how packed lunches are stored / monitored
- Food provision outside of lunchtimes e.g. after school clubs, trips meets the revised food standards

## Appendix Two

### Chartwells (part of Compass Group) – Healthy Eating Policy statement, Sep 2015

#### Healthy Eating Policy Statement

A balanced diet is essential for good mental and physical health, and to optimise growth and development in children and young people. Adopting a healthy diet and good eating habits in the early stages of life will lay the foundations for future health.

Chartwells strives to continually improve the health and wellbeing of the pupils we feed every day. We have implemented a strategy that outlines our health and wellbeing commitments between now and 2020. This strategy has three core pillars; healthier food, healthier futures and healthier lives.

Chartwells strives to use the highest quality fresh ingredients, incorporating seasonal and regional produce where possible. We have a network of national and regional suppliers with whom we actively work to reduce the fat, salt and sugar levels of our food. Whilst monitoring these levels we also work to minimise and eliminate the use of artificial additives. None of our ingredients contain the 'Southampton six' artificial colours which have proven to increase hyperactivity in children.

Chartwells support the commitments Compass Group UK & Ireland has made to the Government's Responsibility Deal and Government Buying Standards. None of our ingredients contain artificial trans fats and we are working closely with all of our suppliers to work towards the 2017 salt targets.

Our menus are developed in line with current UK healthy eating guidance. We are advocates of the School Food Plan and ensure that all of our menus are compliant with the school food standards. We follow recommended portion size guidelines to ensure our recipes meet the nutrient requirements of the specific age groups within a school environment.

We strive to be more than just caterers and in addition to a nutritious food offer we have a nutrition education programme in place to educate pupils on the importance of a healthy balanced diet. All our nutrition education resources are in line with the national curriculum and in particular support the 'cooking and nutrition' curriculum

within key stages 1 to 3. Our 'Putting Fun into Food' programme also supports schools in adopting a whole school approach and makes learning about nutrition and food fun and inspiring.

**Reviewed – January 2019**