



Whole School Food Policy

Hujjat Primary School

This policy was written in consultation with staff, pupils, parents and governors.

1. School Background Information

1.1	Type of School	Free Faith School
1.2	Member of Healthy Schools Scheme since	2020
1.3	Average No. on roll	360 (420 by 2026)
1.4	No. of classes in year	2FE
1.5	Ethnic Breakdown	Mixed
1.6	Gender	Mixed

2. Key contacts

2.1	SLT responsible for food:	David Syed/ Samirah Saad
2.2	Lead Governor responsible for food:	Shaheen Hirji
2.3	Staff members responsible for food:	Julie Day/ Fatima Somji

3. Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- 3.1 School Handbook / Prospectus
- 3.2 Staff Handbook / Induction materials
- 3.3 Governor Handbook / Induction materials

4. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

5. Food and Drink Provision Throughout the Day

5.1 Food Standards for Schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all



maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

For more information please refer to:

- The School Food Standards – A practical guide for schools their cooks and caterers <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>
- DFE (2019) Standards for School Food in England <https://www.gov.uk/government/publications/standards-for-school-food-in-england>

5.2 Breakfast

Breakfast is an important meal and should make up a quarter of a child's energy requirements and can provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: <http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>

Breakfast is served 7.30-8.00am and are provided by: Clubs Complete (organisation delivering breakfast clubs)

We provide the following foods/drinks at breakfast

- A variety of different fruits and vegetables
- A selection of fortified low sugar cereals.
- A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
- A variety of different toppings for toast and bread e.g. low fat spread, reduced sugar jam, low fat soft cheese and beans
- Semi -skimmed milk for drinking or with cereal and low fat dairy products such as yoghurt or cheese
- Fresh drinking water

5.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day. **Schools cannot provide crackers, breadsticks, chocolate, chocolate coated products, or confectionary (defined as cereal bars, processed fruit bars, non-chocolate confectionary) as snacks.**



- For more information on snack guidelines for schools please refer to: <http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>
- Children are able to eat healthy fruit and/ or vegetable snacks during break times and lunchtimes
- Children are allowed to bring only fruit and/or vegetable snacks to school (including for educational trips and visits, and afterschool clubs)

5.4 School lunches

The school lunches meet the statutory school food standards. There are staggered lunchtimes for pupils between 11.30am-1.15pm and is provided by: ABM Catering.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2; this continued to all Year Groups soon after.

The school ensures:

- Good quality ingredients are used for lunches
- All meat products are halal and HMC certified
- Meal choices are appealing and meet the needs of the pupils
- All parents / carers are encouraged to opt for school lunches for their children
- Lunches meet the statutory school food standards.
- Lunches provided address special dietary needs

5.5 After school clubs

For information on the school food standards for after school clubs please refer to: <http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>

Afterschool club food is served at 4.30pm and is provided by: Clubs Complete (organisation delivering after school clubs)

We provide the following foods/drinks at afterschool club

- A variety of different fruits and vegetables
- A variety of sandwich/wraps/toast with toppings or fillings such as eggs, hummus, sliced meat, poultry, fish, canned fish and baked beans.
- No pastries, confectionary, chocolate, cakes, biscuits or desserts are provided
- Fresh drinking water

5.6 Drinks / Water Only Policy

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.



Lower fat milk is available for children at least once a day in addition to before and after school clubs.

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content.

6. School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. The levy makes soft drinks companies pay a charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy is invested in programmes that encourage physical activity and healthy eating to school-aged children.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead we encourage the following:

- All packed lunches are provided by the school during education trips and visits
- Children are not allowed to bring any treats to school to celebrate birthdays, instead can donate a school recommended book to the library with a special message.
- The school provides a balanced and healthy meals for children for celebratory events such as Eid ul Fitr and Eid ul Adha.

7. Special Dietary Requirements

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including specialist provision (through an external catering company) for:

- Vegetarians and vegans
- People with food allergies and intolerances

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Adrenaline / anaphylactic shock training

8. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- A systematic queuing system



- Hand washing facilities
- Seating arrangements for all children, including children with allergies
- Noise control mechanisms, such as reminders of following our school values
- Drinking water section

9. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Fully checked and maintained kitchen with suitable equipment
- Regular staff training and risk assessments such as a level 2 food safety certification

10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

Food, cooking and nutrition education is taught at our school as part of our food technology provision:

- Food and nutrition is taught at an appropriate level throughout each key stage.
- Food and nutrition links to different subject areas e.g. PE, RE, Geography, History
- Staff support healthy eating habits and promote only fruit and vegetables all break times

11. Extra-Curricular Activities

We run a variety of enrichment clubs, including cooking clubs for children across the school and promote eating healthy by healthy recipes. These clubs are subsidised for disadvantaged families.



12. Monitoring and Evaluation

Our Whole Food Policy will be shared with trustees for approval, then shared with staff, pupils and parents across the school. As a school we will provide reminders for healthy eating through whole school assemblies, parent forums and share the policy on our school website.

13. Policy Review

Policy Implementation Date:

Next Review Date:

Signed:

Date: