

**Christ Church School, Hampstead**  
**Food Policy - April 2018**

**Mission Statement**

At Christ Church School we respect and value each individual's contribution to our school community. We work to inspire our children with the love of learning and to strive for excellence in all aspects of school life.

We aim to make everyone's time at Christ Church School an enjoyable and rewarding experience and achieve our mission statement by:

- promoting the highest standards of teaching and learning
- providing a rich and stimulating curriculum
- encouraging the development of self confidence, self discipline and healthy living
- developing a spiritual awareness
- promoting a Christian ethos whilst respecting other people's faith
- welcoming the involvement of parents and other members of the local community
- expecting everybody to understand their own rights and take responsibility to respect the rights of others
- expecting everybody to make a positive contribution to our school, the wider community and our planet
- providing an environment where all feel safe from bullying and discrimination.

We aim to provide equally for members of our school community– regardless of their age, gender, ethnicity, attainment, background or any disability.

**At Christ Church we recognise the important part a healthy diet plays in a child's well being and their ability to learn effectively and achieve to the best of their ability. The school has an important role, in partnership with the family and wider community, in promoting healthy eating. This food policy sets out how we at Christ Church aim to ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.**

**Aims and objectives:**

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation.
- To ensure pupils are well-nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily-available water supply during the school day and as part of our extended school provision.
- To ensure that food provision in the school reflects the ethical and medical requirements of pupils, staff and visitors e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food in school an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

**Responsibilities and consultation**

The head teacher has over all responsibility for developing and monitoring the whole school food policy. This is carried out in consultation with all staff including those who supervise at lunchtimes, kitchen staff, catering contractor and governors. We use formal and informal feedback from pupils and parents to inform our policies and practices in this area.

**Food in school**

**School lunches and packed lunches**

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender and who acts in accordance with the National School Food Standards (SFS) and has achieved the Silver Food for Life Partnership award. As part of the contract, all the menus and individual meals are nutritionally analysed by experts before they are cooked in schools.

The menu is sent home to all families each term, displayed in the hall and explained to children each day. This includes the use of fresh fruit and vegetables each day as a choice for the children. A whole plate

approach is encouraged at the school and children are provided with a balanced meal including each food group. Children are actively encouraged to eat all the food provided. The hot options include a vegetarian option each day. A salad bar is promoted to all children each day.

We use feedback from pupils, parents and staff to make lunchtimes and the dining hall a positive environment to eat in and to provide feedback on food to the catering company.

Some children bring a packed lunch to school. We periodically include newsletter items about the contents of these. (Packed lunch guidelines: appendix A). Parents are reminded that packed lunches are stored in ambient temperatures and refrigerated storage is not available in school.

Staff who supervise at lunch time informally monitor children's lunches (both school lunches and packed lunches), encouraging children to eat a healthy, balanced meal and an appropriate amount of food. These staff members feed back to class teachers who in turn inform parents of any concerns.

We work with families who are eligible for Free School Meals to encourage them to take this up.

### **Breakfast club**

In our daily breakfast club we provide food and drinks that meet the National School Food Standards for "food other than school lunches" and that reflects the Eatwell Guide, including:

- low sugar breakfast cereals
- toast
- fruit juice, milk or water
- fresh fruit

### **Snacks – break time and after school**

All children in Reception, Year 1 and Year 2 are provided with fruit or vegetables each day to eat in morning break time. The provision of fruit is funded by a Government initiative. The fruit or vegetable provided is seasonal and varies each day. A teaching assistant has responsibility for organising and washing the fruit each day. KS2 children are invited to bring their own healthy snack (fresh fruit or vegetables only) to eat at morning break time.

Children attending any after school club are encouraged to bring a healthy snack to enjoy between the end of school and the beginning of the club they are attending. These snacks are informally monitored by the adults who lead the clubs.

### **Food allergies and intolerances**

Individual care plans are asked for and adhered to for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Class teachers prepare a Medical Record sheet each year and update this regularly. This clearly shows a photo of the children and the different foods they have allergies to. This is displayed in the kitchen, classroom, staffroom and register so all members of staff are aware.

### **Nut allergies**

As much as possible we are a nut free school. Parents are asked to refrain from providing food products which may contain nuts, e.g. in packed lunches or after school snacks. If parents send in products containing nuts we will keep the food safely during the day and then hand the product back to the parents to take home.

### **School Journey**

We ensure that the food provided on residential trips conforms to the ethical, religious and medical choices of the children and that the meals are nutritious and have appropriate portion sizes.

### **Celebration/special events food**

We recognise that the health and well being of the children at Christ Church is not only dependent on healthy eating practices but also on engendering a feeling of community within the school and its families and within each class. We recognise that the provision of a wide range of foods for specific celebration events makes for a positive, enjoyable experience for all.

For class parties (e.g. Christmas, end of year) we provide a range of options for parents to contribute and for children to choose at the time. We ensure that foods are shared equally and that no child eats an inappropriate amount.

A range of events are run by our Friends Association and the organizing committee ensure that there is a range of food on offer at these events.

### **Cookery clubs**

After school cookery clubs are run periodically for both KS1 and KS2 groups. These clubs teach children about hygienic and safe food preparation skills and encourage a healthy, balanced diet. Finished dishes are sent home for children to share as well as recipes to encourage children to cook with family members at home.

### **Water for all**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday. We recognise that drinking water throughout the day aids concentration and helps both teaching and learning.

Water fountains are located in both the infant and junior playgrounds and children are encouraged to have a drink during break and lunch times before returning to class. Mains drinking water is available in or close to all classrooms.

All children are encouraged to bring in a named water bottle (with sports cap top) to keep with them in the classroom and these are accessible to them throughout the day. All children are provided with a school water bottle for this purpose at the beginning of each school year. Class monitors or adults are responsible for refilling children's individual water bottles at specific times.

Teachers (and other members of staff) are encouraged to drink water throughout the day and to have a water bottle with them in the classroom both for health reasons and to help look after their voices.

### **Developing the promotion of healthy eating in the curriculum**

Food, its production and preparation and its link to a healthy lifestyle is an important part of the curriculum for all children.

The science topics taught in the school cover a wide range of learning related to food and healthy eating. These include topics on healthy bodies, teeth and eating, ourselves, health and growth and keeping healthy. Within these topics children learn about nutrition, balanced diets, digestion and the links between food and health.

Maths lessons can make links to healthy eating, such as including calculating quantities for recipes (including ratio and proportion), weighing and measuring and collecting data and data handling based on making healthy choices.

In English, food may be one of a wide range of topics used for reading and writing activities. Any texts used in school would always promote healthy, balanced eating.

Our RE syllabus provides opportunities to explore the role of certain foods in the major religions of the world. Children learn about different foods through learning about a range of religious festivals as well as events such as International Evening.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss food

issues of interest to young people, such as Fair Trade and inequitable access to food and water, making links to the rights in the UN Convention on the Rights of the Child and how we can make a difference to children around the world.

In Geography a contrasting locality is studied in each key stage. Food is an excellent way of learning about and celebrating a country's culture. Children are given the opportunity to find out about, prepare and taste foods from different countries. There are also opportunities to explore where our food comes from and consider the environmental and social impact of farming and trade. History provides insight into changes in diet and food over time.

Physical Education encourages children to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking in combination with a balanced diet.

### **Monitoring and evaluating**

The Local Authority (LA) is responsible for ensuring the consistent high quality of the food offered as part of the lunch time contract with the caterer. The school provides feedback to the LA and to the catering contractor through regular review meetings.

The headteacher will have over all responsibility for monitoring the implementation and impact of this policy, reporting back to governors.

This policy will be reviewed at least every three years to take account of new developments and to ensure it is an accurate reflection of our current practice.

Katy Forsdyke, Head teacher  
April 2018

# MAKING A HEALTHY PACKED LUNCH

**TOP TIPS: KEEP YOUR LUNCH COOL!** Use a cool bag, pop in a frozen drink or ice pack. **TRY TO VARY YOUR PACKED LUNCH EVERY DAY!**

## BREADS AND OTHER STARCHES GIVE YOU ENERGY!

### CHOOSE FROM:

- Sliced bread try different types
- Pita bread and wraps
- Chapattis and roti
- Bread rolls and bagels
- Soda bread
- Pasta, bean, couscous or rice salad



**TOP TIP:** Try to choose wholemeal and wholegrain varieties and only use a scraping of spread!

## CHOOSE HEALTHY SANDWICH FILLINGS e.g. LEAN MEATS AND FISH.

### LEAN MEATS:

- Chicken, turkey or ham

- Tomato
- Cress
- Beetroot
- Shredded lettuce
- Grated carrot
- Cucumber
- Sweetcorn
- Celery
- Peppers
- Avocado

- FISH (can be tinned):
- Tuna, pilchards, sardines, mackerel

- Milk
- Yoghurts and yoghurt drinks
- Lassi
- Fromage frais
- Low fat rice pudding

- VEGETARIAN
- Cheese such as cottage cheese, edam, mozzarella, reduced fat cheddar
- Egg
- Humous
- Dahl



**TOP TIP:** only use low fat salad dressing or mayonnaise

## DAIRY PRODUCTS CONTAIN CALCIUM, VITAL FOR GROWING BONES AND TEETH!

### WHY NOT TRY?

- Milk
  - Yoghurts and yoghurt drinks
  - Lassi
  - Fromage frais
  - Low fat rice pudding
- TOP TIP:** Semi-skimmed milk and low fat yoghurts are best!

## FRUIT AND VEGETABLES ARE PACKED FULL OF VITAMINS TO HELP YOU GROW!

### WHY NOT TRY?

- Fresh fruit such as apples, bananas, pears, melon pieces
  - Small box of dried fruit (raisins, apricots, etc)
  - Fruit salad (tinned in juice or fresh)
  - Children enjoy finger foods so why not include cherry tomatoes, grapes, corn on the cob, carrot and cucumber sticks, slices of pepper or celery
- TOP TIP:** Keep fresh fruit and vegetables seasonal to help the environment and enjoy variety!



## SOME FOODS ARE HIGH IN FAT, SUGAR AND SALT (SO SWAP THEM FOR HEALTHIER OPTIONS)

### HIGH IN FAT/ SUGAR/SALT:

- |                    |  |
|--------------------|--|
| Chocolate biscuits | Plain biscuits, dried fruit, Small bunch of grapes |
| Cakes              | Currant buns, scones, fruit breads, malt loaf      |
| Crisps             | Rice cakes, popcorn (unsalted and unsweetened)     |
| Sugary drinks      | Water, pure fruit juice                            |

**REMEMBER IT'S IMPORTANT TO DRINK PLENTY OF FLUIDS, ESPECIALLY WATER!**