



Lauriston School Federation School Food policy

Version	Date	Summary of changes
1.0	26 Sept 2018	First Version
1.1	11.03.2020	Special dietary requirement page 6 – Halal meat.
1.2	17 May 2020	Changed wording on the first paragraph in section 10 to further clarify Halal dietary requirement

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‘Success No Matter What!’

The governing board recognises its responsibility for setting a strategic framework for the Federation’s food policy and for monitoring its implementation.

The school is dedicated to providing an environment that promotes healthy eating across the school day that enables pupils to make informed food choices. We take into account individual needs, e.g. religious, cultural, ethical, and medical.

The main aims of our Federation food policy are:

- To provide a range of high quality food choices throughout the school day and in line with 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
- To ensure that all pupils have access to at least one healthy meal each day
- To ensure that the choices provided address cultural, religious and special dietary needs
- To ensure that meal times are a social event for pupils and staff
- to develop the use of cutlery and table manners.

Food throughout the school day

1. Breakfast

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

The Daubeney & Sebright Schools run a daily breakfast club for pupils from 7.45 – 8.45am. Lauriston School's breakfast club runs from 8am – 8.45am. There are two breakfast clubs available at Sebright and Daubeney Schools: Early Years and KS1 & 2. Food is served until 8.30am in all schools.

At Daubeney & Sebright Schools the breakfast menu includes: wholemeal bread each day, choice of cereal with no added sugar, juice, as well as once a week a choice of: sausages, scrambled eggs, baked beans, bagels, tea cakes.

At Lauriston School the menu includes:

wholemeal bread each day, choice of cereal with no added sugar and juice.

2. Snacks

In the Early Years & Key Stage One, snacks are provided during the morning break and consist of fresh fruit and vegetables.

A healthy school tuck shop runs daily at break time for KS2 children at Sebright and Daubeney Schools. The tuck shop is managed and run by the YR6 children along with a teacher at Daubeney School. A member of staff runs the tuck shop at Sebright School. At Lauriston School some free fruit is available for Key Stage 2 during break time. However, this is limited to cut down on food waste.

3. School lunches

At Daubeney and Sebright Schools meals are prepared daily on the school premises by our dedicated catering team, led by a highly skilled chef, and served between 12.00 – 1.30pm in the dining hall. The school menu strictly adheres to school food regulations and children have to choose one of each food type on offer (fixed plate service). Milk and water is available during lunch. The menu is audited twice a year in order to provide accurate and transparent information for parents.

At Lauriston we have a catering company preparing the meals on site. There is a fixed plate policy to ensure that children have a balanced diet in line with school food regulations and water is available during lunch.

School meals are planned in advance in a 3 weekly menu cycle and contain meat, fish, and vegetarian and vegan option. The menu is available on our schools' website as well as in the schools' main office area along with the audit.

All Schools have joined the Meat Free Monday scheme in order to raise the awareness of the environmental impact of eating meat and preserve precious natural resources

Dining is a social and cultural experience and we aim to have a pleasant and happy dining environment, to develop pupils' enjoyment of a variety of food. Children are brought into the hall to queue quietly and calmly. We expect good manners at all times and encourage children to use please and thank you when being served. At the table children are encouraged to use cutlery correctly and to sit down until they have finished eating. Adults encourage children to try a variety of food but do not insist that children finish all their food. Children ask for the water or milk jugs to be passed to them in a polite manner and adults support them to develop good table manners. It is important to give young people ample opportunity to sit and enjoy their meal together, allowing them to feel rested and refreshed for learning in the afternoon.

4. Packed lunches

At Sebright Primary School all children have school meals and by 2020 we aim for Daubeney Primary School to have the same approach. We are reviewing Lauriston Primary School's approach to ensure that all children are provided with a warm nutritious meal and are part of the whole school experience when having lunch.

When parents provide a packed lunch they are advised that packed lunch should include:

- Some starchy food e.g. bread (pitta, wraps, bagels), pasta, potatoes, couscous, choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yogurt
- Meat, fish or other source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines, salmon

Packed lunches should not include:

- Crisps or crisp style snacks e.g. flavoured rice cakes, cheddars
- **Food containing nuts** (due to other pupils' allergies)
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yogurt/ desserts
- Fizzy drinks

We are unable to heat any packed lunch food for children so if parents wish to send in a warm meal they must use a vacuum flask that does not contain glass.

5. Extended Day and After School Clubs

Afterschool Clubs (3.30pm – 4.30pm)

Children should not need a snack at this time. However, parents can provide a bottle of water and a piece of fruit. At Lauriston School fruit is provided and all children have their own water bottles.

Extended Day Care (3.30pm – 6pm)

After school snacks are provided by the schools and include a daily snack from these options:

Sebright & Daubeney - a choice of sandwiches, rolls, or wraps, beans on toast, pasta salad and fresh fruit.

Lauriston - a choice of sandwiches, rolls, or wraps, occasionally pizza and fresh fruit.

If a child does not wish to eat at this time we will not make them as they will be eating at home later. Snacks provided by parents are not allowed at this time as food is available.

6. Drinks

We encourage pupils to drink water at frequent intervals throughout the day. We educate pupils about the importance of hydration. We ensure that all pupils have easy access to free, fresh drinking water throughout the school day.

Water is available during lunch service for all children.

For breakfast and extended day care we offer: water and fresh juice.

At Daubeney & Sebright milk is also available.

7. School trips

A healthy packed lunch will be provided by the school, for all children who have a school meal. Those children who currently bring in a packed lunch are welcome to bring their own packed lunch on trips; ***however, these lunches must adhere to the same food and drink guidance described above.***

8. Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement.

Celebrations

Although the school recognises the importance of celebrating birthdays and special occasions we do not allow food to be sent into school to celebrate birthdays. This is due to the high percentage of children with allergies as well as children whose religion restricts the type of food they can eat.

We are also aware of the cost of providing treats for 30 children and the peer pressure that is put on children and parents to provide these even when parents cannot afford the cost.

For celebration events, such as Christmas or Eid parties, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents with a suggestion list of food to ensure that we have a wide variety of healthy food choices. Parents are asked to list the ingredients used in any home produced items.

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

Head of School's Tea Party

Every half term teachers nominate one child per year group to attend the Head of School's Tea Party. The nominated child can choose a guest to accompany them. The purpose of the Head of School's Tea Party is to develop good relationships between pupils and the Head of School. Pupils are nominated for a variety of reasons and not just for good behaviour.

One savoury snack, one sweet snack, fruit and fruit juice are provided on this special occasion. Dietary needs are catered for to ensure that all children are included.

9. Curricular and extra-curricular activity

The curriculum ensures that we teach the importance of nutrition and healthy life-style choices. This is taught at an appropriate level across the school.

As part of our curriculum we have a Food Week each year. All children are involved in food preparation or cooking and lessons are planned around healthy eating and food safety.

During Work Week children across the school visit various places of work. These visits may include food distribution outlets e.g. supermarkets, restaurants, bakeries, where children get the opportunity to see how food is stored, sold and prepared.

There is an allocated space in our gardens to grow our own fruit and vegetables. These are then cooked in the schools' kitchens and served for lunch.

As part of our After School clubs we aim to provide a cookery club that educates children in basic food knowledge and essential food preparation skills.

10. Special dietary requirements

At Daubeney & Sebright School we seek to accommodate all of our pupils' special dietary requirements including allergies, intolerances, religious and/or cultural practises. Both schools serve Halal meat and certification can be found on our websites and upon request in the main office.

At Lauriston School we can accommodate dietary requirements that include allergies, intolerances and some religious or cultural practises.

The schools require medical evidence of any food allergy. Individual care plans are created with the school nurse and parents for pupils with serious food allergies and are regularly updated. Pupils' food allergies are displayed in the staff room, as well as, copies being available in classrooms and for the catering staff to refer to during the lunch service.

Catering staff have regular allergy training.

Parents are able to make an appointment with a member of the senior leadership team to discuss their child's needs, difficulties around food or any other issues related to food.

Parents will need to follow the 'Who do I Speak to' procedures available on the schools' websites.

11. Expectations of staff and visitors

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

Our staff are able to book and pay for a school lunch and they are encouraged to eat with the children in the dining hall at times.

Members of SLT are regular guests and often dine with the children.

12. Parents and family members

Our relationships with parents are 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 invite parents of reception children to attend lunch and sample our cuisine. We extend the invitation to other year groups when appropriate.

During parents' day there is a healthy eating stall where parents can get more information on school lunches as well as get advice on food choices and healthy living.

13. Monitoring arrangements

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

This policy will be reviewed and approved by the governing board every two years.

Approved by:

Signed: _____

Chair of Governors

Executive Head teacher

Date: 20th May 2020