



Blue Gate Fields Junior School

School Food Policy

Policy details:

Date of policy: December 2023

Last updated:

Date of next review: December 2025

Person (s) responsible for implementation and monitoring:

Sian Acreman (Head Teacher)

S E Acreman

Signature (Chair of governors)

Robert Oakley

Signature (Head teacher)

Date: Autumn 2023

1. Introduction

Blue Gate Fields Junior School is dedicated to providing an environment that ensures the healthy choice, is the easy choice for all children. 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, we take a whole school approach by bringing all elements of the school day together to support the health and wellbeing of all children. We recognise that we are invaluable role models to pupils and their families regarding food and drink choices and healthy living.

This policy will be reviewed every two years to incorporate any new developments.

2. Food Policy Champions

A successful school food policy uses a whole school approach to formulate a policy that is agreed upon by everyone at the school including staff, caterers, pupils, parents, and governors to ensure it encompasses the overall ethos and environment of the school. To ensure our food policy is an embedded element of our school, it was formulated and written by:

Head Teacher: Sian Acreman

Governors: Hind Aisha, Nasima Khanom, Shaheen Shabady, Patricia Lowe, Rukeya Khan, Robert Oakley, Kazi Gous-Miah, Carolyn Lindsay, Tom Durnford, Musa Ali, Mohammed, Ekram Hossaim, Mike Askew

Kitchen Head Cook: Lisa Ellis

Tower Hamlets Contract Catering Services

School Council Leads: Louise Watson, Maya Eadie-Catling

School Councillors 2022-23

The School Councillors spent a lot of their agenda discussing the benefits of healthy eating and how to promote it around the school. They created a video to encourage making healthier choices.

3. Policy Aims & Objectives

Our school food policy aims to

- Ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors at our school.

The objectives of our school food policy are to:

- Provide a range of healthy food choices throughout the school day that are in line with the mandatory school food standards.
- Ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.
- Make the healthy choice, the easy choice.

- Ensure that our caterers uphold high standards and continue to actively consult with relevant stakeholders to improve the food provision.
- Work with students and the catering company to make sure the pupils feel listened to and see their choices in the food on offer.

4. Food & Drink Throughout the School Day

All staff who serve food across the school day are trained in food safety and hygiene. The kitchen received an environmental health score of 5.

4.1. Breakfast Club

We offer a breakfast club which serves a range of nutritious, school food standard compliant food including wholemeal carbohydrate, fruits & protein-based foods to support children's health and concentration to ensure they have fuel for learning, play and social interaction.

Breakfast club is led by Jackie Walsh. It is open from 8:15am to 8:45am and is free to all children. On Fridays, parents can join their children for breakfast. Jackie ensures that breakfast club is a sociable and enjoyable place to be, with games to play and flowers on the tables. The school is supported by, and is an ambassador for, Magic Breakfast (<https://www.magicbreakfast.com/>)

For more information about the breakfast club please see <https://www.bluegatefields-jun.towerhamlets.sch.uk/breakfast-club-and-school-meals.html>

4.2. School Lunches

Lunch runs from 12:30pm-1:25pm in the Junior and Infant hall and the year groups are on a rota to ensure children do not always get the last sitting. School meals are provided by Contract Catering Services, the menu changes daily, for an example menu see <https://www.bluegatefields-jun.towerhamlets.sch.uk/breakfast-club-and-school-meals.html> The school caters for vegetarian and halal diets, it ensures all children with allergies are catered for. Blue Gate Fields Junior School has Monday as their fully plant based day. This is to provide the children with more sustainable options and to increase their awareness of their environmental responsibility. To ensure balance within our lunch offering, we offer a range of nutritious dessert options that includes fresh fruit, yoghurt, and cheese and crackers.

Every year, each class invites the parents to eat lunch with all the children, teachers and other parents. This provides an informal environment to build relationships. In addition, staff are encouraged to eat their lunch with pupils once a week. Lunch time is a sociable occasion where good food is eaten and good conversation had. A new vocabulary word is provided every day with a joke and Spanish practice. The lunch hall is a caring place where children serve each other at the salad bar, encouraging shared responsibility for the meal, and also help to keep the lunch hall tidy. Children with additional needs are given extra time before and after the main lunch sitting to ensure they are comfortable.

4.3. Packed Lunches

Few children bring in packed lunches from home, if they do they are checked to ensure they match the school food standards.

Packed lunches from school are provided for trips. Disposable plastic bottles of water are no longer provided to keep in line with our environmental responsibilities. Children take along their own reusable bottles.

4.4. Food Brought In

Limited food is brought in. For break time, snacks such as fresh and dried fruit, and breadsticks can be brought in. For birthdays and celebrations such as Eid, fruit can be brought in to share. For the annual parent picnic, home cooked food, nibbles and snacks which are in line with our health policy are brought in to share.

4.5. Water Only

We are a water only school. Children bring in their own water bottles to keep in line with our environmental responsibilities. Children can also use the water foundations in the playground. They are given regular opportunities to drink water and keep themselves hydrated throughout the day.

5. Allergies & Special Diets

In order to track allergies and special dietary requirements, children are required to wear yellow lanyard with their picture and needs. This is worn during lunch time and any sessions which involve cooking or handling food. Posters with the children's allergies are also displayed around the school so that all members of staff are informed and aware. The medical tracker is maintained and updated on a regular basis. Staff are trained in the steps needed to be taken in the eventuality of an allergic reactions and are trained in the use of epi-pens.

6. Food Education

Each year group undertakes a food based D.T. project to help educate about food choices, sustainability and food production. The school garden grows a range of edible plants that helps educate the children about food sources, plant life cycles, seasonal produce, and caring for and nurturing the environment. Coram Life Bus come in annually to teach all year groups about making healthy choices.

7. Equal Opportunities

We recognise the importance of all pupils, staff and visitors having equal access to inclusive opportunities. We want to ensure that everyone is catered for and feels valued when food and drink is provided in school, and across all aspects of food education. During Ramadan children from Year 6 who choose to fast are supported. We provide a weekly foodbank in

association with organisations such as the Felix Project. Food is distributed to parents, helping to reduce food waste as well as provide nutritious meal to families.

Children explore the effects and signs of disordered eating and negative body image, developing an understanding of the repercussions. Staff monitor children's intake of food, making sure all children eat a healthy, balanced meal.

8. Staff & Visitors Expectations

The school is aware that all adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. Therefore, it is important that they have a positive attitude and are healthy role models. At every opportunity they promote healthy choices and reflect our philosophy and approach to food and nutrition. D.T. projects are used as a way to introduce different dietary choices such as veganism.

10. Monitoring & Evaluation

At each review point, we will identify any areas of improvement to ensure that we maintain a balanced and wholesome approach to food & drink in our school. We will consider take up of school food, student/parent feedback and our ever-changing student population during each review.

Next review date: 29/06/2025

Signed:

Appendix:

Appendix 1:

The revised standards for school food came into force on 1 January 2015 and are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

Appendix 2:

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Appendix 3:

[National Curriculum - Design and technology key stages 1 to 2 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)