

FOOD POLICY



ST FRANCIS SCHOOL

ST FRANCIS RC PRIMARY

2024-2025

St Francis Catholic Primary School, SE15 1RQ

Vision and Mission Statement and Gospel Values

Our Vision

Providing every child with the tools to choose their path to success.

Our Mission

In St Francis children succeed because:

- ✓ We are an outward looking Catholic Primary school, which welcomes all children from the surrounding area. We work together to nurture our pupils, helping them to become resilient and inspired learners, who will become responsible global citizens of the future.
- ✓ We cultivate our pupils through our broad and diverse curriculum and loving Catholic Parish community
- ✓ We provide a welcoming, safe and supportive environment that helps children feel respected, confident and motivated to achieve their goals.
- ✓ We also foster a spiritual and moral view of life that provides children with a sense of self-worth and a strong Catholic ethos

Our Gospel Values

Love

Honesty

Courage

Tolerance

Justice

Jeremiah 29:11

“I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for”



1. Introduction

St Francis RC Primary School is a Healthy Zone, dedicated to providing an environment that ensures the healthy choice is the easy choice. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, all elements of the school day are brought together to create an environment that supports a healthy lifestyle. We can be valuable role models to pupils and their families regarding food and drink choices and healthy living.

2. Food policy champions

To ensure our food policy is an embedded element of our school community, it was formulated by:

- Elizabeth Harris (Headteacher)
- Sonia Miguez Jorge (Deputy Headteacher)
- Claire Eldridge (SBM)
- Parents / carers and children (Food Ambassadors) were also consulted in the creation of this policy

The charity, School Food Matters, assisted the school in bringing the policy to life through workshops and engagement sessions.

3. Food policy aims and objectives

Our school food policy aims to:

- ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff, and visitors
- broaden the nutritional and dietary experience of every child

The objectives of our school food policy are:

- to provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- to ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils
- to make the healthy choice, the easy choice for the pupils in the school
- to provide all children with a broad and balanced range of foods
- to ensure children experience a diverse range of tastes and flavours

4. Food and drink provision throughout the school day

All school staff who serve food across the school day are trained in food safety and hygiene.

4.1 School lunch

Food served:

School lunches are provided by Lunchtime Co. The menu changes each week on a 3-weekly rotation.

Both a vegetarian and non-vegetarian option are offered every day, except Monday which is meat free. Also available daily are a selection of salads, freshly baked bread and yoghurt with a variety of healthy toppings. Aside from yoghurt and fruit, a sweet dessert is offered once a week on Friday.

Dining environment:

The dining hall is a clean and pleasant place in which to eat. The lunchtime staff maintain high standards of cleanliness and order.

Children are expected to use good manners during lunchtime; they select their lunch when they see the food at the serving station.

Lunchtime is supervised by Val Roche and a member of the leadership team is always at hand in the dinner hall. Staff are encouraged to eat lunch with the children.

Feedback and consultation:

Both a parent and a child survey are conducted termly in order to take feedback about school lunches.

Free School Meals:

Every child at St Francis RC Primary School receives a free school meal.

4.2 Food brought in

All children are entitled to free fruit at breaktimes. Children are allowed to bring in their own fruit for breaktimes if they prefer.

All food brought into the school should comply with the School Food Standards. This applies to the following occasions:

- Breaktimes
- Parents evenings
- Sports days/events
- School council meetings
- Exam or test days/weeks
- End of term
- School trips

We also strive to ensure that healthy food and drink options are available at the following school events and celebrations:

- Fund-raising events

- Seasonal celebrations [Christmas, Easter etc.]
- Summer and Christmas fair
- International events

4.3 Water only

The school is water only (except for milk), as per the Southwark Council water only policy. Children can refill their water bottles at various water fountains located around the school.

4.4 Meat free option

A vegetarian lunch option is available every day. Monday is a meat free day as the school is committed to a planet friendly future.

4.5 Dessert free day

On Mondays, Tuesdays, Wednesdays and Thursdays, our school serves yoghurt, a selection of fresh fruit or cheese and crackers. This policy also applies to pupils who bring in a packed lunch and we feel this is important to reduce sugar consumption and enable our pupils to have a more balanced, nutritious diet. On Fridays, a sweet dessert is available in addition to the above.

4.6 Reward culture

Food is not used as a reward for pupils. To recognise good behaviour teaching staff using a variety of reward strategies that do not include food.

5. Allergies and special diets

All staff are trained on how to manage allergies. Children with allergies are identified photographically.

6. Food education

Cooking and nutrition is a compulsory subject within the Design & Technology curriculum. This is taught at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance and practical skills such as designing, preparing, and cooking predominantly savoury food. Here are some examples of how we deliver a broad variety of food education:

- Children are taught cooking skills during DT in both KS1 and 2. They are taught about food seasonality and sustainability.
- Children are also taught about healthy food in science and PHSE lessons.
- Additionally, in science children learn about where food comes from, farming and the environmental impact of food

Production, as well as the healthy plate

7. Equal opportunities

Where food and drink are provided in school, and throughout all food education, we recognise the importance of all pupils, staff and visitors access to equal opportunities and ensure all are catered for, feel valued and included.

8. Staff and visitors

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes about food and drink, so it is important that they are positive and healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition. Staff and visitors are asked to model healthy eating and drinking when outside of the staffroom across the whole school site and wherever they are in view of children.

9. Monitoring and evaluation

At each annual review, we will identify what areas we need to improve on to ensure a healthy approach to food & drink and continue to be a Healthy Zone school.

Review date: July 2025



The School Food Standards

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide 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. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/news to find examples of what other schools are doing to encourage children to eat well.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

*** This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs**



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



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*
- No more than two portions of food which include pastry each week*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products*
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

A portion of food from this group every day

Lower fat milk must be available for drinking at least once a day during school hours



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 on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week*

Bread - with no added fat or oil - must be available every day



Healthier drinks*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150 ml)
- 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)
- 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, all with less than 5% added sugars or honey
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 350ml. They may 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

