



Whole School Food Guidance at Dulwich Village C of E Infants' School

At Dulwich Village C of E Infants' School we want all our children to *flourish with God in life, learning and love*. To this end our school's food guidance underlines the importance to us of the child as a whole, knowing that if they have a healthy diet and approach to food they will flourish in their lives both now and in the future. We will ensure that all aspects of food and nutrition in the school promotes the health and wellbeing of pupils, staff and visitors to the school.

The Headteacher holds overall responsibility for the development of the guidance on food within the school and ensuring all users are aware of the guidance.

People with key responsibilities for food in school

- Catering company (Chartwells) – responsible for menus, nutritional analysis and standards
- School Cook – responsible for managing the kitchen staff team; preparation, cooking and serving of school lunches.
- Governors – Responsible for overseeing and coordinating food issues.
- Breakfast Club Leaders – will ensure a healthy and filling breakfast is served daily to children using this service.
- Science, PSHE and PE Leaders – incorporating healthy eating within their policies and curriculum area.
- Midday Meals Supervisors – encourage a healthy balanced lunch, children to eat until satisfied and have a positive experience overall at lunch time.
- SENDCo/Assistant headteacher – to ensure specific dietary requirements are met wherever possible through the school meals on offer and those with allergies are noted by the kitchen team and staff.
- All staff – to be aware of the dietary requirements and allergies of all children especially those within their class.

Nutrition in the curriculum

Nutrition is part of the PSHE programme, PE and Science curriculum these all relate to healthy food choices, balanced diet, how to look after our bodies using food. In RE where other religions are considered – attitudes to particular foods are studied. In design and technology, pupils receive practical cookery skills.

The eating environment

- The school provides a welcoming eating environment that is appropriate to the children who use it. Round tables are set up to encourage conversation and tables are marked with individual signs to help Midday Meals Supervisors to signpost children to the next available table for dining at. Occasionally children find the noise and business of the lunch hall overwhelming, there is a room at the side of the hall that can be used to reduce this worry.
- Children can see their food before choosing it as a small step is in place for children to see the food counter and the salad bar. Children are encouraged to be independent when clearing their food away. Milk and water is offered to all children (water is available on the table)
- Time for lunch break is 11:45-1pm (Reception) or 12-1:15pm (KS1). This allows adequate time for children to eat and exercise afterwards or beforehand.

- Teachers often join children to eat and set an example through their modelling of good eating, healthy eating and table manners.

Rewards and Special occasions

Food is not used as a reward.

Food maybe used at times of celebrations for example a Christmas Party when a mixture of food is brought into school by parents. The Leadership team host a tea that consists of a drink, biscuit and fruit (this is for the purpose of the monitoring of children’s work and gathering ideas from pupils).

Parents do not bring in cakes for birthdays but may bring in food for such an occasion and hand it out in the playground under parental supervision.

Occasionally children will taste foods from around the world as part of their learning and this may be a mix of savoury or sweet foods.

Communication

Communication regarding food in school is carried out through the year through conversations, feedback after parents visit for lunch, through the children in school council and through staff experience.

Quality assurance

Outside visitors are made aware of the guidance and ethos of the school towards healthy eating before planning their sessions.

Expert advice will be sought for matters outside of basic healthy eating advice to ensure an evidence-based approach to nutrition within the school.

School food and drink provision

The Requirements for School Food Regulations

The Department for Education publish school food regulations which give schools, caterers, suppliers and food manufacturers time to familiarise themselves with the changes and to make any necessary preparations. The standards became statutory in January 2015.

The standards are based on the following food groups:

- Starchy food
- Fruit and vegetables
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Milk and dairy
- Foods and drinks high in fat, sugar and salt
- Plus, healthier drinks

The general principle of the standards emphasises the importance of providing a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Offering a wider range of different foods provides a better balance of nutrients.

Revised standards for <i>school lunches</i>	
Food group	Food-based standards for school lunches
STARCHY FOOD	One or more portions of food from this group every day

	Three or more different starchy foods each week
	One or more wholegrain varieties of starchy food each week
	Starchy food cooked in fat or oil no more than two days each week <i>(applies to food served across the whole school day)</i>
	Bread - with no added fat or oil - must be available every day
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day
	One or more portions of fruit every day
	A dessert containing at least 50% fruit two or more times each week
	At least three different fruits, and three different vegetables each week
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	A portion of food from this group every day
	A portion of meat or poultry on three or more days each week
	Oily fish once or more every three weeks
	For vegetarians, a portion of non-dairy protein three or more days a week
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, <i>(applies across the whole school day)</i>
MILK AND DAIRY	A portion of food from this group every day
	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 a week of food that has been deep-fried, batter-coated or breadcrumb-coated <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>
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
	No confectionery, chocolate and chocolate-coated products
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary.
	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>	The only drinks permitted are: <ul style="list-style-type: none"> • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk

	<ul style="list-style-type: none"> • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium, yoghurt drinks • Unsweetened combinations of fruit or vegetable juice with plain water • 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 • Tea, coffee, hot chocolate <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>
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In addition:

School food other than lunch (breakfast, mid-morning break, after school club food) required to meet the revised standards.

Menus will be made available to pupils and parents.

Packed lunches –guidance sent home to parents and how packed lunches are stored / monitored.

Food provision outside of lunchtimes e.g. after school clubs, trips meets the revised food standards

Monitoring and evaluation

The Headteacher meets half termly with the school cook to monitor school food choices and menu planning

Observation of food choices available is carried out by the Midday Meals Supervisors and modification made to the menu as necessary.

Occasionally parent and child questionnaires will be issued to check for feedback on quality and substance of the school dinners offered.

Meeting the needs of pupils with special dietary needs – also see Medical Policy

Food allergies or dietary requirements are recorded on the entry profile to the school and gathered by the SENDCo and then disseminated to the staff. An A4 sheet with children photos and allergies regarding food (and other) are displayed in all key areas and in class registers. Permission is always sought form parents/carers regarding any activity related to food within the curriculum and beyond school lunches.

Children who do not eat a great deal or have a limited diet will be encouraged to try small pieces of whatever is on offer. A conversation with the parent regarding expectations will ensure the child is not made to feel uncomfortable. Where the issue persists, the parent will be offered an opportunity to see the school nurse for advice.

Links to other policies

Physical Education guidance

Health and Safety Policy

Equal opportunities and inclusion

PSHE guidance

Dissemination of policy to the whole school community will be through the school website and reference on the Headteacher newsletters, on school entry and annually thereafter.

To be reviewed November 2024