

ROCKMOUNT PRIMARY SCHOOL
School Food Policy March 2023
Review: March 2025

Introduction

Rockmount Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents/carers, pupils and health professionals.

This school food policy is co-ordinated by Hayley Gorman, Healthy School Coordinator.

Aims of this Policy

1. To provide a range of healthy food choices throughout the school day
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure children understand how leading a healthy lifestyle can improve their wellbeing and their learning
4. To ensure a consistent approach to healthy eating across the school community

Food throughout the School Day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 7.45am – 8.45am.

The breakfast menu includes a range of breakfast items reflective of the National School Food Standards. This is to ensure that the children are receiving a nutritious and balanced breakfast. Some of the breakfast items on offer include a selection of healthy cereals, yoghurts, eggs, beans, toast, bagels and fresh fruit. (The breakfast club menu is available on our school website)

School Lunches

At Rockmount we celebrate the social importance of lunchtime and believe that eating in school should be a pleasurable experience where children can spend time sharing good food with their peers and staff. Our school meals are provided by Pabulum and are served between 11.20am and 1.30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. We are very pleased that Pabulum produce meals which are freshly prepared using environmentally-sustainable and seasonal ingredients. The school meals are both healthy and tasty and ensure that children receive the energy and nutrition they need across the whole school day. Care is taken with the presentation of food in order to make it attractive and menus are carefully researched to ensure that our children have opportunities to experience a wide range of different flavours and textures. The school meals menu can be found on our school website.

School meals are planned on a 3-week cycle and contain both a meat and vegetarian option. Each day there is a vegan and a halal option available and children also have the choice of a jacket potato with a range of healthy fillings or pasta with a sauce. A salad bar provides a wide range of salads and vegetables to encourage children to try new healthy foods.

We also hold themed lunches where children are encouraged to try new foods.

Sugar Reduction

As a SUGAR SMART school, we are working hard to ensure that we are limiting sugar in our menus throughout the school day, supporting families to create low sugar packed lunches and educating children about the sugar content in everyday foods. Find out more at www.croydon.gov.uk/sugarsmart

Packed Lunches

The school strongly encourages all pupils to have a school lunch as this ensures they are receiving a nutritionally balanced diet across the whole week. If parents/carers choose to supply their own packed lunch, they must adhere to the School Food Policy.

The following requirements for packed lunches have been developed in accordance with guidance from the Children's Food Trust.

Packed lunches **should** include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous or rice (choose wholegrain where possible)
- At least 1 portion of fruit and 1 portion of vegetables or salad. One portion of vegetables/salad is roughly a handful (a child-size handful for a child's portion)
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches **should not** include:

- Sweets, chocolate products or crisps

You **may include** an extra low fat / low sugar snack such as a fruit scone, a plain biscuit, plain breadsticks, rice cakes or crackers.

Packed lunches should not include any drinks; the school provides water for all pupils at lunchtime and throughout the school day.

For guidance, please see packed lunch suggestion sheet (Appendix 1)

School trips

A packed lunch will be provided by the school for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described in the packed lunch section above.

Rockmount Children's Club (RCC)

The food provision at Rockmount Children's Club reflects the school's emphasis on the importance of healthy living and meets the mandatory requirements of the School Food Standards 2015. The Rockmount Children's Club meals are also provided by Pabulum. The meals are planned so that the children have a good balance across the school day. Menus are carefully planned across a three-week cycle and published in advance. Vegetables, salad and a vegetarian option are served every evening. Children play an active part in serving the food provided. On arrival at RCC, each child has fresh fruit and water. Rockmount Children's Club menus are available on the school website.

Snacks

The school understands that healthy snacks are an important part of the diet of young people. Early Years and Key Stage 1 children are all provided with a piece of fruit or vegetable during the morning. Key Stage 2 pupils are encouraged to bring fresh fruit/vegetables into school to eat at break-times or as an after-school snack for example, apples, strawberries, carrot sticks etc.

Drinks

Rockmount is a 'water only' school, with the exception of the free milk entitlement for under 5's. Water is freely available in all classrooms and named cups are provided for pupils. Filtered water coolers are provided in the lunch hall. Children are actively encouraged to drink water regularly throughout the day.

Birthday Celebrations

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive a birthday sticker or badge and a birthday song will be sung in class and in the lunch hall. Parents/Carers are requested to support the school policy by refraining from distributing sweets or cakes at school. Instead we encourage you to donate a 'Book for a Birthday' to the class library as a way of celebrating your child's birthday. Please talk to your child's class teacher if you would like a book template to insert into your child's 'Book for a Birthday' with a message to the class.

Celebration Events

For celebration events organised in school, we welcome a variety of healthy foods from different cultures for children to try. Staff will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of healthy food choices available.

Curricular and Extra-Curricular Activities

Our curriculum supports the School Food Policy. Food growing, cooking and healthy eating is taught at an appropriate level throughout each key stage in science, PSHE and Design and Technology (cooking and nutrition). There is a strong emphasis on the teaching of healthy lifestyle choices in all curriculum areas across the school.

The Eatwell Guide is used throughout the school to support children's understanding of a balanced diet. (*Appendix 2*). Lunchtimes also supports the teaching of healthy lifestyle choices.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual Care Plans are created for pupils with food allergies. Pupils' food allergies are displayed in a medical folder in the classroom, school office and the school kitchen. Please see the 'Medical' section of the school website for further information.










































Expectations of Staff and Visitors

The school expects staff to contribute to and support the Rockmount School Food Policy across the school day. Staff and visitors are expected to model good practice around food and drink in line with the policy, when in the company of pupils. Staff are also encouraged to eat a school lunch and occasionally sit with pupils in the dining hall in order to act as role models.

Parents, Carers and Family Members

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Please see the 'Healthy School and School Meals' section on the website for further information and ideas to use at home.

Packed Lunch Ideas

<p>Cream cheese and grape bagel</p>     <p>chopped fruit</p> <p>water</p>	<p>Tuna and salad pitta</p>     <p>grapes</p> <p>water</p>	<p>Hummus salad wrap</p>     <p>apple</p> <p>water</p>	<p>Cheese and tomato sandwich (wholemeal)</p>      <p>fruit salad</p> <p>water</p>	<p>Tuna and sweetcorn pasta salad</p>     <p>water</p>
<p>Cheese and sweetcorn pasta salad</p>     <p>cucumber sticks</p> <p>water</p>	<p>Hummus and cucumber bagel</p>     <p>satsuma</p> <p>water</p>	<p>Sardine and lettuce bagel</p>     <p>water</p>	<p>Cheese and salad sandwich (wholemeal)</p>     <p>water</p>	<p>Egg and lettuce sandwich (wholemeal)</p>     <p>chopped fruit</p>

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	33%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and vegetables

Eat at least 5 portions of a variety of fruit and vegetables every day

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS