



## Collingwood Primary School Food Policy

### Our Staff and Governors' Vision Statement

At Collingwood children and adults work together in a safe, well disciplined, exciting environment  
where

**all** pupils feel valued and are expected to make good or outstanding progress

Our staff, pupils and parents have high expectations and ensure that pupils produce work of increasing quality, develop their individual strengths, achieve their personal goals and challenges and realise their full potential as lifelong learners and responsible citizens in our global community.

*"We live our lives with arms and minds wide open"*

**At Collingwood Primary School, we believe that good food is vital to children's health and academic achievement, and to the broader life of the school.**

**Many studies have shown that hunger affects concentration, and that well-nourished children fare better at school and this principle underlies our School Food Policy.**

### **Free School Meals for KS1 Children**

From September 2014, the Children and Families Bill placed a legal duty on state-funded schools in England to offer a free school lunch to all pupils in Reception, Year One and Year Two through the introduction of the Government's Universal Infant Free School Meals (UIFSM) Policy. The independent School Food Plan, published by the Department for Education in July 2013, recommended this policy, based on the findings of the free school meal pilots held between 2009 and 2011. The pilots showed that universal free school meals can have significant benefits both for individual children and for the broader life of the school. Pupils in the pilot areas were found to eat more healthily and perform better academically. Schools also reported improved behaviour and atmosphere, as a result of all pupils eating together every day.

At Collingwood Primary School we have been working on aspects of the School Food Plan including looking at many of the pilot studies undertaken for more than one academic year as we feel that it is crucial that we get school meals right.

*See [www.schoolfoodplan.com/www](http://www.schoolfoodplan.com/www) for a range of recipes and menus that meet the food based standards and nutrient framework.*

### **Eligibility criteria for other groups**

Existing entitlements to free school meals for disadvantaged pupils in Key stage Two will continue as now, based on the existing free school meals eligibility criteria.

In England, children at key stages 2 in state-funded schools are entitled to receive FSM if their parents or carers are in receipt of any of the following benefits:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of State Pension Credit
- Child Tax Credit (provided they are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190, as assessed by Her Majesty's Revenue and Customs)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- During the initial roll out of the benefit, Universal Credit

### **Meal requirements and food standards**

#### **Food Standards**

The Catering Manager at Collingwood Primary School plans and cooks meals which comply with the current Nutritional Standards. However, we are aware that in January 2015 a set of simplified standards will come into force and we will be implementing these by the specified date. These standards are intended to ensure that children get the nutrition they need across the whole school day. They govern all food and drink on offer within the school and apply across the school day, including breakfast, mid-morning break, lunchtime and food served before and after school as part of our 7 'til 7 Club.

### **Hot meals**

**The legal requirement on schools will be to provide a lunchtime meal that meets the School Food Standards, where they apply. At Collingwood Primary School, all pupils will routinely be offered a hot meal option with a vegetarian alternative.**

### **Catering for pupils with special dietary requirements**

Collingwood Primary caters for all dietary requirements that we are made aware of by parents or carers. We currently offer a daily Vegetarian option, Gluten Free and diabetic friendly options. All of our food is 'Nut Free'. Parents should inform the school of any special dietary requirements in order that we can provide a meal which meets their child's needs.

See <http://whatworkswell.schoolfoodplan.com/articles/category/16/catering-for-special-diets>

### **Packed lunches**

**Research undertaken by the shows that many parents mistakenly imagine that a packed lunch is the healthiest option. The School Food Plan demonstrates that it is far easier to get the necessary nutrients into a cooked meal. The School Food Plan research also showed that only 1% of packed lunches meet the nutritional standards that currently apply to school food.**

Collingwood Primary School encourages pupils and parents to take up the KS1 free school meal offer. All children have the option of bringing a packed lunch to school or staying for school dinner on any number of days.

### **School Meal Menu Options**

A menu for each two weeks will be provided in advance and is also available on the school website. There are always at least three options to choose from each day including a vegetarian option and a jacket potato or baguette option. There is always fresh water or milk available. The optional salad bar is available most days and desert options always include a yoghurt and fruit option.

### **Children who do not eat meals**

No child will be forced to eat anything that they don't like although they will be encouraged to try foods which they wouldn't normally eat. Children need adult permission before moving from main course to pudding and any packed lunch food left uneaten is returned home in the lunchbox. . We monitor the amount of food which children eat and liaise with parents through the classteacher should there be any concerns over the amount of food being consumed by a child. We actively encourage parents to communicate with us if there are any problems or worries about their child eating lunch.

There are always at least two Mid Day Assistants and two kitchen staff on duty in the dinner hall

throughout the lunchtime. They know the children well and are friendly and approachable if the children have any difficulties.

### **Quality**

All our school meals are cooked daily in the school kitchen and are made using fresh, high quality ingredients. Our meat is of good quality and is sourced from a reputable local butcher.

### **The Dining Experience**

All children eat either in the dining hall or, if this would be challenging for them, are invited to lunchtime club to eat in a small group. The children having school meals are served at the counter and carry their meals to a table to sit with other children of their choice. Children are allowed to sit together regardless of whether they take packed lunch or school meals. Once children have finished their meal, they raise their hand and a member of staff will come and remove their plate and give permission for them to start their pudding or leave the table depending on what has been eaten.

At Collingwood, we firmly believe that the dining experience is crucial in developing good food habits and also contributes to a successful afternoon's learning. We are therefore constantly looking for ways to further improve the dining experience through feedback from pupils and parents.

### **Curriculum**

We understand that we also need to equip children with the skills they need to feed themselves - and, in time, their families. Cooking, and nutrition forms part of our school curriculum. Our emphasis is on the importance of cooking and eating nutritious food, eating unhealthy foods in moderation, understanding where food comes from, and taking pleasure in being healthy. Our Science curriculum also includes growing foods, healthy bodies and nutrition at an age appropriate level.

### **Breaktime Snacks**

All Early Years Foundation Stage and Key Stage One children are provided with a daily free fruit or vegetable snack and milk which is free of charge for the under 5s but available for purchase for older children..

In Key Stage Two, children are encouraged to bring in a piece of fruit or vegetable to eat at break time or purchase Healthy snacks from our "Fruit to Suit" stall which is run by older children every morning playtime.

### **Water**

A school logo water bottle is provided free of charge when a child joins our school and can be purchased cheaply thereafter. Children are encouraged to bring a drink of water to school each day. There is drinking water available for children to top up their containers throughout the day. Other drinks are not permitted during the school day except as part of a child's packed lunch.

### **Nut Allergies**

As we have a number of children in school with severe, potentially fatal, nut allergies, we do not permit nuts as snacks or as part of a packed lunch. This includes chocolate (and hazelnut) spread and nuts in "birthday sweets" which staff bring to parent's attention should they mistakenly be

brought into school.

### **Packed Lunches**

Children may bring a packed lunch to school which they will eat in the dinner hall.

Children having a packed lunch will be expected to take any left-over food and packaging home with them. We do not allow sweets or fizzy drinks.

### **Our 7 'Til 7 Club**

Children who attend our before and after school clubs are offered breakfast, healthy snacks and dinner depending on the time of day and length of time spent at the club. These snacks are in line with the "Checklist for School Food Other Than Lunch" which can be found below.

# Checklist for school food other than lunch

NAME OF SCHOOL/CATERER:		YES/NO			
BREAKFAST (B)					
TUCK SHOP/MID-MORNING BREAK PROVISION (M)					
AFTER SCHOOL CLUB (A)					
VENDING MACHINE (V)					
Food group	Food-based standards for school food other than lunch	Standard met (Y/N)			
		B	M	A	V
STARCHY FOOD	Starchy food cooked in fat or oil no more than two days each week ( <i>applies across the whole school day</i> )				
FRUIT AND VEGETABLES	Fruit and/or vegetables available in all school food outlets				
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools ( <i>applies across the whole school day</i> )				
MILK AND DAIRY	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours				
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week ( <i>applies across the whole school day</i> )				
	No more than two portions of food which include pastry each week ( <i>applies across the whole school day</i> )				
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat ( <i>applies across the whole school day</i> )				
	No savoury crackers or breadsticks				
	No confectionery, chocolate and chocolate-coated products ( <i>applies to food served across the whole school day</i> )				
	No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)				
	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.				
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times				
	<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; plain fermented milk (e.g. yoghurt) drinks</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)</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>				