

School Food and Nutrition Policy

At St Bernard's Catholic Grammar School, the Governing Body recognises its responsibility for setting a strategic framework for the school's food and nutrition policy and for monitoring its implementation. The educational mission is to improve the health of the school community by teaching ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as food preparation and cooking), the food served in school, and core academic content in the classroom.

We aim to ensure that healthier food and drink is provided at all times of day with the support of the whole school, taking into account individual needs, such as cultural, ethical or medical issues and reflecting nutrition and healthy eating messages in the curriculum. We aim to ensure that the venues where food or drink are consumed are appropriate, with enough space to sit and eat a meal, promoting social and community cohesion. We recognize that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. We also recognize the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Governors work with the Senior Leadership Team (SLT), the catering staff, students and parents to increase the take-up of school lunches, especially for those students entitled to free school meals. The school has a stay-on-site policy, except for Sixth Form, and ensures that students have a safe and welcoming environment in which to eat their school or packed lunch.

All food provided by the school, whether at break time, through school lunches or breakfast clubs, meets the school food standards. All relevant members of staff are trained to current standards and regulatory requirements. Food brought from home is not covered by the regulations covering school food standards but the school makes recommendations as to what food and drink can be brought into school.

It is the responsibility of the Governing Body to ensure that:

- meals are provided, including free school meals to eligible pupils.
- meals comply with the nutritional standards for school lunch regulations. All maintained schools must meet the national standards as set out in the Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007 as amended.
- facilities are provided free of charge for students not having school meals to eat the food that they bring to school in a safe and social environment.
- that the national school food and nutrient-based standards are met (see below).
- all food and drink provided by the school meets the national food standards.
- if the food is produced in-house, the school evaluates the food and drink provision against the standards and produce evidence of compliance.
- if contract caterers or the LA are employed, compliance with the school food standards is specified within the contract or service level agreement and that the contractor or LA produce evidence of compliance with the food standards.
- a whole school food policy is developed, implemented and monitored to set out the school's approach to food provision and food studies, including practical cookery.

The Governing Body should also:

- work with the senior leadership team (SLT), the caterers, students and parents to increase the take-up of school lunches.

- encourage students to take up their entitlement to free school meals (FSM) and ensure that the process is managed in such a way that any perceived stigma associated with FSM is minimised.

Aims

- To improve the health of the school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure students are well nourished at school, and that every student has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Food-based standards for school lunches and break-time snacks

We provide school lunches which adhere to the Government's food standards.

We aim to:

- Maintain and/or increase levels of uptake of school lunches.
- Ensure that the food provided is of a high quality and promotes health.
- Ensure that the choices provided address cultural, religious and special dietary needs.
- Ensure the school has the capacity to provide a meal for all those who require one.
- Offer staff who supervise pupils at lunchtime a free school meal.

There are 13 food-based standards, details of which can be found on the DFE website (see Appendix 1), but summarised they are that the school must provide:

- Daily portions of fruit and vegetables.
- Oily fish at least once every three weeks.
- Daily bread with no added fat or oil.
- Fresh drinking water at all times.
- Healthy drinks.
- No additional salt at the counter or on the tables.
- Condiments in measured sachets only.
- Snacks that do not contain added fat, salt, sugar or honey.
- Processed meat products not more than once a fortnight.
- Starchy food cooked in fat or oil no more than three times a week.
- No more than two deep fried food items per week across the whole day.
- Cakes and biscuits that do not contain any confectionery
- No confectionery.

Nutrient-based standards

These standards aim to make food healthier by increasing the vitamin and mineral content of school meals and decreasing the fat, sugar and salt content. There are 14 nutrient-based standards for school lunches and full details of which can be found on the DFE website. Included in these details are tables which specify:

- The average amount of energy according to pupil age.
- The minimum amount of vitamins and mineral content of an average school meal.
- The maximum permitted amount of sugar, fat and salt.

Monitoring and evaluation

We shall monitor this food and nutrition policy through a self-review framework and will know that our objectives are being met by:

- Compliance with the school food standards.
- The outcomes of the review which feeds into the school improvement plan.
- Take up: the school catering staff reporting on a rise in the number of students using the services.
- Provision of services: the students and parents confirming that we provide an efficient service through surveys.

Approved by the Governors' Ethos Committee on 11th October 2017

Next Review: Autumn 2019

Appendix 1 – Food standards in schools

The table below outlines the food standards which apply in state maintained schools. It is based on the food groups listed, and frequency of availability of these foods at lunchtime together with other requirements.

<i>Food group</i>	<i>Food type</i>	<i>Frequency of availability</i>	<i>Other requirements</i>
Starchy food	<p>A1: All types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.</p> <p>A2: All types of bread with no added fat or oil.</p>	<p>One or more portions of food from sub-group A1 must be provided every day.</p> <p>Three or more different foods from sub-group A1 must be provided every week (but this requirement will not be met if the different foods are provided in a single portion). One or more of the portions of food from sub-group A1 that is provided every week must be wholegrain.</p> <p>A type of bread from sub-group A2 must be available every day.</p> <p>Savoury crackers or breadsticks which are served with food groups B or D may be provided as part of a school lunch.</p>	<p>Food from sub-group A1 which is cooked in fat or oil must not be provided on more than two days each week.</p>
Fruit and vegetables	<p>B1: Fruit of all types, whether fresh, frozen or dried. Fruit canned in water or juice. Fruit-based desserts (with a content of at least 50% fruit measured by the weight of the raw ingredients).</p> <p>B2: Vegetables of all types, whether fresh, frozen or dried. Vegetables canned in water or juice.</p>	<p>One or more portions of food from sub-group B1 (fruit) must be provided every day.</p> <p>A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided two or more times every week.</p> <p>Three or more different foods from sub-group B1 (fruit) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.</p> <p>One or more portions of food from sub-group B2 (vegetables) must be provided every day.</p> <p>At least three different foods from sub-group B2 (vegetables) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.</p>	<p>Where dried fruit is provided it must have no more than 0.5% vegetable oil as a glazing agent.</p>
Meat, fish, eggs, beans and other non-dairy sources of	<p>C1: Meat - fresh, frozen, canned or dried.</p> <p>C2: Fish - fresh, frozen, canned or dried.</p> <p>C3: Eggs, nuts, pulses and</p>	<p>A portion of food from group C must be provided every day.</p> <p>A portion of meat or poultry must be provided on three or more days every week.</p>	<p>Meat products (eg burgers) may not be provided more than once each week in primary schools and twice each week in secondary</p>

Food group	Food type	Frequency of availability	Other requirements
protein	beans, other than green beans. C4: Other non-dairy sources of protein. C5: Any food containing meat together with food from groups A, B or D.	Oily fish must be provided once or more every three weeks. A portion of non-dairy sources of protein must be provided on three or more days every week.	schools. (See regulations for definition of meat product). In boarding schools, meat products may not be provided more than twice each week as part of a school lunch.
Milk and dairy	D1: Lower fat milk and lactose reduced milk. D2: Cheese, yoghurt (including frozen), fromage frais and custard.	Must be made available on every school day at a time during school hours. A portion of food in sub-group D2 must be provided every day.	
Drinks	E1: Plain drinks: plain water (still or carbonated), lower fat milk or lactose reduced milk, fruit juice or vegetable juice of no more than 150ml per portion, plain soya, rice or oat drinks enriched with calcium, plain fermented milk drinks. E2: Combination drinks of no more than 330mls per portion: combinations of fruit juice or vegetable juice with: (a) plain water, in which case the fruit juice or vegetable juice must be at least 45% by volume, but no more than 150mls, and may contain vitamins and minerals. (b) lower fat milk, lactose reduced milk or plain fermented milk drinks (in each case with or without plain water) in which case the milk or fermented milk drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey. (c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.		Drinking water must be provided free of charge at all times to registered pupils on the school premises. Whole milk may be provided for pupils up to the end of the school year in which they attain the age of five. Fruit juice must not contain any added vitamins or minerals. See regulations for further details on food additives in drinks. See regulations for further details on flavourings in drinks of group E2.

<i>Food group</i>	<i>Food type</i>	<i>Frequency of availability</i>	<i>Other requirements</i>
	<p>Combinations of lower fat milk, lactose reduced milk, plain fermented milk drinks or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa, in which case the lower fat milk, lactose reduced milk, fermented milk drink, soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Flavoured lower fat milk, flavoured lactose reduced milk or flavoured soya, rice or oat drinks, in which case the lower fat milk, lactose reduced milk, soya, rice or oat drink must be at least 90% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Tea and coffee.</p> <p>Hot chocolate which may contain vitamins, minerals and less than 5% added sugars or honey.</p>		

There are also restriction on foods high in fat, sugar and salt.

- No more than two portions of any food that has been deep-fried, batter-coated or breadcrumb coated may be provided each week.
- No snacks may be provided, except for nuts, seeds, vegetables and fruit with no added salt, sugar or fat.
- No confectionery must be provided (except that in boarding schools confectionery, snacks, cakes or biscuits may be provided to pupils as part of an evening meal).
- No salt must be available to add to food after the cooking process is complete.
- Condiments may only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.