

Our Lady of Lourdes RC Primary School



An Academy School Part of
The Good Shepherd Catholic Trust



Food Policy 2024

Our Mission Statement:

We are a catholic school. We strive to be a sign of Christ's presence in the world. We follow Jesus.

Date Approved by Governing Body:	9 th December 2024
Date To be Reviewed by:	Autumn 2027
Signed By:	Richard Sharman - Chair of Governors

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General Introduction

The National School Food Standards sets out the duty that Our Lady of Lourdes RC Primary School has to provide nutritious food for pupils. The requirements for School Food Regulations 2014 introduced these standards for schools into law and state specifically:

- There should be plenty of fruit and vegetables available.
- Unrefined starchy foods should be encouraged and available.
- Some meat, fish, eggs, beans and other non-dairy sources of protein should be available alongside milk and dairy foods.
- A small amount of food and drink high in fat, sugar and salt should be available.

This Food Policy encompasses the following:

- Snacks;
- Lunches;
- Breakfast Club;
- Afterschool Club.

Snacks

A fruit snack is provided by Government for Key Stage One and the Early Years. This is delivered directly to school. Some children may wish to bring their own fruit snack into school. This snack may only be a piece of fruit or a vegetable. It is not designed to be instead of a healthy breakfast at home and therefore food such as sandwiches, crackers or popcorn are not permitted. School cannot prepare vegetables or fruit for parents for example by cutting/ peeling etc.

We know that the majority of parents will be supportive as we are encouraging pupils to have one of their recommended Five-a- day fruit/ vegetables. We are also ensuring snacks are not processed and working to create healthy eating habits for all of our pupils.

School lunches

The majority of our pupils enjoy a school dinner. Our catering provider (ISS) is fully accredited and works hard to be sustainable. They do not serve processed foods and instead focus on serving meals that are nutritionally balanced, provide hydration and are allergy compliant.

Pupils are permitted to bring in a packed lunch. This lunch should be nutritious for your child. No fizzy drinks, sweets or chocolate are allowed and foods such as popcorn are only permitted in limited quantities. A lunch that is made up of 'Snacker' foods such as may be purchased from a supermarket cannot provide children with the nutrition that they need to be healthy and alert. Parents must order their child's meal in advance through the Feeding Hungry App.

Allergies and Dietary requirements

ISS fully complies with allergy regulations and guidance. Parents are reminded that Our Lady of Lourdes is a nut free school.

In order for us to provide a school meal for a child with an allergy, parents will need to complete a Special Menu Request Form (found on our website). This should be returned to school with medical evidence of the allergy/intolerance. A special menu will be created by the catering team and sent to for parents who then sign to agree it. This procedure can take up to three weeks and children should bring a packed lunch during this period. Please note that not all menu plans are bespoke due to the high number of children with allergies and the complexity of managing this.

Should child develop an intolerance or allergy there will be a period of time between making school aware and when the child can resume school dinners. This is to allow the catering company to review and ensure that a Special Menu is in place. During this time, parents are expected to provide a packed lunch for their child.

Any pupil with an allergy will need also need to provide medical evidence along with their allergy action plan which will have been issued by your doctor when the allergy was diagnosed.

If your child is undertaking testing for a suspected allergy we require you to provide a packed lunch until the diagnosis process is complete.

We cater for vegans and vegetarians. When it is for medical reasons, medical evidence is required and will be managed as above via a special menu. When this is a lifestyle choice, this is managed by parents placing their daily order on the Feeding Hungry Minds App. The catering team do not have a list of vegetarians as their focus is on pupils with medically diagnosed allergies.

Nut Allergies

Whilst we are a nut free school, we still require parents to complete the Special Menu Request Form. Parents will need to sign the caterers Nut Policy and the child will be able to have the usual menu; however, a packed lunch will need to be provided while the paperwork is being completed.

Breakfast and Tea Time Club

We aim to ensure that we provide nutritious snacks and food in line with the intent of this policy i.e. that it is unprocessed, provides high levels of nutrition and that it helps the children to develop healthy eating habits.

Educating pupils about Healthy Eating

Healthy Eating is a component of our Relationship and Health Education Curriculum. This is not a standalone area of learning; pupils will also discuss healthy eating in subjects such as Science and PE as well as DT when they are planning and cooking meals.

Parent's role

There is an expectation that every parent will want the best for their child. Children's rates of obesity are high nationally and it is scientifically proven that obese or overweight children tend to also be obese or overweight adults. There is also scientific research that confirms being obese or overweight can carry negative medical implications. It is therefore important that parents and school work together to support the children. Therefore, unless it is medically detrimental to your child we will not refuse them fruit or allow them to have fizzy drinks because they do not drink water etc. Children like to be the same as their peers and if everyone follows this policy then we will be nurturing and encouraging our children to develop healthy eating habits and therefore better health in the future.