

**STOCKHAM PRIMARY SCHOOL**

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Oxfordshire County Council

**Stockham Primary School**

**Nutritional Standards Policy**

**INTRODUCTION**

Stockham School recognises the important connection between a healthy diet and a child’s ability to learn effectively. We also acknowledge the important role that we can play to promote family health and to educate about healthy lifestyle choices.

This policy describes how we work to ensure that all aspects of food and nutrition in school promote the health and well-being of children, staff and visitors to our school. We are very pleased to have been awarded ‘National Healthy School Status’.

**AIMS**

Our main aim is to ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school. We do this by providing the following:

* Break-time snacks: Foundation Stage and Key Stage 1 children receive a piece of fruit during each morning break as part of the national free fruit scheme. The Key Stage 2 children may only bring fruit or vegetables as a break-time snack. On Mondays and Thursdays the Upper Junior children run a Tuck Shop where children may purchase healthy snacks for a price of 20p. There are no vending machines on site. Children are encouraged to bring water bottles to school and each class has a water bottle box for these to be stored in.
* Fruit in Schools Scheme: We take part in the National Fruit in Schools Scheme whereby every child from the Foundation Class to Year 2 has a piece of fruit as a snack each day.
* Packed lunches: Through our weekly newsletter, families are reminded that packed lunches should be healthy and balanced and should contain only water or squash (no fizzy drinks) and no chocolate bars.
* School Health: We support the new Obesity screening in Foundation and Year 6.
* Water: There is cooled water available for staff in the staff room and the children are encouraged to bring a water bottle school each day. In addition to this all the classrooms have access to drinking water.
* Partnership with parents: We work to keep parents as informed as possible about food in schools: The weekly lunch menu is displayed with important school notices. All the menus are on the school website and we use the weekly newsletter to update parents on any changes in policy;
* Monitoring: The Local Authority takes overall responsibility for quality assurance and monitoring of school lunches.
* School Lunches: Sharing food, and a meal, is an important part of our day. It is a chance to nurture and build friendships and to celebrate our diverse community. It is a chance to teach about table manners and a balanced diet. Our school lunches are provided by Edward and Ward, with which we have a strong partnership. School meals are available at a price of £2.30 per day or are free to those children that are eligible receive a Free School Meal.
* Free KS1 Meals: All children at Stockham School are entitled to a free hot school meal every day of the week if they are in Foundation, Year 1 or Year 2.

**GUIDANCE**

The school and its caterer must meet the new nutritional standards for school meals (The Education(Nutritional Standards and Requirements for School Food)(England) Regulations 2007) and non-school meal food provided in school. The school through its caterer/food provider now must offer the following food groups as part of the school meal and from September 2008 the nutrient standards:

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| --- | --- |
| **Fruits and vegetables -**these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice) | * Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)
* A fruit-based dessert shall be available at least twice per week in primary schools
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| **Meat, fish and other non-dairy sources of protein -** these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans) | * A food from this group should be available on a daily basis
* Red meat shall be available twice per week in primary schools, and three times per week in secondary schools
* Fish shall be available once per week in primary schools and twice per week in secondary schools.  Of that fish, oily fish shall be available at least once every three weeks
* For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein
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| **Manufactured meat products** | Manufactured meat products may be served occasionally as part of school lunches, provided that they:* 1. meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003.  Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers
	2. are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and
	3. contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.
	4. A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch)pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.
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| **Starchy foods (also see additional requirement on deep frying below) -** **these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal** | * A food from this group should be available on a daily basis
* Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week
* On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available
* In addition, bread should be available on a daily basis
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| **Deep fried products** | Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process. |
| **Milk and dairy foods -** **includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard** | A food from this group should be available on a daily basis. |
| **Drinks** | The only drinks available should be: * plain water (still);
* milk (skimmed or semi-skimmed);
* pure fruit juices;
* yoghurt or milk drinks (with less than 5% added sugar);
* drinks made form combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);
* low calorie hot chocolate;
* tea; and
* coffee

 NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk |
| **Water** | There should be easy access to free, fresh drinking water. |
| **Salt and condiments** | Table salt should not be made available. If made available, condiments should be available only in sachets. |
| **Confectionery and savoury snacks** | Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.  |

**CURRICULUM**

There are many references to lifestyle, healthy living and foods in other topics and right across the curriculum. Science, PSHCE (SEAL) and Design and Technology units in particular enable focused teaching and learning about healthy eating.

Should the children be taking part in a cookery session within school all members of the teaching staff are fully aware of the need for full hygiene and safety procedures to be adhered to. They have access to the hygiene and safety documentation written by our partnership school King Alfred’s where they can explore all the steps they need to follow before a cookery lesson can take place.

**ALLERGIES**

We have a no peanuts policy in school to ensure that any child or adult with a nut allergy will never be directly exposed to nuts. In addition every classroom has an up to date list of the children’s medical needs including any allergies to foods they may have. It is the responsibility of the class teacher to ensure they are fully aware of any allergies their class members may have and to act accordingly to ensure they are not exposed to any allergens during food related sessions.

**Designated Teacher:** Claire Lovegrove **Date:** February 2018

**Date agreed by staff: R Burbank**

**Signed on behalf of the Governing Body Date of Review:** February 2020

      