



# OLD BUCKENHAM HALL

*A leading co-educational preparatory school for children aged 2-13 years*

## School Meals Policy

OBHP31

Policy owner: Director of Finance and Operations  
Date of issue: August 2019  
Date last reviewed: August 2023  
Next review due: August 2024

## Old Buckenham Hall Food Policy

- We want to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices

### Principles of our Food Policy

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

### How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Breakfast Club/ After School Club
6. Break time
7. Lunchtime
8. Staff and Visitors
9. School Visits and Events
10. Community Involvement
11. Enforcement

### School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

## **Infectious Diseases and Hygiene Controls**

Should there be an outbreak of an infectious disease, we will introduce pupils and staff social distancing with only 3 pupils per bench, with singular separate staff tables, all diners will face towards the servery and will not face each other.

Only servers will handle the serving spoons and will use a face mask and gloves. All surfaces including the serveries, tables and benches would be washed with detergent and cutlery re-laid between each sitting. Queuing at the serveries would be managed by staff ensuring social distancing is observed. The boarding community would continue to sit in their "households" for breakfast and supper. Bedtime snacks would be taken in the house common rooms; ensuring households are kept as separate as possible.

## **Curriculum**

PSHEE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out above. Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet (as depicted by *The Eatwell Plate*) makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

## **Birthday/Holiday Gift Food**

Parents sometimes wish to give out birthday food or food brought back from a holiday. Staff will monitor requests and ensure parents are aware of other students' allergies.

## **Water**

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

## **Breakfast and After School Clubs**

The food offered is consistent with the school policy, School Food Trust non-lunch standards and monitored by the Head.

## **Break time**

At break times our pupils are only allowed to consume a savory or cake option and are not allowed chocolate or sweets. Water or milk is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with a nut allergy.

Food or drink sold or provided to the pupils is consistent with this policy and the government's non-lunch standards. These are no confectionary (e.g. chocolate, sweets, cereal bars, processed fruit bars,

yoghurt/chocolate coated fruit), no savory snacks (e.g. crisps, salted/sweetened nuts), and that a variety of fruit and vegetables should be available in all school food outlets.

### **Lunchtime**

Lunches meet/exceed the *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards meeting one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, students and parents/carers.

### **Staff and Visitors**

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

### **School Visits and Events**

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

### **Community Involvement**

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; practical healthy eating advice at a parent event or school councils generated healthy snacks list issued by them to parents.

The Catering Department also work closely with the school council striving to further reduce our carbon footprint; including analysis of our food suppliers, review kitchen equipment to improve efficiencies and lower energy usage, also introduce better control of stock and waste management.

### **Enforcement**

Old Buckenham Hall is a completely nut free school. All parents are expected to inform the School Nurse of any special dietary requirements. This information is shared with the kitchen and servery staff with pupil photo IDs. This is displayed discreetly and securely in the kitchen. The Catering Managers liaise with the School Nurse regarding any school meals' issues. An Allergen Board and notices are displayed in the dining room, at match teas and events. The board is updated twice daily. Strict use of serving spoons prevents cross contamination of foods.

### **Main Allergens**

Cereals containing gluten

Crustaceans

Molluscs

Eggs

Fish

Peanuts

Nuts

Soy beans

Milk

Celery

Mustard

Sesame seeds

Lupin

Sulphur dioxide

**Equal Opportunities**

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving. Free packed and cooked lunch provision will be handled sensitively.

**Personnel**

The Headmaster is responsible for the food service in school.

**Monitoring and Evaluation**

The Headmaster will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

**Policy Development and Review**

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LA representatives, community dietitian, school community nurse and local Healthy School programme representative. This document is freely available to the entire school community. It has also been made available on the web-site.

# Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy	Fat	Saturated fat	Sugars	Salt
200kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 607kJ/ 167kcal

Choose foods lower in fat, salt and sugars

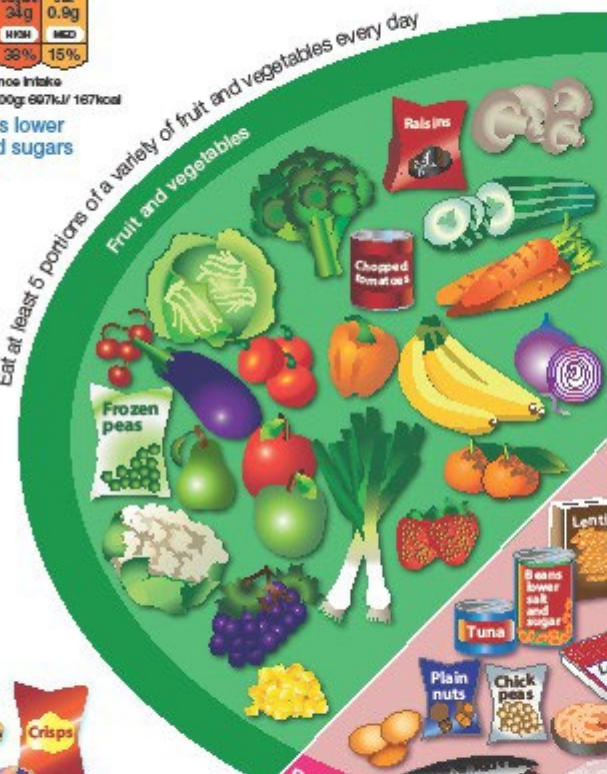
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



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.

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



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



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



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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