



<b>BELIEVE</b>	IN A HEALTHY MIND AND BODY IN STRIVING TO BE THE BEST WE CAN BE IN RESPECTING EACH OTHER AND OURSELVES
<b>GROW</b>	THROUGH LEARNING IN HUMANITY AND KINDNESS THROUGH EMBRACING OUR OPPORTUNITIES
<b>SUCCEED</b>	IN MAKING OTHERS PROUD IN BUILDING POSITIVE RELATIONSHIPS IN BEING RESILIENT AND COURAGEOUS

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# Whole School Food Policy

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Version 5.21

## Document Control

Date	Version	Author	Notes
11/05/2021	05.21	N Woodfin	A whole new update of policy

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This policy was written in consultation with staff, pupils, parents and governors.

### 1. School Background Information

1.1	Type of School	State Voluntary Controlled
1.2	Member of Healthy Schools Scheme since	N/A
1.3	Average No. on roll	1,400
1.4	No. of classes/forms in year	10
1.5	Gender	Mixed

### 2. Key contacts

2.1	SLT responsible for food:	Mrs Brigitte Marsden
2.2	Lead Governor responsible for food:	Mr Keith Coffey
2.3	Staff members responsible for food:	Debbie Henry (Catering manager) Leslie Genz (Subject Lead for Technology) Joanna Cook (Subject teacher for Food)

### 3. Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- 3.1 School Handbook / Prospectus
- 3.2 Staff Handbook / Induction materials
- 3.3 Governor Handbook / Induction materials
- 3.4 Student documentation

### 4. Purpose of Food Policy

Dagenham Park Church of England School is committed to giving all pupils consistent messages about all aspects of health and well-being including taking responsibilities for the choices they make in relation to food and drink. The school supports the '5 a day' campaign to encourage pupils to take in 5 portions of fruit and vegetables per day. The school is also dedicated to tackling the growing problem of childhood obesity and the onset of serious health conditions both through preventative education through the curriculum, but also through the food and drink provision here at the school. This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children mentally and physically, but also to improved attainment.



- **Aims and objectives:**
- To ensure that in all aspects of school life pupils are receiving consistent healthy messages about food, drink and health.
- To provide pupils with the knowledge, understanding and skill set to make their own healthy choices.
- To promote all round health awareness.
- To contribute to the healthy physical and mental development of all members of our school community.
- To encourage the take up of free healthy school meals by eligible pupils.
- To promote the '5 a day' campaign.
- To cater for the special dietary needs of pupils and staff where required such as vegetarian, vegan, Halal and allergies.
- To ensure all food and drink meets the National Standards for School Food.

## 5. Food and Drink Provision Throughout the Day

### 5.1 Food Standards for Schools

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. These standards are mandatory for all maintained schools and since 2014 is an explicit requirement within funding agreements. The standards also apply to sixth forms that are part of secondary schools, (even those in a separate building or on a different site)

The regulations set out the requirements for school lunches provided to registered students, whether on the school premises or not, and to any other person on the school premises. The regulations also set out the requirements for food and drink other than lunch, provided to students on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.

These school food standards are intended to help children and young people to develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day. The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information, please refer to:

- The School Food Standards – A practical guide for schools their cooks and caterers  
<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>
- DFE (2019) Standards for School Food in England  
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>



## 5.1 Breakfast

Breakfast is an important meal and should make up a quarter of a young person's energy requirements and can provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: <http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>

Breakfast club operates on a daily basis in the school canteen and meets all healthy eating criteria. We provide the following foods/drinks at breakfast: -

- A variety of different fruits e.g. fruit pots, fresh fruit, dried fruit, canned fruit in natural juices.
- A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
- A variety of different toppings for toast and bread e.g., low fat spread, reduced sugar jam.
- Semi -skimmed milk for drinking and low -fat dairy products such as yoghurt.
- Fresh drinking water
- Schools cannot provide the following foods for breakfast:
  - A meat or poultry product on more than two days per week (this includes provision at lunchtime). The Breakfast Club is compliant with this standard and bacon will only be served twice a week, sausage once in week 1 and once in week 3. Fresh fruit is available every day and alternatives such as toast are available on other days.
  - No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes and pastries. These items will also only be available for staff in the café area.

## 5.2 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. The school café is open throughout the day and only accessible to staff.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Schools cannot provide the following foods as snacks:

- crackers, breadsticks
- cakes, biscuits, pastries, desserts
- chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary)
- Starchy food cooked in fat or oil on more than two days per week (applies across the whole school day)
- A meat or poultry product on more than two days per week (applies across the whole school day)
- No more than 2 portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day)
- No more than two portions of food that include pastry each week (across the whole school day)

For more information on snack guidelines for schools please refer to:

<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>



Pupils in year 7 to 13 are not permitted to use the café for snacking, however, they are allowed to bring in their own snacks and bottles of water only. Pupils are encouraged to bring in healthy snacks such as fruit and nuts. Fizzy, sugary drinks are not permitted on site. Pupils are permitted to sit in the canteen or at the tables outside to eat their snacks and packed lunches. Fresh fruit is provided free of charge to all pupils sitting GCSE and A Level examination on the day.

### 5.3 School lunches

The school lunches meet the statutory school food standards. The lunch menu is served at 11.00am and 1.30pm and is provided by Aspens Catering Service and cooked in house by our canteen staff. **(During the Covid – 19 timetable to accommodate the pupils in their bubbles lunch is served at 4 different times: 10.30, 11.00,12.00,12.30)** The school ensures that all our lunches include:

- A wide range of healthy choices including vegetarian options, pasta, jacket potatoes, soups, salad, cold filled sandwiches, bagels, paninis, pizza slices all served with a portion of salad or vegetables.
- Pupils are given the opportunity to eat a hot lunch each day with new types of food on offer through our five-day menu. This includes foods from all over the world such as curries, roast dinner, Mexican wraps. For a full comprehensive insight here is the link to our weekly menus.
- Parents are encouraged to opt for free school meals for their children if they qualify.
- Our lunch menu meets the statutory school food standards.
- All lunches provided address cultural, religious and special dietary needs.

Pupils are encouraged to eat a hot lunch and are often given the opportunity to ‘taste’ new

types of food. Theme days are used to increase uptake and expand in variety. Monthly and

daily menus are displayed in the café area for staff and in both dining halls and may also be viewed on our School Website.

Our Catering Manager and staff meet termly with members of the School Council to discuss menus, ideas and any concerns which pupils raise.

### 5.4 Drinks

The following drinks are available for pupils:

- Water is available for all pupils throughout the day, free of charge. Pupils are encouraged to bring in refillable water bottles to replenish at our various water fountains around the school.
- Lower fat milk is available at least once a day in addition to before and after school clubs.
- Fruit or vegetable juice (maximum portion size of 150mls per day)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey) - maximum portion size 330mls. They may not contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.
- Tea, coffee, hot chocolate.

We do not provide any other drinks including squash, flavoured water, soft drinks and fizzy drinks.



## 6. Food and Drink brought into school and parent engagement

### 6.1 Packed lunches

We encourage children and young people to bring in healthy well balanced packed lunches which include:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:
<ul style="list-style-type: none"><li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li><li>- Meat, poultry, fish and non-dairy protein e.g., pulses everyday</li><li>- Oily fish at least once every few weeks (e.g., salmon, sardines)</li><li>- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties everyday</li><li>- A dairy product milk, cheese and yoghurt everyday</li><li>- Water or milk (semi-skimmed or skimmed).</li></ul>

LIMIT:
<ul style="list-style-type: none"><li>- Meat products sausage rolls, pies, sausages etc</li><li>- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</li><li>- Fruit juice 150mls per day</li></ul>

DO NOT INCLUDE
<ul style="list-style-type: none"><li>- Salty snacks such as crisps</li><li>- Sweets and chocolate</li><li>- Sugary soft drinks</li></ul>

- Pupils are educated in their PDE lessons, Food Technology lessons and during tutor time on what a healthy packed lunch consists of.
- Pupils are encouraged to eat their packed lunches in the school canteen areas where staff are available to monitor the content. Pupils who appear to have unhealthy choices will be spoken to and parents may be contacted.
- On dry days pupils have access to outside seating spaces surrounded by landscaped garden patches to eat their packed lunches.



## 6.2. Partnership with Parents and Carers

The partnership of home and School is critical in shaping how children and young people behave, particularly where health is concerned.

A full variety of food samples are available to the Year 6 pupils and their parents, who choose to visit the school on the annual 'Open Evening' in early Autumn term. The Catering Manager and members of the Catering Team are on hand during this evening, to speak with prospective pupils and their parents.

Taster sessions of hot meals are provided for pupils on new intake days in July prior to their starting at the school in September.

## 7. School events, trips, birthdays and special occasions

Children and young people across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children and young people's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. The Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. The NHS' Change4Life programme has developed a range of useful resources to help children and young people and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school we encourage the following:

- The education of how pupils and their families can reduce their sugar intake or find healthier alternatives to sugar in their diet through our curriculum in Science, PDE, Food Technology and PE.
- Promote through advertising and role modelling healthier choices and healthier lifestyles across the school.
- An understanding through education that reducing sugar intake and opting for healthier choices can boost both mental and physical well-being and increase performance, achievement and happiness.

## 8. Special Dietary Requirements

We are aware of food allergies / intolerances and other dietary requirements of children and young people and have procedures in place to identify and manage these, including: -

- All meat served at school is now Halal to observe religious requirements.
- Every day a vegetarian and vegan option is available to the whole school.
- A matrix allergen takes place on all food produce to ensure all dietary requirements are met.

The First Aid Staff at the school have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Adrenaline / anaphylactic shock training



## 9. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children and young people:

- Our dining hall is a welcoming environment with capacity for over 300 pupils at a time. Pupils can enjoy their meals whilst socialising with friends and staff members.
- There are hand sanitising stations at key points in the dining hall.
- There are two queuing systems in the large dining hall and one in the smaller hall. Pupils are supervised whilst queuing by members of staff. They collect a tray and some cutlery, select their food which is served to them by the canteen staff. They then take their trays and sit at a table.
- At the till point there is a several fridges with bottles of cold water, there are also water fountains for free water available.
- Once pupils have eaten, they take their trays to a trolley and leave the dining hall to create space for more pupils to arrive.

## 10. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Adequate facilities, adequate cleanliness, suitable equipment, regular staff training, training for children and young people, risk assessments will regularly take place and hazards identified.

## 11. Cooking and Food Education in the Curriculum

Teaching students how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

### Food Across the Curriculum

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping for, preparing and cooking food.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

Food Technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including safe preparation and cooking.

Personal Development Education (PDE) encourages young people to take responsibility for their own health and well-being, it also teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Pupils are able to discuss issues of interest to young people, e.g., advertising and sustainable development. Pupils also learn about the links between healthy eating and mental well-being.

Physical Education provides students with the opportunity to develop physically and to understand the practical importance of sport, exercise and other physical activity such as dance and walking. It is emphasized that healthy eating plays a big part in this physical development and success in sporting activities.

Pupils also learn how physical activity can release certain chemicals in the body that boost mental health and well-being and overall happiness.



Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

Religious Studies provides the opportunity to discuss the role of certain foods in the major religions of the world. Students may have the opportunity to experience different foods associated with religious festivals.

For more information on the National Curriculum for Cooking and Nutrition please refer to:

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

## 12. Extra-Curricular Activities

There are currently no extracurricular activities operating due to the Covid 19 Pandemic. When the restrictions have eased the year 8 Cooking Club will resume after school. This is run by the Food Technology Department and pupils learn how to cook simple, healthy and nutritious meals at home. They learn about different methods of food preparation, different types of food combinations, how to reduce sugar content, how to make vegetables and fruit more exciting and appealing, the nutrition value of food produce.

## 13. Monitoring and Evaluation

- Parents/carers are updated regularly on the school's healthy lifestyles education through published policies and curriculums on the school's website. Information is also disseminated through our newsletter and social media platforms regarding health and well-being updates, support and signposting. Parents also have access to our school menus on the website.
- The Governing Body are responsible for the overall monitoring and review of this policy to ensure all standards are maintained in compliance with current legislation.
- The catering supervisor and business manager are responsible for monitoring the implementation of the nutritional standards provision by our catering service.
- The deputy headteacher is responsible for leading and supporting staff in the delivery of this policy throughout school.
- The school council are offered opportunities to provide feedback regarding food and drink to the catering supervisor to inform future menu planning.

