

Pirbright Village Primary School



Nutritional Standards & School Lunches Policy

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1. Aims

Eating in school should be a pleasurable experience, time spent sharing good food with peers and teachers. Pirbright Village Primary School encourages pupils to lead active and healthy lives. We believe that pupils need to be healthy in order to take full advantage of opportunities within and beyond our school. The governing body will ensure that the standard of food provided by the school kitchen meets and, where possible, exceeds the standards required by legislation. In addition, pupils will be advised how to make choices that support a healthy lifestyle in line with the school curriculum (in conjunction with Healthy Schools), and our Pirbright aims, values and ethos. Alongside these aims, we also have the important role as adults of encouraging, but not pressuring children to eat. Whilst we aim to promote healthy eating behaviours, this requires careful management of the children in our care and an understanding of why they may not want to eat.

2. Roles and Responsibilities

The Headteacher will ensure that:

- guidance is made available for key staff based on the School Food Standards introduced in 2015 (including updates made in September 2024).
- external providers of lunches conform to the regulation
- parents of children eligible for income based Free School Meals are encouraged to apply for them
- content, cost, and quality of provision are monitored and reviewed
- special dietary needs of children and staff are catered for (including allergies, vegetarian, Halal and Kosher options)
- parents are provided with an efficient way to pay for school meals and receive regular updates when their account has fallen into areas
- children have the opportunity to share their views about school meals.
- staff feel empowered to voice opinions and raise concerns regarding the quality of meals.
- guidance is followed and support staff are trained to promote healthy eating habits.

The Governing Body will:

- ensure that lunches meet with the standards prescribed in the School Food Standards (2015), and where possible will sample lunches
- support the head teacher in monitoring and evaluating the provision.

All staff will:

- promote healthy eating in accordance with school guidance
- ensure the curriculum covers appropriate science and PSHE objectives to teach the pupils about relevant nutritional and lifestyle choices and impacts
- provide a healthy role model for children.
- give feedback to parents regarding food concerns.
- be role model for children.

3. Food and Drink Provision

Pirbright Village Primary School is committed to providing meals that make a valuable and significant contribution to the nutrition and health of children at all ages. We aim to serve foods that children enjoy eating, whilst still providing balanced meal choices.

School Lunches – Cleverchefs' Guidelines

Pirbright Village Primary School welcomes the School Food Standards (2015) for school meals and ensures that our menus comply. In practice, daily menus provide a wide variety

of foods and individual ingredients that help to shape balanced eating. The School Food Standards legislate that we must provide:

- high-quality meat, poultry or oily fish
- fruit and vegetables
- bread, other cereals and potatoes

There can't be:

- drinks with added sugar, crisps, chocolate or sweets in school meals
- more than 2 portions of deep-fried, battered or breaded food a week

Attached is the Nutritional Standards which details all of the regulations the school, alongside its catering partners, follow to ensure we are meeting the needs of our children.

Hot meals are on offer every day at school from our caterers Cleverchefs; although, during the warmer months we offer a packed lunch alternative. Parents are welcome to "opt-out" of the packed lunch alternative if they would rather their child always had a hot meal by letting the school office know. There are still hot meal options available even when there are packed lunches too.

Additives and foods: The caterer purchases foods without or with minimal additives wherever possible, however, it should be remembered that many additives are acceptable and some have beneficial qualities e.g. added Vitamin C, or beta-carotene (form of vitamin A) or the preservatives used to prevent microbiological spoilage of food. As much as possible, the caterers cook from scratch, on site, which allows even greater control of additives and ensures a much healthier offering for the children.

Nuts

Due to the severity of reactions associated with nuts, we remind the children that they are not to bring nuts into school in their packed lunches and ensure the school kitchen, in partnership with Cleverchefs, is nut-free.

As part of the **Universal Free School Meals Scheme** for Reception and KS1 pupils, all pupils of this age group are entitled to be provided with a free school meal on a daily basis; although, they can opt out if they choose to do so.

Free School Meals will be provided to KS2 pupils who are entitled. This does not have to be a cooked meal. Pupils qualify for FSM if their parents receive one of the following benefits;

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

Special Diet Provision: Pirbright Village Primary School aims to cater for children's dietary needs whenever practicable and appropriate, in conjunction with the parents and health professionals. A special diet request form is available from the office to fulfil this request. Photographs of children who have allergies and special dietary requirements are displayed in the kitchen to ensure all staff are aware of these needs.

Packed Lunches

All pupils are provided with appropriate facilities to eat packed lunches. Lunches for these children are monitored by staff in the dining area and if concerns are raised regarding nutritional quality or quantity, parents are contacted by the class teacher. As with school meals, lunches are monitored and children are encouraged to eat a sufficient amount of a balanced diet. As part of our Welcome Pack and New Entrants' Pack, we provide parents with suggestions for healthy lunchboxes as well as a list of prohibited items, such as nuts. Whilst full sized chocolate bars are also prohibited, smaller chocolate bars or chocolate covered biscuits are acceptable as part of a balanced lunchbox if decided by the parents.

Breakfast Club

One of the aims of our Breakfast Club is to promote healthy eating and provide breakfast choices to our pupils and families. This facility is available on a daily basis and follows the same nutritional standards as the rest of the school day.

Break Time Snacks

Pupils are encouraged to bring a piece of fruit or vegetable as a healthy mid-morning snack from home; no biscuits, cereal bars or chocolate bars are permitted. In addition to this the children in Key Stage One benefit from the Free School Fruit and Vegetable Scheme which is managed and organised by an allocated break time supervisor.

Pirbright Club Class

Our after-school club is catered for by Cleverchefs who cook the food on-site. They match the dinners provided closely to the lunches to ensure children are having a balance in options whilst continuing to meet the Nutritional Standards Guidance from the government. The menus are shared with the after-school club manager for feedback and advice based on the children's input. Any additional food or drinks provided by Club Class follows the Nutritional Standards guidelines.

Water

All pupils are encouraged to drink water at frequent intervals throughout the day and provision for water bottles is made in classrooms. Pupils and staff all have easy access to fresh drinking water throughout the school day and there are drinking fountains in every cloakroom (with the exception of Years 1 and 2 who have theirs outside of their building) and at specified points outside.

Celebrations and Rewards

The school recognises that there will be parts of the school day when food is provided which does not meet the School Food Regulations, such as celebrations (ie parties), curriculum events (ie Greek Day) or rewards in class. In each case, we will take into account the allergy and special diet requirements for children and ensure none of these are in breach. Where we have any concerns, we will contact parents to ensure they are informed and happy. Children are no longer permitted to bring in sweets to celebrate their birthdays as consent can not be sought from parents for each birthday and the school is unable to monitor the allergies. This is also not in keeping with our Healthy Schools approach. Children are encouraged to donate a book to their class library instead.

4. The Lunch Hall & Lunchtime

Children eat their hot lunches from Cleverchefs in the hall at lunchtime. Packed lunch children also eat in the hall but have the option of eating outside if they would prefer. The hall should be an enjoyable space to be in and the adults in there are responsible for monitoring noise and supporting the children to access their lunch. Adults are there to monitor the children's eating and whilst this may take the form of some mild encouragement, no child will be forced to eat at lunchtime if they do not want to. Children

will not be left for long periods of time until they have finished their lunch if they have communicated effectively with us that they have had enough. Children are good at regulating their own appetites and this is an important learning time for them and an opportunity to self-regulate. If they say they have finished, we will ask them if they are full. If we notice they haven't eaten very much then we will ask them if they would like some more salad, if they would like another go at eating something on their plate or if they would prefer something different. If they are quite sure they have had enough, then they have had enough. We will never force children to take a pudding and are clear that a pudding is never a reward for eating their main meal. If we have concerns regarding your children's eating we will communicate this with you via the class teacher. This information is provided by the Learning Support Assistants and midday supervisor in the hall and is always monitored by the class teacher.

5. Role Modelling

We understand the important role we play in children's lives and strive to be role models for them around food and nutrition. Often, children are exposed to unhealthy eating habits at home so it is important that when we are around children in the classroom or on school trips we are not reinforcing unhealthy food choices. Any food which would be considered "unhealthy" ie biscuits, chocolate, cakes, fizzy drinks etc, should be consumed either in the staffroom or when we know we are out of sight of children. There is a difference between a treat and regular exposure to unhealthy food, and we should seek to reduce these instances so we are not contributing to the problem.

6. Curriculum Links

The curriculum at Pirbright embeds nutrition education consistently in Science, PSHE, PE and DT and the extended curriculum opportunities promote healthy lifestyles. The governing body has a strategic role in regularly monitoring the school's approach to food and nutrition education which develops a broad understanding of healthy eating in a systematic way

7. Monitoring and Evaluation

The governing body is welcome to come into school and be involved in catering discussions with the Head Teacher (including observing the provision) at various points over the year. Pupil's views on the provision will be sought at regular intervals through the School Council and pupil forums.

8. Information, Guidance and Resources

www.childrensfoodtrust

www.teachernet.gov.uk/management/atoz/m/mealsandmilk/index.cfm?code=legi
Healthy School Lunches for Pupils at Nursery/Primary/Secondary Schools.

www.dfes.gov.uk/schoollunches/default.shtml

www.food.gov.uk/multimedia/pdfs/secondaryschoolmeals.pdf

www.Foodinschools.org

www.laca.co.uk/

www.cwt.org.uk/publications.html

www.Foodinschools.org

www.food.gov.uk/news/newsarchive/2003/sep/lunchbox

www.food.gov.uk/news/newsarchive/2004/sep/lunchbox2

www.feedmebetter.com/www.food.gov.uk/interactivetools/educational/bashstreetdiet/

www.food.gov.uk/healthiereating/eatsmartplaysmart/

<https://www.childfeedingguide.co.uk/>



The School Food Standards

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/www to find examples of what other schools are doing to encourage children to eat well.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*
- No more than two portions of food which include pastry each week*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products*
- Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week*
- Bread - with no added fat or oil - must be available every day



Healthier drinks*

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150 mls)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
 - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice

