

**CHARLTON HORETHORNE CHURCH OF ENGLAND
VA PRIMARY SCHOOL**

School Food Policy

January 2015

Charlton Horethorne Church of England Primary School

School Food Policy

At Charlton Horethorne Primary School we believe that good food is vital to children's health and academic achievement and to the broader life of the school.

Many studies have shown that hunger affects concentration, and that well-nourished children fare better at school and this principle underlies our School Food Policy.

Free School Meals for KS1 Children

From September 2014, the Children and Families Bill placed a legal duty on state-funded schools in England to offer a free school lunch to all pupils in Reception, Year 1 and Year 2 through the introduction of the Government's Universal Infant Free School Meals (UIFSM) Policy. The independent School Food Plan, published by the Department for Education in July 2013, recommended this policy, based on the findings of the free school meal pilots held between 2009 and 2011. The pilots showed that universal free school meals can have significant benefits both for individual children and for the broader life of the school. Pupils in the pilot areas were found to eat more healthily and perform better academically. Schools also reported improved behaviour and atmosphere, as a result of all pupils eating together every day.

Eligibility Criteria for Other Age Groups

Existing entitlements to free school meals for pupils in Key Stage 2 will continue as now, based on the existing free school meals eligibility criteria.

In England, children at Key Stages 2-4 in state-funded schools are entitled to receive FSM if their parents or carers are in receipt of any of the following benefits:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit

- Child Tax Credit (provided they are not also entitled to Working Tax Credit and have an annual gross income of no more than £16190, as assessed by Her Majesty's Revenue and Customs)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- During the initial roll out of the benefit, Universal Credit

Meal Requirements and Food Standards

Food Standards

Hot school meals are provided by BAM FM Ltd. They are delivered daily to our school's serving kitchen where they are kept hot in the bain marie until service. The meals comply with current Nutritional Standards. These standards are intended to ensure that children get the nutrition they need across the whole school day.

Hot Meals

The legal requirement on schools is to provide a lunchtime meal that meets the School Food Standards, where they apply. All pupils will routinely be offered a hot meal option.

Catering for Pupils with Special Dietary Requirements

Charlton Horethorne Primary School caters for all dietary requirements that we are made aware of. We offer a daily vegetarian option, gluten free options and all of our food is 'nut free'. Parents should inform the school of any dietary requirements in order that we can provide a meal which meets their child's needs.

Packed Lunches

Research undertaken by the 'School Food Plan' showed that many parents mistakenly imagine that a packed lunch is the healthiest option. The School Food Plan demonstrates that it is far easier to get the necessary nutrients into a cooked meal. The School Food Plan research also showed that only 1% of packed lunches meet the nutritional standards that currently apply to school food.

School Meal Menu Options

Menus will be provided in advance on a 3 week rolling programme. Menus are also available on the school website. There are 2 options to choose from each day, a vegetarian option and a meat option. Fish will be offered on Fridays

instead of the meat option. Bread will be offered daily and fresh water is always available.

Children Who Do Not Eat Meals

No child will be forced to eat anything that they don't like although they will be encouraged to try foods which they wouldn't normally eat. We monitor the amount of food which children eat and liaise with parents through the class teacher should there be any concerns over the amount of food being consumed by a child. We actively encourage parents to communicate with us if there are any problems or worries about their child eating lunch.

There are always 3 lunchtime supervisors on duty in the dining hall throughout the lunchtime. They know the children well and are friendly and approachable if the children have any problems.

Breaktime Snacks

All Foundation and Key Stage 1 children are provided with a daily free fruit or vegetable snack.

In Key Stage 2, children are encouraged to bring in a piece of fruit or vegetable to eat at break time. Sweets are not allowed.

Water

Children are encouraged to bring a drink of water to school each day in a suitable container. There is a drinking station where children can access water at appropriate times.

Packed Lunches

Children who do not have a hot school meal can bring a packed lunch to school which they will eat in the hall. Children having a packed lunch will be expected to take any left-over food home with them. We do not allow sweets or fizzy drinks.