



School Meals

The Mission Statement

As our Mission Statement outlines 'all girls are to be given an opportunity to develop fully as persons'. This includes the entitlement that meals provided are compliant with 'Nutritional Standards' which have to be adhered to within the provision of school meals.

1. Who is responsible for school food?

Standards for school food are set by the Department for Education (DfE). The DfE are responsible for the School Food Regulation 2014 adopted January 2015 and also allocates the budgets for school food to local authorities. In our case, the budgets are delegated as part of the DfES' strategy for the self-managing school, the responsibility lies with our school's governing body.

There are a number of bodies who are involved with the provision of school food. These include:

- **The school food trust** was set up in 2005 by DfES to help deliver the new school food standards, develop food skills amongst children and young people and bring longer term improvements to their health and education.
- **Local authorities, schools and governors:** various legislation, including the Education Acts of 2011, 1996, 1998, 2002 and 2006 outlines the duties of school governors and local authorities in the provision of school food.
- **The Food Standards Agency** and the **National Governors Association** have produced guidance for school governors on food policy in schools.
- **Ofsted** is monitoring the way schools' approach healthier eating as part of its regular inspections of schools.
- The **Healthy Schools Programme** is a joint Department of Health (DH) and DCSF initiative. Its 2005 guidance on the criteria for Healthy Schools is 'A Guide for Schools'.

Mrs Jayne Brock is the named Governor who oversees the Food Policy and School Meals Policy and reports back to the governing body. This is to ensure a whole school approach. We are part of the National Healthy Schools Programme.

2. Nutritional Requirements for Pupils at Secondary Schools

These standards became statutory from 2009. They cover:

- Breakfast
- Mid morning services
- Vending
- School tuck shops
- After school snacks and meals.

The reasons for bringing in these new food standards across the day are as follows:

- Surveys show that children's health is deteriorating – in particular there is an alarming rise in obesity and this can bring problems such as diabetes and heart disease.

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- These standards will promote overall health.
- Messages need to be consistent about the sorts of food that are around children and give a consistent message about healthy eating.
- Feedback from teachers suggest pupils who eat better do better in the classroom in behaviour and performance.

3. Food standards

NUTRIENT-BASED STANDARDS FOR SCHOOL LUNCHES FROM SEPTEMBER 2008 (PRIMARY SCHOOLS) OR SEPTEMBER 2009 (SECONDARY AND SPECIAL SCHOOLS)

This table summarises the proportion of nutrients that children and young people should receive from a school lunch. The figures are for the required nutrient content of an average lunch over five consecutive school days.

Energy	30% of the estimated average requirement (EAR) ¹
Protein	Not less than 30% of reference nutrient intake (RNI)
Total carbohydrate	Not less than 50% of food energy
Non-milk extrinsic sugars	Not more than 11% of food energy
Fat	Not more than 35% of food energy
Saturated fat	Not more than 11% of food energy
Fibre	Not less than 30% of the calculated reference value <i>Note: calculated as Non Starch Polysaccharides</i>
Sodium	Not more than 30% of the SACN ² recommendation
Vitamin A	Not less than 40% of the RNI
Vitamin C	Not less than 40% of the RNI
Folate/folic acid	Not less than 40% of the RNI
Calcium	Not less than 40% of the RNI
Iron	Not less than 40% of the RNI
Zinc	Not less than 40% of the RNI

EAR = Estimated Average Requirement – the average amount of energy or nutrients needed by a group of people. Half the population will have needs greater than this, and half will be below this amount

RNI = Reference Nutrient Intake – the amount of a nutrient which is enough to meet the dietary requirements of about 97% of a group of people

SACN = Scientific Advisory Committee on Nutrition. For details of figures for the dietary reference values and derived amounts for nutrients for children and young people see Crawley (2005), with the exception that the derived reference value for fibre for boys aged 15-18 years should be capped at 18g.

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1 Nutrient values except for sodium are based on: Department of Health (1991) Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. London: HMSO

2 Scientific Advisory Committee on Nutrition (2003) Salt and Health. London: The Stationery Office

4. Allergies

Catering staff are aware of food allergies and this is highlighted on the till in the canteen. Teaching/support staff are made aware of food allergies of girls in school. They are trained on Epi-pen use annually.

5. Breakfast Services

Mood, memory and concentration are better when pupils eat a good breakfast.

6. School Vending

We do not offer school vending.

7. St Paul's School for Girls Meals

These are provided by MiQuill Catering who adhere to nutritional guidelines. They also have a sustainable procurement policy.

Regular meetings are held with management of MiQuill and Litmus Partnership and daily communications take place with MiQuill staff.

8. Guidance

Training of MiQuill staff is provided by the company. An outline of food standards are given to teaching staff. The school food policy is in all pupils' homework diary and healthy eating lessons are addressed in PSHRE, Food and Science lessons.

9. Monitoring

1. Canteen review
2. Termly review of menus
3. Governing body annual review of Food Policy and School Meals Policy
4. Parent consultation
5. Ofsted.



Appendix

A checklist of the interim food-based standards for school lunches in England		
Food group	Key elements of the food-based standard	Y/N
More Fruit and Vegetables	At least two portions a day; of which at least one must be salad, vegetables or vegetable juice and at least one must be fruit, fruit salad or fruit juice. Fruit and vegetables in all forms, whether fresh, frozen, tinned in juice or dried. Fruit salad, fresh or tinned in juice. Fruit juice or vegetable juice.	
	A fruit-based dessert with a content of at least 50% fruit measured by weight of the raw ingredients must be available at least twice per week in primary schools.	
Meat, fish and other non dairy sources of protein	A portion of meat, fish and other non-dairy sources of protein must be provided everyday.	
	Red meat – to be provided twice a week in primary schools and three times a week in secondary schools	
	Fish - to be provided once a week in primary schools and twice a week in secondary schools	
	Oily Fish – once every three weeks	
	For vegetarians, a portion of non-dairy protein three or more days a week	
Meat (manufactured or homemade) products - restricted	A meat product (manufactured or homemade and meeting the legal requirements) from each of the four groups below may be provided no more twice each week in secondary schools. Group 1: Burger, hamburger, chopped meat, corned meat. Group 2: Sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll Group 4: Any other shaped or coated meat product.	
Starchy foods	A starchy food (bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal) must be provided everyday	
	A starchy food cooked in fat or oil (e.g. roast or sauté potatoes, fried rice or noodles, garlic bread) is provided no more than 2 days each week (applies across the whole school day)	
	Three or more difference starch foods each week	

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	A type of bread with no added fat or oil must be provided everyday	
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Deep fried food - restricted	No more than two deep-fried foods, such as chips and batter-coated products, in a single week across the school day.	
Milk and dairy foods	Milk or dairy food (cheese, yoghurt (including frozen), fromage frais and custard; but not butter or cream) must be provided every day	
Salt – restricted	Salt should not be added to food after the cooking process is complete. This means Salt should not be provided at lunch tables or at service counters.	
Condiments – restricted	Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.	
Snacks – restricted	Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be provided at lunchtime as part of a meal when served with fruit, vegetables or dairy food but not at any other time of the school day.	
No confectionery	Confectionery such as sweets or chocolate, including products containing, coated or flavoured by chocolate, should not be provided as part of school lunches.	
Cakes and biscuits - restricted	Cakes and biscuits may be provided during school lunches as part of meal – but not at any other time of the school day. Cakes and biscuits must not include any confectionery – e.g. biscuits containing or coated with chocolate are not permitted.	
Healthier drinks	The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above. Combination of fruit or vegetable juice. Tea, coffee and low calorie hot chocolate containing no more than 20 calories per 100 millilitres.	
Water	Free, fresh drinking water must be provided everyday. We have several water stations around school.	

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