



MORECAMBE ROAD SCHOOL FOLLOWS A NUT BAN. THIS IS DUE TO PUPILS WITH ALLERGIES TO NUTS. NUTS WILL NOT BE USED IN SCHOOL LUNCHES AND CURRICULUM COOKING. PARENTS ARE NOT TO SEND CHILDREN WITH PACKED LUNCHES CONTAINING NUTS. STAFF ARE NOT TO BRING OR CONSUME NUTS IN SCHOOL. THANK YOU.

This policy is in line with the Government's School food in England Advice for governing boards February 2023. We meet the requirements of the DfE's statutory guidance on the school food standards and implement the standards by adhering to the guidelines in the School Food Plan.

1. POLICY AIM

The Governing Body of Morecambe Road School recognises the importance of a healthy lifestyle and diet, and understands that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. Morecambe Road School aims to further increase the quality and take up of school meals developing a whole school food culture and exciting children and young people about good food and cooking so that they lead healthy lives.

Our vision for our pupils includes our aspiration for "all children to be healthy, active, and valued". The school understands the need to provide pupils with a varied balanced diet through a wide range of foods across the week. We are a caring school, whose values are built on mutual trust and respect for all. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets which are:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To establish a sociable and enjoyable dining experience for pupils to enhance their social development;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To consistently promote healthy eating across the curriculum and provide an education that enables pupils to make informed decisions about what they choose to eat;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents and pupils in the school meal service;
- To support the provision of healthy packed lunches and snacks;
- Liaise with parents to ensure the school is knowledgeable of any specific dietary requirements;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, eg catering for religious groups, vegetarians and people with food-related allergies.

2. SCHOOL FOOD REGULATIONS

The national school food standards are in place to ensure that food provided to pupils is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and promote good eating behaviour. Providing good quality school food improves children's health, behaviour and performance. These regulations also set out the requirements for school food provided across the school day at times other than lunch, whether on the school premises or not, and to any other person on the school premises. School food other than lunch includes breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.

Food-based standards define the foods and drinks that must be provided, those which are restricted, and those which must not be provided. Food-based standards apply to all food and drink provided to pupils on and off school premises and during an extended school day (up to 6pm), including school trips. Nutrient-based standards apply only to school lunches. They set out requirements for the amount of energy and 13 nutrients that must be in an average school lunch during our menu cycle.

Morecambe Road School will provide:

- fruit and vegetables at all school food outlets.
- fresh drinking water at all times.
- healthy drinks: **there is a ban on sugary fizzy and high energy drinks**

Morecambe Road School will ensure that:

- meat products (manufactured or homemade) from each of four groups are not provided more than once per fortnight across the school day;
- no snacks are provided other than seeds, fruit or vegetables without added fat, salt, sugar or honey
- condiments such as ketchup and mayonnaise are only available in sachets or individual portions of not more than 10g or 1 teaspoonful
- salt is not available to add to food after the cooking process is complete and is not provided at tables or service counters
- no more than two portions of food containing pastry are served per week
- starchy food cooked in fat or oil (e.g. roast potatoes, chips, fried rice) is not provided on more than 1 day per week
- no more than 2 deep-fried food items (including items deep-fried in the kitchen or flash-fried during manufacture) are provided in a single week
- cakes and biscuits are only provided as part of a school lunch.
- confectionery is not provided (unless as a special event) at any time of the school day. This includes sweets, chocolate or chocolate coated products

The School Food Standards and Regulations are shown in more detail at Appendix 1. Further information can be downloaded from <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

3. THE SCHOOL LUNCH PROVISION AND PACKED LUNCHES

The catering service is self-managed by school under the Site Support Team and line managed by the School Business Manager. The cook will regularly evaluate the lunch menu, record the evaluations and make any necessary changes to ensure ongoing compliance to the school food standards is maintained. Changes to strategies and new initiatives will be developed by the Cook as agreed and in partnership with the School Business Manager. The Headteacher will report on compliance, take up of school lunches and catering initiatives as part of the Headteachers report to the Full Governing Body.

Children in Foundation and Key Stage (KS) 1 will have the choice of a hot school meal or a school packed lunch as part of the Universal Free School Meals provision. Morecambe Road School provides school meals to a pupil free of charge if the pupil and/or a parent meet the eligibility criteria set out within the Education Act 1996 and parents request for free meals to be provided.

Children in KS2 and young people in KS3 and KS4 have the choice of purchasing a school lunch or bringing a packed lunch from home. All parents must support Morecambe Road School's commitment by providing their child with a healthy, balanced packed lunch.

Morecambe Road School kitchen, under the management of the Cook and School Business Manager, will:

- Provide a balanced menu that is compliant with the Governments standards for school lunches.
- Provide meals which observe the portion size as outlined in the School Food Plan

- Ensure that the service is accessible to all pupils and that their dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Use feedback from stakeholders (via the school council, catering observation log and taster sessions) to develop menus that are nutritionally sound and provide choices that children want to eat.
- Ensure that the hygiene and food safety regulations are maintained at a high standard.

4. SCHOOL FOOD AND DRINK OTHER THAN LUNCHTIMES

The aim of the Food Standards is to promote healthy eating and tackle obesity. For this purpose, the standards apply to all food and drink consumed by pupils at school so that there is a consistent and holistic approach.

Primary children are provided with a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme. Young people in Secondary are encouraged to bring a healthy snack in from home to eat at morning break or purchase a healthy snack from the School Tuck Shop.

There is no statutory requirement for schools to provide mid-morning milk. However, the Governing Body of Morecambe Road School approved provision as it is considered nutritionally valuable to our Primary pupils. A termly charge is made to parents but this is a subsidised charge and provision is free to pupils entitled to a free school meal.

Out of School Clubs are provided by MOROs who will also follow the school food policy.

5. THE CURRICULUM

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, Personal, Social and Health Education, Physical Education and Design Technology curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- The importance of a balanced diet and portion sizes;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

Theme weeks, reward schemes and assemblies will also be used to explore health, food-related issues and to convey healthy eating messages.

6. THE DINING ENVIRONMENT

Morecambe Road School is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunches difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging children to wash their hands before eating.

7. EXEMPTIONS TO THE SCHOOL FOOD REGULATIONS

The School Food Regulations do not apply to food provided:

- i. at parties or celebrations to mark religious or cultural occasions
- ii. at occasional fund-raising events
- iii. as rewards for achievement, good behaviour or effort
- iv. for use in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch
- v. on an occasional basis by parents or pupils

8. FOOD HYGIENE

Morecambe Road School conducts regular inspections of its catering and cooking facilities. All staff involved with the preparation and cooking of food in school will have successfully completed a food safety and hygiene course.

The school kitchen is inspected as part of the local council Environmental Health Regulations on a regular basis and all kitchen staff follow the guidance in Safer Food, Better Business

Children are always to be reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

9. MONITORING OF THIS POLICY

The School Business Manager and Cook will monitor this policy on a day-to-day basis. Staff and pupils can record observations via the online EVERY system which can then be used to sustain standards and/or improve the catering service.

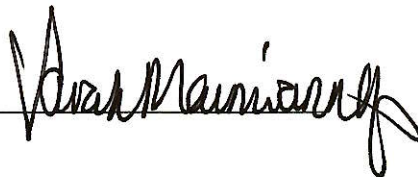
The Curriculum Committee Governors will monitor, evaluate implementation, and sustain aims and objectives and whole school application of this policy through the subject leader reports.

10. REVIEW AND PUBLICATION

This policy will be reviewed regularly and in response to any legislative or governmental changes regarding school food. It will be published on the school website.

Approved by the Full Governing Body on 21st June 2023

Signature: (Chair of Governors)



Signature: (Headteacher)

