

School Lunch Policy

Al-Noor Voluntary Aided Primary School



Approved by:	Headteacher	Date: Sep 2023
Signed:		
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1. INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by continuous food and nutrition education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents/carers and pupils. This school food policy is co-ordinated by Someera Butt, Headteacher.

2. AIMS

The main aims 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 support pupils to make healthy food choices and be better prepared to learn and achieve.

3. FOOD AND DRINK PROVISION

3.1 No Nuts and Seeds at Al-Noor

Al-Noor Primary School is a strictly **nut and seed free school**. Items containing nuts and seeds are not served at the school, neither are they permissible for children to bring in from home. If your child has eaten these items before coming to school, please ensure that they have thoroughly washed their hands and mouth beforehand.

We would appreciate your co-operation with this policy in the strictest manner. Please understand that we have children with nut and sesame seed allergy in the school and in some cases allergies can be so severe that a child will react to traces of nut just by being in the same room.

3.2 Snack Time

The school understands that snacks are an important part of the diet of young people and can contribute positively towards a balanced diet. The school does not allow the consumption of snacks high in fat and sugar at snack-time, and the following items are banned:

- ☐ Sweets in any form
- ☐ Chocolate bars
- ☐ Crisps or anything resembling crisps, whether made from potato or anything else
- ☐ Baked crisps
- ☐ Fried food, e.g. samosas
- ☐ Hot food
- ☐ Fruit winders (high sugar content)
- ☐ Fizzy drinks
- ☐ Sesame seeds or food containing them e.g. burger buns, hummus
- ☐ Nuts or food containing nuts e.g. peanut butter and Nutella
- ☐ Products that contain chocolate*

*The school does not allow chocolate based items including chocolate spread sandwiches.

However, if parents wish to send a snack where chocolate is a by-product (e.g. cookies with chocolate chips), then this is acceptable, although discouraged.

Examples of a healthy snack may include: fruit, yoghurt, breadsticks, rice cakes, sandwiches. See Appendix 1 for even more healthy snack ideas.

A daily piece of fruit is given free to all pupils in KS1 (Reception – Year 2).

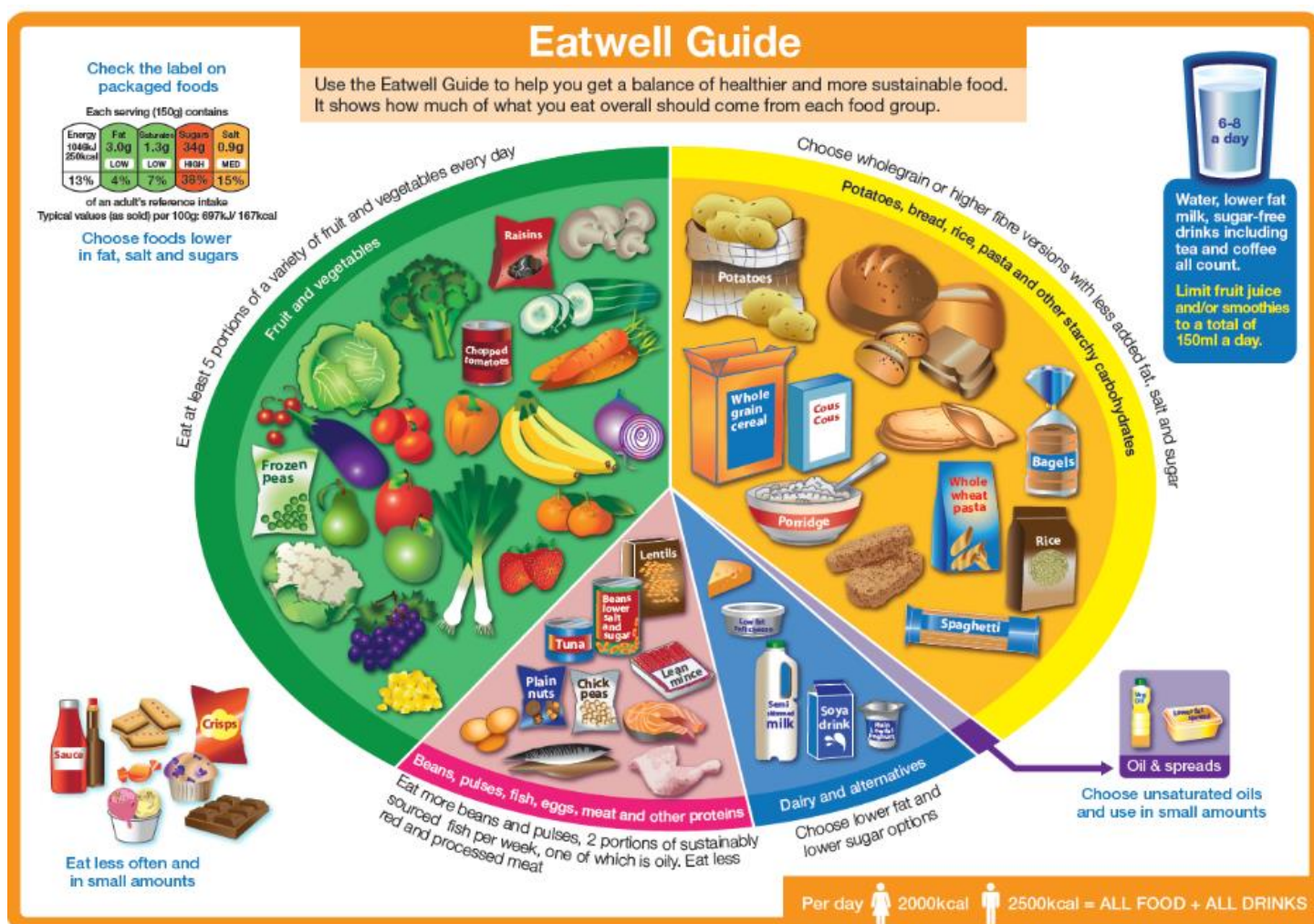
3.3 School Lunches

KS2 pupils will for the first time benefit from the London Mayor's free school meals scheme for this year only. This means that school meals are free for every pupil until July 2024. From September 2024, our usual lunch process will apply, as outlined below.

All children in Reception, Year 1 and Year 2 are entitled to a hot free school meal. If your child is in Year 3 or above and you receive one of the listed qualifying benefits, you should make an application for free school meals here <https://www.redbridge.gov.uk/schools/free-school-meals/>. Parents of children in Year 3 and above that are not entitled to free school meals will be required to pay for school lunches via Wisepay, in which the School Office will send out half-termly reminders.

School meals are provided by All Seasons Catering and served between 11:25am and 1:05pm in the dining hall, with KS1 dining first, followed by KS2. The school meals meet the mandatory requirements of the School Food Standards 2019.

3.3.1 The Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The Eatwell Guide shows the different types of foods and drinks we should consume – and in what proportions – to have a healthy, balanced diet. The Eatwell Guide shows the proportions of the main food groups that form a healthy, balanced diet:

- ☐ Eat at least 5 portions of a variety of fruit and vegetables every day
- ☐ Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- ☐ Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- ☐ Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- ☐ Choose unsaturated oils and spreads and eat in small amounts
- ☐ Drink 6-8 cups/glasses of fluid a day
- ☐ If consuming foods and drinks high in fat, salt or sugar, have these less often and in small amounts

Further information on healthy eating is available at
<https://www.gov.uk/government/publications/the-eatwell-guide>.

At Al-Noor, healthy food and drinks are promoted, and children are encouraged to eat balanced meals. The food served reflects the religious and cultural needs of the school community, and only serves HMC certified Halal meat. School meals are planned on a 6-week cycle and always contain meat or fish and a vegetarian option. The school meals menu can be found on our school website.

Examples of meals provided by All Seasons include lasagne with roasted vegetables, chicken fajitas, wholemeal pasta bake served with green beans and carrots, and lentil (daal) curry with Bombay potatoes and rice. Bread and the salad bar are available daily. Dessert is also served, and examples include beetroot chocolate cake, courgette cake with lemon drizzle and fresh fruit.

Our dining area offers a welcome environment where pupils can enjoy their lunch whilst socialising with friends. Pupils are supervised by fully vetted and DBS cleared Midday Supervisors over the lunchtime period.

Pupils are not allowed to take hot food out of the dining area for health and safety reasons

Pupils with dietary allergies/intolerances are catered for, however parents/carers will be required to provide the school with medical evidence of this.

3.4 Other Provision

3.4.1 Packed Lunches

All pupils must eat school lunches. Packed lunches are not permitted. Exceptions may be made for pupils with special dietary requirements, in which tailored meal plans are a necessity to their wellbeing. To qualify, parents will be asked to submit a detailed account of their child's condition, supported by medical professionals.

3.4.2 Drinks

Several water fountains are located within the school site and pupils are encouraged to fill up their water bottles. We encourage children to drink water regularly throughout the day to ensure they are well hydrated. Research shows this can improve concentration and learning.

A serving of semi-skimmed milk is provided free to children up until the age of 5. If you wish for your child to continue to receive milk after the age of 5, a payment must be made at www.coomilk.com.

3.5 School trips

Pupils attending school trips will be provided with a packed lunch, consisting of a sandwich, piece of fruit and a bottle of water. Pupils will not be allowed to buy lunch from food outlets or shops during a trip. Parents/carers are permitted to send an extra sandwich and/or snacks with their child/ren on trip days.

4. REWARDS

The school does not encourage the regular eating of sweets or other foods high in sugar, especially as a reward for good behaviour, academic or other achievements. Other methods of positive reinforcement are used in school. See our Behaviour Policy for a list of rewards used.

5. FUNDRAISING

Occasional fund-raising events may include the sale of treat food such as biscuits and cakes, but this will be limited to only fund-raising events. All food produced for fund-raising events must list allergen information and conform to food safety and hygiene standards.

6. CURRICULUM LINKS

Food and Nutrition is taught at an appropriate level throughout each key stage in Science and PSHE. The Eatwell model is used throughout the school, (see Appendix A) as a model of understanding a balanced diet.

7. ENRICHMENT

The school has an allotment area that pupils are encouraged to visit to support the growth of home-grown produce.

8. SPECIAL DIETARY REQUIREMENTS

Parents/carers must make the school aware of any severe food allergies from which their child suffers and must provide the school with medical evidence of this. In such circumstances Individual Health Care Plans are created for pupils with food allergies in consultation with the school nurse. Any medication required to manage food allergies should be provided as part of the Individual Health Care Plan.

9. FOOD SAFETY AND HYGIENE

We recognise that food safety and hygiene is of paramount importance for the health of the whole school community. To ensure that food is stored, prepared and eaten in clean and safe environment, the following food safety arrangements will be adopted:

- ensuring that adequate storage and washing facilities are available.
- that food handlers undergo appropriate food safety and hygiene training.
- a documented food safety management system based on HACCP principles will be put in place, implemented and maintained.
- that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. All Seasons Catering have food safety information displayed in the appropriate areas.

All staff involved in the preparation or handling of food are expected to complete their Food Hygiene Certificates. There is regular monitoring of the food facilities by the Local Authority Environmental Health Officer.

10. MONITORING AND REVIEW

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every year.

Appendix 1 – Healthy Snack Ideas

Savoury options high in protein:

- ☐ Hard-boiled eggs
- ☐ Scotch / savoury egg falafel etc.
- ☐ Grilled chicken cubes
- ☐ Boiled chickpeas
- ☐ Grilled fish cake

Fruit and veg options

- ☐ Boiled mixed vegetables
- ☐ Grilled peppers
- ☐ Grilled courgettes
- ☐ Small piece of corn on cob
- ☐ Carrots and cucumbers
- ☐ Fresh fruit (whole or pieces)
- ☐ Mixed fruit salad
- ☐ Fruit smoothie

Other options

- ☐ Crackers, crisp bread, rice cakes,
- ☐ Cheesy biscuits, bread sticks,
- ☐ Nut-free Bombay mix
- ☐ Small bread roll
- ☐ Croissant
- ☐ Hot cross bun