

Training for this life...



And the Hereafter.

FOOD POLICY

Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra curricular events.

Recommendation

Governors to read and agree the policy.

SIGNED BY CHAIR OF GOVERNORS:

A handwritten signature in black ink, appearing to read 'Boaly', is written over the signature line.

Date: 1 October 2023

Review date: October 2024

IQRA PRIMARY VA SCHOOL

WHOLE SCHOOL FOOD POLICY

Why is a policy needed?

At Iqra School we recognise the important part that a healthy diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership within parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

FOOD POLICY AIM(S)

Across Year R to Year 6, tables of pupils are supported by an adult who works with the children to help them serve their food, encourage them to eat and help them learn to assist with clearing up after their meal.

The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by the School Council. We will of course cater for vegetarians, have a Halal option and for medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods.

We believe eating is more than just 'refueling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with you to make lunchtime better for your child, but at Iqra School lunch time will always be more to us than just food.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Application

This policy covers the areas of:

- Breaktime snacks including those brought from home.
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

1. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

● Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals

Healthy breakfast options:

- We offer a variety of different fruits and vegetables every day, e.g. fresh fruit, fresh fruit, dried fruit, canned fruit in natural juices and juice;
- A selection of cereals including low sugar, low salt, high fibre alternatives. Mix plain cereal with wholegrain varieties to reduce overall sugar content.
- A variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties.
- Porridge
- Provide different toppings for toast and bread e.g. low fat spread, reduced sugar jam, low fat soft cheese, cooked tomatoes, bananas or beans and eggs.
- Semi-skimmed milk for drinking, with cereal or in smoothies and low fat yoghurt.

● Snacks

At Iqra Primary we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

● School lunches

Food prepared by the school catering department meets the national school food based standards we ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions regularly, ensure that the meals reflect on the needs of the pupils.

For the current academic year, as well as for 2024/25 The Mayor of London has introduced Government introduced Free School Meals for all primary age children which we encourage our parents to take up. The school further encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

2. FOOD AND DRINK BROUGHT INTO SCHOOL

Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice on how to ensure they are.

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice (not fruit drinks).

INCLUDE:

- *Minimum of 1 portion of fruit and 1 portion of vegetables everyday*
- *Meat/ fish eggs and non-dairy protein e.g. pulses everyday*
- *Oily fish at least once every few weeks*
- *Starchy food such as bread, pasta, rice, potatoes*
- *A dairy product milk, cheese and yoghurt*
- *Water or milk (semi-skimmed or skimmed).*

LIMIT: once a week

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE

- Salty snacks such as crisps nuts, baked crisps etc
- Sweets and chocolate
- Sugary soft drinks and fruit drinks

For more information: www.childrensfoodtrust.org.uk

● **Milk**

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Semi skimmed milk is offered to all pupils in the school every day. Parents can specify if an alternative type of milk is required e.g. soya.

● **Water**

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for

medical needs.

- **School events**

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

- **Birthdays and other special celebrations**

Celebrating children's birthdays with cake is not allowed in school time. If parents wish to share cake with their child's classmates, may do so in the playground after school and with other parent's permission

3. COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms. The school nurse delivers sessions on living a healthy lifestyle and the dentist visits annually to talk about oral health.

- **Extra curricular activities**

- When we are once again able to facilitate these, we will again offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, multi-sports club and gymnastic club.
- Pupils who attend after school clubs and extracurricular activities are encouraged bring a fruit as a snack.

4. SPECIAL DIETARY REQUIREMENTS

- **Religious and ethnic groups**
- **Vegetarians and vegans**
- **Food allergy and intolerance**

Iqra School is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian as well as Halal option for every meal.

5. THE DINING EXPERIENCE

Children sit in their year groups supervised by a member of staff.

6. FOOD SAFETY

Iqra School has adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards are identified.

SHARING THE POLICY

This policy is available to all staff via a shared drive and to parents through the school website.