



St Mary Magdalene C of E School
with
Christ Church C of E Primary School

Healthy Eating And Nutritional Standards Policy

This policy was:	Written in	
	Updated in	November 2018
	Review date	November 2019

Aim

The aim of this policy is to state, in one document, how the Koinonia Federation implements a healthy approach to living; how staff and governors aspire to convey this to the children through the delivery of a good quality curriculum.

Allergies

Please notify the relevant school site if your child is allergic to particular foods.

School Dinners

Our school dinners are prepared on site by Greenwich Services Plus (GS-Plus). The provision and quality of meals is continually monitored by staff, as well as the school council. Any concern regarding this is fed back to our chef.

As a Federation, we try to encourage all pupils to have a school dinner to ensure they receive a balanced and healthy meal. All children from Reception to Year 2 are entitled to a free school meal every day.

Religious observance of dietary requirements is respected. The kitchen staff in the school has a list of children and whether or not certain foods are prohibited. Allergy awareness is also observed. The kitchen has a board with children's images and allergies as a reference for all kitchen and lunch time staff.

A current copy of the menu choices is kept in the school office as well as being displayed in the hall for pupils to see.

Packed Lunches

- The Federation provides facilities for pupils bringing in packed lunches and ensures that fresh drinking water is readily available at all times.
- The Federation works with the pupils to provide attractive and appropriate dining room arrangements
- The Federation works with parents to ensure that packed lunches abide by the standards listed below.
- Fridge spaces are available at each school site to ensure packed lunches remain fresh
- Wherever possible each school site will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- Children must only eat their own food and not other children's

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans,

- chickpeas, hummus and falafel) every day (usually as part of a sandwich, roll or salad)
- oily fish, such as salmon, mackerel or tuna occasionally
 - a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
 - dairy food such as milk, cheese, yoghurt, fromage frais or custard
 - a drink: water is best, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Nuts or peanut butter – due to the increasing number of children we have in school with nut allergies
- snacks such as crisps. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savory crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Fizzy drinks

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools. The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Milk

Since 2000 the school has offered parents the option of their children receiving 1/3 pint milk during the school day. In 2013, parents who wish for their child to receive milk will subscribe to the Cool Milk Scheme. Parents receiving Free School Meals also receive free school milk provided they subscribe to the Cool Milk Scheme.

Fruit Scheme

Reception and Key Stage One pupils all receive a piece of fruit free of charge. All pupils are given the opportunity to have fruit at break times, particularly in Key Stage 2, where there is currently no government free fruit scheme.

Design Technology/Humanities/RE National Curriculum statutory and non-statutory Guidance)

As part of the DT curriculum there are units which involve food preparation and food use. Crockery for food preparation is designated for this sole use. The subject leaders in consultation with class teachers ensure that there is no other use of this equipment. As with other areas of the curriculum involving food, letters of consent are sent home requesting dietary requirements re: allergies, religious considerations, preferences as part of the entry forms. Children who develop allergies or change dietary requirements are asked bring in a signed letter by their parents, to notify the school of these changes.

Drinking Water

Each school site has a number of drinking fountains on the premises. Children are encouraged to bring in water bottles which they can refill at appropriate times throughout the day,