

COURTWOOD PRIMARY SCHOOL

Courtwood School Food Policy

May 2023

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DOCUMENT CONTROL

Authorisation

Authorised by:

Date:

Change History

Editor	Comment	Date	Version
TFarrelly	Original policy from Croydon Healthy schools model policy	18.5.12	0.1
N Grant	Minor amendments	25.5.12	0.2
J Squires	Minor amendments	21.06.17	1.1
T Farrelly	Reviewed	23.6.17	
J Stawman, N Grant, J Squires-Jamison, L Cleaves	Used policy from Croydon model Flagship Food policy. Updated to reflect changes at Courtwood and in best practice based on new curriculum priorities that have been adopted by the borough/nationally.	22.01.19	
N Grant	Minor amendments Updating the name of the caterers	24.4.21	
N Grant	Minor amendments	24.5	

Document References

#	Title	Date	Version
1	Croydon Healthy Schools model policy	18.5.12	1.0

Distribution List

Name	Date	Method
Parents	June 2017	Fronter
Staff	June 2012	Fronter
Governors	June 2012	Fronter

Name	Date	Method
School community	June 2017	Fronter
SLT	January 2019	SLT Meeting



Courtwood Whole School Food Policy

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Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by the Senior Leadership Team.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices; understand what a balanced diet and healthy lifestyle looks like so they can be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
4. To provide links to other relevant policies including PSHE, Science, PE and DT

Food throughout the school day

1. Breakfast

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

The school runs a daily breakfast club for pupils from 8.30am – 8.45am. Bagels are offered every day.

The Nurture Team run a daily Breakfast Club provision for children struggling to come into school.

2. Break Time

A healthy snack is permitted to be eaten at break time. Fruit is provided, free of charge, for the children in Reception, Year 1 and Year 2. Milk is provided free to Reception children. Parents can choose to purchase milk for their children in Years 1 to 6.

Suitable Break Time Snacks include:

- A piece of fruit or vegetable
- Dried fruit

Snacks not suitable include:

- Cereal bars/ Breakfast biscuits
- Fruit bars

- Biscuits
- Whole grapes (please ensure they are sliced for safety)
- Anything containing nuts

3. School Lunches

School meals are provided and prepared on site by Riddlesdown Collegiate and served between 11:45am and 12.10pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a meat/fish and vegetarian option. We work hard to ensure that the food is varied, colourful and appealing to the children and that they are encouraged and supported to try different foods or have tasters of unfamiliar dishes.

Children are encouraged to visit the salad bar prior to being served their main meal. The salad bar is stocked with a minimum of at least four different salad options daily.

Dessert options always include fresh fruit, yoghurt and the daily menu choice. Chocolate desserts on the school dinner menu will be restricted to Friday treat day, consistent with the guidelines for children having packed lunches (see below).

4. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon whilst ensuring that school lunch and packed lunch guidelines are consistent.

Packed lunches should aim to include daily:

- Some starchy foods such as bread (sliced bread, pitta bread, 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 yoghurt (plain or fruit)
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate such as bars, biscuits, cakes or yoghurts/desserts

Items which are not compliant with policy, will be returned unopened in your child's lunch box and children will be offered items from the salad cart as a substitute. Should it be observed on more than one occasion that a packed lunch does not comply with these standards, parents will be notified via slip placed in the lunch box, and should there be no change, parents may be contacted to discuss and encourage other alternative options.

We recognise the importance of children understanding that all foods can be eaten in moderation and consequently offer Friday Treat Day. Children may have either a small packet of crisps **or** chocolate biscuit in their lunch box on Friday only.

The school provides water for all pupils at lunchtime. For detailed guidance around our packed lunch policy with ideas of foods to include, please see our parent/carers packed lunch guide ([appendix 1](#))

5. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, Year 1 and Year 2, snacks are provided during the morning and include fruit.

Pupils are able to bring their own fruit or vegetables into school to eat at break-times.

6. Drinks

Packed lunches are allowed to contain a pure fruit juice (no added sugar) Water is always easily accessible for all pupils throughout the day. Pupils are encouraged to bring a water bottle to refill in school.

Drinks must **not** be:

- Flavoured/fizzy water
- Any carbonated drink
- Milkshakes/smoothies
- Squash
- Capri-Suns/fruit juice type drinks
- Energy drinks

7. School trips

A packed lunch will be provided for Reception, Year 1 and Year 2 pupils and those in receipt of Free School Meals, free of charge. Packed lunches are available to order for all pupils for the cost of a school dinner. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described in the packed lunch section above.

Sugar reduction

As a SUGAR SMART school, we are working hard to ensure that we are limiting sugar in our menus throughout the school day, supporting families to create low sugar packed lunches and educating pupils about sugar content in everyday foods.

As a water, milk and pure fruit juice only school, we recognise the importance of pupils staying well hydrated throughout the day, without the need for added sugar drinks.

Find out more at www.croydon.gov.uk/sugarsmart

Rewards and special occasions

Rewards

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

Celebrations

Birthdays: The school recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday or a book for the class to keep and share. We do not allow chocolates, sweets and cakes to be brought in.

End of Term Celebrations: In conjunction with our code of conduct, staff will not give gifts that do not comply with the standards in this policy.

Mum's and Dad's Breakfasts/Coffee Mornings: These mornings may include Breakfast foods that are not part of the national School Food Standards.

PTFA Events/Fundraising: Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged. Events such as discos/fairs may likely include treat food.

Curricular and extra-curricular activity

Cooking and healthy eating is taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition). The Eatwell Guide model is used throughout the school (see appendix 2) as a model of understanding a balanced diet.

When learning about food and cooking, there will be a balance between savoury and sweet dishes to encourage children to recognise the importance of eating foods in moderation.

As a school we hold the Croydon and London Healthy Schools Award.

Termly clubs may also support the teaching of food, healthy eating and food growing.

Edible Playground

The Edible Playground provides an engaging and multi-sensory way to teach children about growing and eating healthy food.

There is a yearly overview, where the planting and harvesting of the crops is timetabled. Where appropriate, crops (vegetables and herbs) are used in the school kitchen for school lunches, allowing the children to see the journey from seed to plate. In addition to this, crops are sold at the end of the day for families to purchase, providing the children with the experience and excitement of running a business.

Special dietary requirements and medical needs

The school does everything possible to accommodate pupils' specialist dietary requirements and medical needs, including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies. Parents are expected to liaise directly with the caterers (Riddlesdown Collegiate), and contact can be made via the school office.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school.

We are a 'No Nuts' school (this includes but is not limited to Nutella and Peanut Butter.)

Expectations of staff and visitors

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

Staff are welcome to share breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Parents, carers and family members

Our relationships with parents/carers is 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.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Appendix 1 – Packed Lunch Guide for Parents/Carers

Packed Lunch Guide



For families at Courtwood Primary School

What should a packed lunch not include?

To keep children's lunches as healthy as possible, we would like the following items not to be included in packed lunches:

- Crisps or flavoured crisp type products e.g. snack-a-jacks
- Sweets
- Chocolate or chocolate items such as biscuits, yogurts, cakes or desserts

What drinks should be included?

Courtwood School is a water/pure fruit juice (no added sugar) only school with the exception of the free school milk.

Fresh drinking water is accessible for all pupils throughout the day. Pupils are encouraged to bring a water bottle to bring in to school to refill throughout the day.



How will packed lunches be monitored?

To ensure that children eat a healthy balanced meal, Lunchtime Supervisors will monitor packed lunches on certain days. If a packed lunch has an item that we discourage, a reminder slip will be sent home.

For more information about packed lunches, please speak to Mrs Squires.



Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help families with ideas. A healthy packed lunch can help children to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do their best
- Get important nutrients to keep their bodies healthy

What should a packed lunch include?

Use the following ideas to help plan a healthy lunch for your child.

1. Include a savoury main (with some salad)



2. Include some dairy



3. Include some fruit or vegetables



4. Include an extra low fat/low sugar snack, if needed



Appendix 2 – Eatwell Guide

