



## School Lunchtime Policy

### Introduction

Uplands Infant School provides school meals free of charge in accordance with the Universal Infant Free School Meals (UIFSM). Research from pilot studies demonstrated that children's diet and health are improved as well as their behaviour, attendance and academic performance.

The Government has also launched the School Food Plan, supported by the Secretary of State for Education, to support Head Teachers to improve food in their schools. Lunchtimes should

*"Many parents mistakenly imagine that a packed lunch is the healthiest option.*

*In fact, it is far easier to get the necessary nutrients into a cooked meal – even one of mediocre quality. Only 1% of packed lunches meet the nutritional standards that currently apply to school food."*

*School Food Plan 2014*

be an occasion where children have the opportunity to sit in a nice dining hall with their friends and enjoy food that is both tasty and nutritious. It is our aim to provide this environment at Uplands Infant School.

This policy will be updated to reflect the changes made as we work towards making lunchtimes an enjoyable period of the school day and we welcome feedback and suggestions from staff and parents alike.

### School Meals

A healthy school meal is available to every child on roll<sup>1</sup>. Lunch is served from 11.45am to 1.15pm in the Hall. The seating order is as follows:

1. Reception 11.45am-12.10pm
2. Year 1 12.20pm-12.40pm
3. Year 2 12.50pm-1.15pm

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<sup>1</sup> (excluding Nursery who attend for 1 session only).

Children will be seated at a table in the Hall by class and will follow a one-way system to collect their lunch from the hatch. The school uses plates rather than airline trays to provide a better dining experience. Cutlery, water and dessert will be available for children.

Good behaviour, clear plates and sensible noise levels will be encouraged through a reward scheme of stickers. Volunteers will also be selected to help younger children scrape their plates and stack away their plates on the scraping trolley. Children will leave the hall at the end of their sitting to help reduce noise and traffic in the hall.

### **Menu**

The school menu is developed in conjunction with a nutritionist who ensures that the school meets the new School Food Standards. The school offers a Halal (HMC verified) and vegetarian menu (including Quorn).

The current school menu is available on the school website.

### **Allergies**

Parents should inform the school immediately of any allergies that their child may suffer from. All children who have a food allergy will be asked to wear a wristband at lunchtimes. This is to enable Lunchtime Supervisors (and any supply staff that we may need to use) to quickly identify children with food allergies to ensure their safety and that their needs are fully met.

### **Packed Lunches**

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

### **Objectives**

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To develop an awareness in children, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well-being in later life.
- To ensure that food brought into school (packed lunches) reflects and meets the School Food Standards 2014.

### **Implementation**

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating. Children's packed lunches should be based on the new School Food Standards 2014 (see Appendix A).

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### **Foods and drinks high in fat and / or sugar**

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools. Please support your school by not including these items in your child's packed lunch.

**Drinks** – any drinks provided in lunch boxes in our school **should only** include plain water in line with drinks provided for children having a school lunch. Milk should not be brought in as packed lunch containers cannot be refrigerated. Fizzy drinks will not be allowed under any circumstances.

**Foods** - nuts **MUST NOT** be brought into school in packed lunches for the safety of all children. Packed lunches must also **NOT** contain sweets, chewing gum or popcorn. Chocolate biscuits or small cakes will be allowed on Treat Friday only.

### **Waste and Disposal**

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

### **Packed Lunch Containers**

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

### **Storage of Packed Lunches**

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

### **Monitoring and Evaluation of Packed Lunches**

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this will be dealt with in a timely and sensitive manner. If a packed lunch does not appear to be nutritious or healthy then a free school meal will be provided to that child and the parents will be contacted.

OfSTED are required to report on how the school promotes the personal development and wellbeing of all pupils – this may include food provision including packed lunches brought into school.

## **Wet Play**

The team leaders will determine if the wet play procedures are to be used. If so, each class will remain in class and play games until taken down to the Hall for lunch. Lunchtime Supervisors will usually oversee two classes each.

## **Role of the Lunchtime Supervisor**

The role of the Lunchtime Supervisor is to support a safe, healthy and fun lunchtime for all children at the school. This includes appropriate supervision on the playground and during the serving of school meals and the supervision of packed lunches.

The school has 11 lunchtime supervisors at present who are overseen by two team leaders. The team leaders are responsible for ensuring that adequate cover is given to both the Dining Hall and the playgrounds during lunchtimes. It is also the team leader who decides if wet play should be instigated. All Lunchtime Supervisors are responsible for the safety of children at lunchtime and should report any concerns and accidents to the class teacher at the end of lunch.

### **Duties in the Hall:**

- Seating children at the tables promptly
- Knowing the children's requirements for lunch e.g. vegetarian, allergy etc.
- Replenishing the supply of desserts
- Replenishing water and cutlery
- Reporting back to parents those children who have struggled to eat via a note given to the class teacher.
- Cleaning down tables during each sitting
- Managing the behaviour of children by rewarding good behaviour and addressing poor behaviour
- Supporting children (but not doing it for them) in scraping their plate.

Each Lunchtime Supervisor will have access to cleaning products which are available from the kitchen counter.

### **Duties in the Playground:**

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- Supervision of all children in the playground to ensure safe play
- Acting as a point of contact for children with concerns
- Basic First Aid treatment (light grazes etc.) and completion of paperwork
- Behaviour management of all children
- Engaging children in games to keep them active and occupied

### **Monitoring of Lunchtime Supervisors**

The team leaders are responsible for the management of the Lunchtime Supervisors. The overall lunchtime provision is overseen by the School Business Manager who will regularly monitor lunchtimes to ensure provision remains at a high standard.

### **Role of City Catering Staff**

The school contracts out its catering provision to City Catering. City Catering staff ensure that school meals are provided on time and in accordance with Food Safety Standards.

City Catering staff support the school by setting up and clearing away the tables in the Hall, cleaning the tables and floor after lunchtimes and plating up school meals for Lunchtime Supervisors to serve.

### **Dining Furniture**

The provision of new fold-up tables that include seating will assist with the set-up. Only trained individuals can use the tables and at no point should any member of staff, City Catering or school, allow children to climb up the tables or move them in any other way other than instructed.

### ***Review & Monitoring***

*This policy is monitored by the School Business Manager and will be reviewed every 3 years or earlier if deemed necessary.*

**Agreed Date:** September 2022

**Review Date:** September 2025

Signed:  \_\_\_\_\_

**Head Teacher**



# 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/wwv](http://www.schoolfoodplan.com/wwv) 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 day

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

• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)

• 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

• Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice

