

Catch22 Independent Schools Policy

School Meals Policy

Catch22 London School

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This policy will be reviewed every 3 years.

Catch22 reserves the right to amend this policy, following consultation, where appropriate.

Policy Owner:	Headteacher
Queries to:	Headteacher
Date created:	August 2020
Date of last review:	August 2024
Date of next review:	August 2025
Catch22 group, entity, hub:	Catch22 Education
4Policies level (all staff or managers only)	All Catch22 Education Staff

Catch22 Independent Schools

Education Intent Statement

Catch22's Vision:

To deliver better social outcomes through transforming public service through the 3Ps:

Place

Supporting people to find, retain, transition safely into homes and communities

Purpose

Working with people to achieve their purpose in education, employment or training

People

Building networks of people around individuals

Our Education Mission:

To enable young people to progress and succeed in sustained education, training or employment.

We do this through engaging young **people** positively with their **purpose** through learning and future life aspirations. All our pupils achieve positive outcomes, thrive and enjoy a quality education that is delivered by skilled, passionate **people** with high expectations in a **place** that is safe, high quality and appropriate.

Our schools cater for young people aged 4-16 who are outside of mainstream education, many of whom have troubled and challenging backgrounds. We embody our vision in all we do to ensure our pupils are supported fully to achieve these goals.

Our Educational Intent:

	Evidenced in this policy?
Brilliant basics, magic moments - Support pupils to gain academic qualifications, experiences and the skills needed to move successfully to the next stage in life. - Provide a values-based curriculum, working with pupils to build their spiritual, moral, social and cultural capital and personal development	✓ 4 ✓ 5
Relationships beat structures Treat pupils as individuals and help them to build bright futures in both their personal and professional lives	✓ 5

Things about you, built with you, are for you • Understand pupils' unique needs and help them overcome their barriers to learning • Engage pupils with a broad and rich curriculum so they can realise their ambitions • Make our pupils' voices heard and harness participation to benefit pupils and help our schools to improve.	✓ 5 ✓ 7 & 8 X
Unleash Greatness • Have high aspirations for our pupils so they leave us prepared for life in modern Britain and the wider world. • Instil belief in pupils so they can progress and succeed in education, training and employment	✓ 4 & 5 X
Let robots be robots and humans be human • Ensure pupils have a rounded understanding of themselves and the world around them. • Harness curiosity and nurture a love of learning. • Support and protect our pupils to be safe and feel safe online and offline.	✓ 4,5,6,7 & 8 ✓ 7 & 8 X
Incubate, accelerate, amplify Embrace the values of 'Rights Respecting Schools'; helping pupils thrive as individuals both as members of their school and the wider community.	✓ 4 & 8

1. What is the policy about?

Catch22 recognises the importance of ensuring that School Food Standards ⁽¹⁾ are being met across all its schools and academies, whilst embedding a culture and ethos of healthy eating. A great school food culture improves pupil's health and academic performance which are important for long term wellbeing and development. This means providing tasty food that both looks good and is nutritious; creating a positive dining experience for our pupils, who are encouraged to try new things and understand the importance of making healthy choices; allowing pupils to eat with their friends and instilling a love of cooking and growing; all at an affordable price for those that are not eligible for Free School Meals (FSM).

Catch22 encourages schools and academies to engage with and support their local food supply communities through their purchasing decisions; and through the identification of opportunities to support the provision of food education within the school.

Catch22 London 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 approach to food provision and food education documented in this policy.

The Policy has been reviewed to consider and comply with the mandatory national School Food Standards (March 2019). These standards:

- Outline what can and cannot be provided between the hours of 8am and 6pm.
- Ensure a wide variety of foods are served across the learning week for a good balance of nutrients.

This policy covers all food consumed in the Catch22 London School, both on-site and during trips and visits, including:

- Breakfasts
- School provided Lunches
- Packed lunches
- Snacks between meals
- Drinks

2. Who does this policy apply to?

Headteachers, school catering commissioners /managers, catering staff, Local Governing Bodies, all staff, parents/carers and Commissioners.

3. Policy requirements

All Catch22 schools and academies in England and Wales are required to provide school meals that comply as appropriate with either the Requirements for School Food Regulations (England) 2015; or School Nutritional Standards and Requirements (Wales) Regulations 2013.⁽²⁾

Catch22 London School will ensure that a school lunch is provided for pupils where a meal is requested and either the pupil is eligible for free school lunches, or it would not be unreasonable for lunches to be provided. Catch22 London School will set out a clear statement on the provision of Free School Meals to eligible pupils in line with mandatory requirements and any charges made for the provision of meals where FSM eligibility does not apply.

Catch22 London School will make reasonable adjustments for pupils with specific requirements, for example to reflect medical, dietary and cultural needs.

Wherever possible meals provided will offer both hot and cold alternatives, to ensure that pupils are able to eat at least one hot meal every day; subject to the number of pupils on the roll and the availability of suitable preparation, storage and serving facilities.

Meals and drinks served will promote healthy eating choices by our pupils. Drinking water will always be available free of charge on the premises. Free of charge lower fat or lactose reduced milk will be made available for drinking at least once a day during learning hours to infant and benefits-based free school meals pupils when it is offered as part of their school meal; and free to benefits-based free school meals pupils at all other times.

Our Catch22 London School food provision will seek to achieve value for money and support the sustainable food and farming agendas.

Food Throughout the 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 Catch22 London School runs a daily breakfast club for pupils from 8:45 to 9:30. The breakfast menu includes: choice of cereals – students can request, toast with jam or marmalade, hot drinks or squash, fruit juice, fruit, crumpets, bagels, hot cross buns, or bacon rolls.

Reward on Friday – breakfast wraps with bacon, egg, and sausage.

School Lunches

Catch22 London School meals are provided by Access Community Trust in Great Yarmouth,

and by on site staff at Norwich and Kings Lynn (they are registered as catering providers with the local councils), and served between 12:30 and 13:00 in the kitchen / dining area. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 2 week cycle and always contain a meat, fish and vegetarian option. Typical meals served are sausage, vegetables and mash, pizza, chicken nuggets and salad, hot dogs, chips and veg.

School meals will provide options that meet the medical, cultural and religious needs of pupils as appropriate.

Packed Lunches

Catch22 London School's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g., sardines or salmon
- Packed lunches should not include:
 - Crisps or crisp type snacks e.g., flavoured rice cakes or cheddars
 - Sweets
 - Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

Catch22 London School provides drinking water free of charge for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

A healthy tuck shop runs daily at break-time. The tuck shop is managed and run by the Advocates. The tuck shop menu is: milkshakes, fruit shoots, pot noodles, chocolate, crisps, sweets.

Pupils are able to bring in food to eat at break-times.

Pupils are allowed to bring in their own after-school snacks.

Drinks

Catch22 London School keeps a close scrutiny on the drinks consumed on site and is limited

to either water, or those drinks available in the tuck shop, or as listed at breakfast above. This is in addition to the free milk entitlement for all primary and secondary free school meal pupils. Water is available in the kitchen / dining area, and can be provided on request.

High sugar level drinks, or energy drinks are not allowed.

Trips and Visits

A packed lunch will be provided by the Catch22 London 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 above.

Rewards

Catch22 London School does allow food to be used as a reward for good behaviour or achievement.

Tuck shop points can be earned, or withdrawn for behaviour or attendance. Some sites use a take-away meal on a Friday as an incentive for attendance and behaviour.

Celebrations

The school/academy recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all pupils will receive: a card, a song from staff and pupils, and a special food item of their choice.

We welcome any parents who would like to send in fruit for their child/young person to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for pupils to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and Extra-Curricular Activity

Food and nutrition are taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout Catch22 London School (see appendix 3) as a model of understanding a balanced diet.

Termly clubs also support the teaching of food and healthy eating and include Gateway cookery during Options Afternoon.

Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and

Hygiene.

Special Dietary Requirements

Catch22 London School does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, and religious or cultural practices.

Individual care plans are created for pupils with food allergies, sensory impairments or other medical needs that require food-based care plans and the lead member of staff for this is **insert name and role and reference to other relevant policies.**

Pupils' food allergies are displayed in a sensitive way and in relevant places around the school. These are recorded on SIMS, and on their new starter paperwork in their files.

Expectations of Staff and Visitors

Catch22 London School expects staff to contribute to and support this food policy across the learning day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy when in the company of pupils.

Staff are welcome to purchase breakfast at Catch22 London School breakfast club and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

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.

Roles and Responsibilities

The Local Governing Body is responsible ensuring a whole school food policy that meets School Food Standards is in place, monitored and reviewed. The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

The Headteacher is responsible for ensuring that the policy is implemented and understood by all staff, pupils, parents and carers. A checklist for Headteachers is provided at Appendix 2. Links to useful school food resources are provided at Appendix 3.

4. Definitions

FSM – Free School Meals

LGB – Local Governing Body

5. Related policies

- Health and Safety Policy
- Educational Trips and Visits
- Medical Needs policy
- Equal Opportunities Policy

6. Appendices

Appendix 1: Guidance

- (1) <https://www.gov.uk/government/publications/standards-forschool-food-in-england>
<https://www.wlga.wales/healthy-eating-in-schools>
- (2) http://www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi_20141603_en.pdf
<http://www.legislation.gov.uk/wsi/2013/1984/made>
- (3) <http://www.legislation.gov.uk/ukpga/1990/16/contents>
http://www.legislation.gov.uk/uksi/2006/14/pdfs/uksi_20060014_en.pdf
- (4) <https://www.food.gov.uk/business-guidance/food-hygiene-for-your-business>

Appendix 2: Checklist for Headteachers

<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-lunches-140616.pdf>

Appendix 3: Useful School Food Resources

- Establishing a Whole School Food Policy:
<https://www.publichealth.hscni.net/sites/default/files/Establishing%20a%20whole%20school%20food%20policy.pdf>
- Children's Food Trust:
<https://www.ufi.co.uk/projects/children%E2%80%99s-food-trust>
- The School Food Plan and School Food Standards
<http://www.schoolfoodplan.com/standards/>
- School food in England: Departmental advice for governing bodies

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School_food_in_England_2015.pdf

- Information on food allergens www.food.gov.uk/allergy
- and food allergen poster
- <http://www.food.gov.uk/sites/default/files/fsa-dfe-eu-fic-schools-posterv2.pdf>
- Government Buying Standards for food and catering services
<https://www.gov.uk/government/collections/food-buying-standards-for-the-public-sector-the-plan-toolkit>
- School Fruit and Vegetable Scheme factfile
<http://www.nhs.uk/Livewell/5ADAY/Documents/SFVS%20Factfile%20for%20Schools.pdf>
- Safer Food Better Business Pack <https://www.food.gov.uk/business-industry/sfbb>
- The Eatwell guide:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

Appendix 4: Supporting Information

- Change 4 Life School Zone <https://campaignresources.phe.gov.uk/schools>
- <http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>
- Food Standards Agency <http://www.food.gov.uk/>
- Food - a fact of life
- (provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years).
- <http://www.foodafactoflife.org.uk/>
- British seasonal food chart <http://www.whats-in-season.com/>
- School Food Matters
- Examples of best practice and fun ideas to get children cooking, growing and out onto a farm.

Annex 1: Equality Impact Assessment

1. Summary

This EIA is for:	School Meals Policy
EIA completed by:	Janet Bywater - Education Project Manager
Date of assessment:	August 2020

Assessment approved by:

Education SLT

Catch22 is committed to always: avoiding the potential for unlawful discrimination, harassment and victimisation; advancing equality of opportunity between people who share a protected characteristic and those who do not; and foster good relations between people who share a protected characteristic and those who do not.

An Equality Impact Assessment (EIA) is a tool for identifying whether or not strategies, projects, services, guidance, practices or policies have an adverse or positive impact on a particular group of people or equality group. Whilst currently only public bodies are legally required to complete EIA's under the Equality Act 2010, Catch22 has adopted the process in line with its commitment to continually improve our equality performance.

Policy owners are required to complete or review the assessment indicating whether the policy has a positive, neutral or negative impact for people who it applies to and who share one or more of the 9 protected characteristics under the Equality Act 2010.

Definitions are based on the Equality & Human Rights (EHRC) guidance.

Objectives and intended outcomes

This EIA has been completed in order to ensure that the implications and potential impact, positive and negative, of this policy have been fully considered and addressed, whether or not people share a protected characteristic.

2. Potential Impacts, positive and negative

Equality Area	Positive	Neutral	Negative	Please give details including any mitigation for negative impacts
Age Does this policy impact on any particular age groups or people of a certain age?	☐	☒	☐	The policy applies equally to all members of staff and pupils regardless of age. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively on members of staff or pupils because of their age.
Disability Does this policy impact on people who have a physical or mental impairment which has a substantial and long-term adverse effect on that person's ability to carry out normal day to day activities?	☐	☒	☐	The policy applies equally to all members of staff and pupils regardless of any disability. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively on members of staff or pupils because of any disability.
Gender reassignment (transsexual, transgender, trans) Does this policy impact on people who are transitioning from one gender to another (at any stage)	☐	☒	☐	The policy applies equally to all members of staff and pupils regardless of their gender at any given time. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively on members of staff or pupils because of their gender.
Marriage and civil partnership Does this policy impact on people who are legally married or in a civil partnership?	☐	☒	☐	The policy applies equally to all members of staff and pupils regardless of marital status. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively on members of staff or pupils because of their marital status.
Pregnancy and maternity (in work this is linked to maternity leave, non-work this is for 26 weeks after giving birth) Does this policy impact on people who are pregnant or	☐	☒	☐	It is not considered that the policy positive or negatively impacts on pregnant women or on staff on maternity or paternity leave.

in their maternity period following the birth of their child?				
Race Does this policy impact on people as defined by their race, colour and nationality (including citizenship) ethnic or national origins	☐	☒	☐	The policy applies equally to all members of staff and pupils regardless of their race, origin, colour or nationality. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively in these respects.
Religion and belief Does this policy impact on people who practice a particular religion or none, or who hold particular religious or philosophical belief or none?	☐	☒	☐	The policy applies equally to all members of staff and pupils regardless of religion or beliefs. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively in these respects.
Sex Does this policy impact on people because they are male or female?	☐	☒	☐	The policy applies equally to all members of staff and pupils regardless of their sex. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively on members of staff or pupils because of their sex.
Sexual orientation Does this policy impact on people who are sexually attracted towards their own sex, the opposite sex or to both sexes?	☐	☒	☐	The policy applies equally to all staff and pupils regardless of their sexual orientation. It is not considered that the policy includes any guidance or rules that may impact either positively or negatively on members of staff or pupils because of their sexual orientation.

3. More information/notes

