



Whole School Food and Nutrition Policy

January 2017

Introduction

“Food has a significant part to play in determining health and well-being, establishing social roles and reflecting and shaping the schools ethos and individual values”

Our Whole School Food and Nutrition Policy is crucial to improving the health and well-being of our school. It has been written to govern every aspect of food education, growing and consumption at Christ the Sower. The policy conveys our school’s shared vision, ethos and values of our pupils, staff, parents and visitors and ensures that we all understand the important role food plays within our school. It is also directed towards developing healthy eating and drinking activities and habits in school, which will benefit the whole school community.

The process of creating this policy has promoted discussion within Christ the Sower on healthy eating and drinking, which will ensure that our outcomes are achievable and that our pupils feel ownership of the school’s food vision. This policy has been carefully put together through consultation with pupils, staff and the wider school community. In order for the policy to be successful, planning and effective monitoring will be implemented. We will ensure that our policy content is relevant and that it will make positive changes in our school as it is vital that all ideas and issues within the school are considered.

Overall aims

- To ensure that all aspects of food and nutrition in school promote the health/well-being of pupils and staff.
- To provide a consistent curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.
- To make pupils aware of the consequences of food choices made now and in later life, including nutritional awareness, influences on food choices such as food productions, marketing and impact on our environment.
- To ensure provision and consumption of food is an enjoyable experience.
- To involve the whole school community in improving eating habits and knowledge and skills in healthy eating.

- To increase the take up of hot school meals and free school meals.
- To provide clarity about school’s policy on food brought into school e.g. packed lunches.
- To ensure that contracts for school food providers meet the needs of the school and comply with the government regulations.

Initial objectives (2017-2019)

- To include the whole school community in the promotion of healthier lifestyles.
- To establish a **Food Standards Group** working party to review regularly the food and drink served during the school day.
- To create a pleasant eating environment that encourages social interaction.
- To support a curriculum teaching a consistent message of good food, nutrition and health.
- To ensure catering staff and midday supervisory assistants are involved in the school community; to ensure that they are well trained and understand why they are serving healthy food.
- To ensure classroom staff have the training to teach a healthy eating message.
- To involve the wider community, including parents, in activities that promote balanced eating and enjoyment of food.
- To contribute to improved and sustained pupil behaviour and health, helping them to achieve their learning potential.
- To provide easy access to free, fresh drinking water across the whole school day.

Healthy eating in school

Breakfasts: As a school we expect pupils to eat a good breakfast at home. For those who make use of Allsorts Breakfast Club, school provides a simple breakfast available at a small charge. Breakfast sessions are run daily by play-worker staff with appropriate food hygiene qualifications.

Cookery Club: Food prepared and eaten as part of the cookery club is chosen in discussion with children that attend. Consideration is given to providing a multi-cultural element to the food, and healthy options will be explored and promoted.

School Lunch Provision: Our hot and cold meals from the kitchen meet the [2014 School Food Standards](#) and current government [guidelines to governing bodies](#). Our school food standards are monitored regularly by the leadership team of the school and as part of school inspections.

*The school's new **Food Standards Group** (established by this policy) reviews menus and lunchboxes regularly. This group comprises parents, children, governors and staff in the school, and is empowered to suggest policy changes toward compliance with the 2014 School Food Standards in ALL food that is served in school.*

Children are encouraged to make healthy choices by staff and catering/midday supervisors. Pupil choices are monitored formally and informally and pupils are encouraged to try alternatives at times. We ensure that the pupils choose enough food to make them feel content. The children are consulted on menus to ensure they have opportunity to include some of their favourite dishes.

Menus are made available to pupils, parents and teachers in advance on our website. Arrangements are in place to ensure pupils can access school meals. Forms are readily available in the school office.

Year groups rotate at lunch times so that each Learning Phase has a fair choice. There are no alternative catering outlets around our school.

Free School Meals

Currently all children in Foundation, Y1 and Y2 can have a daily meal free of charge in line with the Universal Infant Free School Meal scheme. However, we encourage parents to register for Free School Meals if their social/economic circumstances mean that they are eligible. School receives funding for each registered child, which supports children's education via the Pupil Premium.

If parents are entitled to their children having Free School Meals, they need to register online with the [MK Citizens' Portal](#). Free school meal uptake is monitored every half term by the Chef (Mrs. Lisa Lowther).

Our Catering Team: The school's catering team are employed by the school and are valued and supported members of the school community. Verbal and written feedback systems are in place to ensure the quality of the services provided. The catering team have received nationally accredited training appropriate to their role.

Special Dietary Requirements

Special diets for religious and ethnic groups: The school provides food in accordance with pupil's religious beliefs and cultural practices.

Vegetarians/Vegans: There is a vegetarian lunch option every day. A vegan option is also available if required.

Food Allergies and Intolerances: Individual care plans are created for pupils with allergies - see also **Food Allergies and Intolerances Policy**. School caterers are to be informed by the parents and any special requests are submitted through an agreed process

Packed lunches

The school reserves the right to comment on and write to parents about the contents of their children's lunch boxes. Regular reviews will take place under the auspices of the Food Standards Group.

Healthy content: Packed lunches must be healthy in content, with a healthy sandwich, preferably brown bread, fruit, healthy, low fat yoghurt and perhaps sliced vegetables or fruit eg carrot or celery sticks, apple or grapes. Fresh orange juice (no more than 150ml is advised) or water are acceptable healthy drinks. The packed lunches should not include fatty foods including too much cheese, chocolate spread sandwiches, sweets including chocolate and biscuits, crisps and sugary drinks including flavoured lemonade, coke and "fruit shoot" drinks as these contain high levels of sugar.

Healthy packed lunches are insisted upon and parents are regularly reminded of this in school newsletters. We also send out healthy school messages during our whole school collective worships and whole school assemblies.

Midday supervisors monitor the contents of the packed lunches on an ongoing basis; if any member of staff is concerned that our pupils are not eating healthily they regularly feedback to the SLT if they are concerned for particular pupils.

Food Hygiene

The school kitchen premises are regularly inspected by the Local Authority's Environmental Health Officer and graded according to the National score system. Our kitchen has been awarded a score of 5, the highest possible accreditation.

The kitchen which school meals are prepared and cooked in are inspected at regular intervals throughout the year to ensure that it meets national hygiene food storage and preparation standards. Any member of staff working in the kitchen must have a valid food hygiene certificate.

Gardening and home produce

We intend that our school kitchen garden will provide certain quantities of food consumed by children and adults

at lunchtimes. These will include herbs, some salad vegetables and some soft and tree fruit (raspberries, strawberries, apples). The supply is obviously weather dependent, and anything produced would be subject to the same rigorous scrutiny in terms of the School Food Standards (2014) as food bought in from suppliers.

Obesity in children

From September 2017, OFSTED are taking into account and reporting on measures that schools take to reduce childhood obesity. The government's [Child Obesity Strategy](#), published in August 2016. Schools will be expected to allocate money from the expected increased funding to the Sports Premium to fund measures to tackle childhood obesity:

- Up-to-date food and health policies
- A calm and popular lunch service (with relation to both the Childhood Obesity Strategy and The School Food Plan)
- Active, structured playgrounds
- Clear health information on school publications (prospectus)
- Implementation of the minimum required amount of activity per pupil, per day
- Reducing the amount of sugar being consumed in school including breakfast, break time, lunch and after school provisions at school
- Healthy lunchtimes with relation to both your caterer and home brought packed lunches
- A high take-up of school meals
- Independent active travel promotion/implementation
- Offered internal Breakfast provisions
- Drinks policies
- Food and Health education
- Outdoor education and learning
- Effective cooking in school
- Allocation of School Sports Premium demonstrating priority of 'Health' and not restricted to sport.

The areas highlighted in yellow indicate the areas that are already being addressed either through this policy or through current practice.

Policy to be reviewed after 12 months and thereafter bi-ennially.

Next review November 2017

Appendix 1. Policy for managing nut and other allergies and intolerances in school

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This appendix should be read in conjunction with the School's **First Aid** policy and the **Whole School Food and Nutrition Policy**.

Food Allergy and Intolerances: Parents must inform school about any food allergies/ food intolerances suffered by their children and any special dietary requirements that their child may have.

Individual care plans will be organised by the First Aid staff and will:

- document symptoms and adverse reactions
- actions to be taken in an emergency
- emergency contact details

School caterers will be made aware of any pupils with food allergies/food intolerances and requests for special diets will be submitted according to our agreed process.

Allergen information can be obtained upon request from the chef, Mrs Lisa Lowther. There are 14 food allergens that have been identified:

- **Cereals** containing gluten (i.e.wheat, rye, barley, oats, spelt, kamut, or their hybridised strains)
- **Crustaceans** for example prawns, crabs, lobster, crayfish
- **Eggs**
- **Fish**
- **Peanuts**
- **Soybeans**
- **Milk**
- **Mustard**
- **Sesame**
- **Nuts other than peanuts;** namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts.
- **Celery** (including celeriac)
- **Sulphur dioxide/sulphites**, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit
- **Lupin** which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
- **Molluscs** like clams, mussels, whelks, oysters, snails and squid.

Allergies and allergic reactions

Anaphylaxis is a severe allergic reaction at the extreme end of the allergic spectrum, affecting the entire body, and can occur within minutes of exposure to a food allergen. The main allergens are nuts, seeds and seafood. This policy focuses on the management of nut allergies.

One approach could be to ban nuts from Christ the Sower Primary School; however, the Anaphylaxis Campaign

highlights a number of problems with this approach as follows:

- It would be impossible to provide an absolute guarantee that the school is nut free, given that pupils regularly bring in food from home and food items bought on the way to school. There would be a risk that children with allergies might be led into a false sense of security.
- The nut ban raises a precedent for demands to ban other potentially 'risky' foods. There is a strong case that children with food allergies will develop better awareness and understanding of how to manage their allergies if they grow up in an environment where allergens are regularly present.

Our **Whole School Food** Policy emphasises the avoidance of nuts (tree nuts, peanuts and pine nuts) and nut related products in the catering services at Christ The Sower, recognising the potentially severe allergic reaction, for some people. We also avoid the use of sesame seeds and sesame related products. However we do not claim to be a 'nut-free' school. At Christ the Sower, nut use in catering is restricted and monitored, as much as is reasonably possible.

Within the catering facilities at Christ The Sower, we take precautions to minimise the risk of anaphylaxis and other allergenic reactions occurring:

- We never knowingly use any nuts (including pine nuts and peanuts) or sesame seeds and associated nut/sesame products in our kitchens.
- Pupils who are known to have food allergies (eg nuts, egg, milk, gluten, fish, molluscs, crustaceans) are introduced to key members of the catering team, on their first day at the school, and are encouraged to seek guidance from catering staff – daily, if necessary – on what they can have, from the menu, for lunch.
- Catering staff receive regular training in respect of food allergies.
- Food preparation staff take precautions to reduce the risk of cross contamination
- Our recipes are analysed, and allergens contained therein are highlighted and recorded
- The kitchen produces a daily schedule of the safe food in respect of allergies, whilst the counter display menus identify allergens present in the various dishes.

Given current food manufacturing processes, it is *impossible to guarantee* that all products will be free from possible 'traces of nuts' and other allergens.

EU allergen regulations, effective from December 2014, relating to pre-packaged food and 'loose' food offered in retail and other food outlets require food service operators to provide information on 14 specified allergens (three of which are nuts, peanuts and sesame).

We keep detailed allergen information on all our recipes and other food and drink items, enabling catering staff to be able to provide allergen information whenever asked.

Whilst most allergic reactions are the result of food ingestion, we recognise, too, that severe allergic reactions can occur as a result of individuals being susceptible to airborne allergens. Allergic reactions can also be triggered by touching surfaces – e.g. computer or piano keyboards that are inadvertently contaminated.

The success of minimising anaphylaxis risk – and all other allergenic reactions - requires the cooperation of pupils, staff and parents. Parents are asked not to provide pupils with snacks and cakes (birthdays are potentially high risk occasions) that contain nuts and sesame seeds. A written reminder will be communicated to parents at least once each year. **It is essential that the school has full details of all our pupils' allergies.**

This information is requested by the school, and must be provided by parents when their child joins the school and then updated by parents if allergies are discovered at a later stage.

The school nurse should also be provided with a treatment plan and EpiPen, clearly marked with the child's name. In some cases, the school nurse and / or teacher will liaise directly with parents on a regular or occasional basis.

Within the parameters of confidentiality, the school provides – to the catering department and other relevant parties – a list of names and photographs of pupils with severe medical conditions including severe allergies.

When the school provides packed lunches for trips away, catering staff are provided with a list of children who have allergies and specially labelled packed lunches are provided, accordingly.

When pupils take part in single or multi-day school trips, participating pupils' allergies, their respective treatments and other associated requirements are factored into the planning process.

Whilst the school will exercise all due care and attention to minimise risk, pupils are expected to self-manage their allergy, too, having an understanding of:

- foods that are safe or unsafe,
- when to ask staff to change (self-service) serving utensils, if they think cross-contamination has taken place
- their specific symptoms, if an allergic reaction occurs
- who to advise, if and when an allergic reaction happens
- letting friends and staff know about their allergy, in case of emergency
- when to seek guidance (and from whom) – if in doubt

Anaphylaxis protocol: How do I recognise an anaphylaxis reaction and what action should I take? Early symptoms include:

- Itchy, urticarial rash anywhere on the body
- Runny nose and watery eyes

- Nausea and vomiting
- Dizziness
- Danger signs include
- Swelling of the lips, tongue and throat
- Cough, wheeze, tightness of chest/shortness of breath
- Sudden collapse or unconsciousness

Treatment will depend on the severity of the reaction. For mild symptoms Piriton or the child's inhaler may be given by a first aider or (on trips away from school) by any adult attendant. The agreed health plan will be in a named medical box stored in the medical centre or taken away on the trip.

For severe symptoms (see Emergency procedure, below) an EpiPen device is used. This is administered into the thigh muscle (can be delivered through clothing) and will allow the adrenaline to quickly reverse the effects of the allergic reaction. The child should then be taken to hospital

Emergency procedure: the following procedure must be adopted:

- Call an ambulance and send a responsible person to fetch the child's emergency box
- Call the school nurse. If she is unavailable, send a responsible person to the school office and ask for a first aider
- Monitor the child's condition carefully
- Administer the EpiPen
 - Remove packaging and pull off the blue safety cap from the EpiPen
 - Hold the device about 10 cm from the outer thigh
 - Inject – swing and jab the orange tip firmly against the outer thigh and listen for an audible click from the mechanism – hold in place for 10 seconds
 - The orange tip extends on removal
 - Massage the area for 10 seconds
- Monitor the child's progress – a second dose of EpiPen may be required after 10 minutes, if the condition has not improved and help has still not arrived
- When the ambulance crew arrives, ascertain where they will be taking the child and give all used EpiPens to the ambulance crew for safe disposal
- Contact the child's parents, guardian or next of kin and advise them to meet at the hospital, if they are not in the immediate vicinity
- Accompany the child to hospital if the parents have not arrived