



## Food and Drink in School Policy/Healthy Eating Policy

This policy reflects our Christian value of thankfulness and reflects our status as a Healthy School

### 1. Introduction

We are aware that obesity remains a major issue amongst school children, with around 1 in 3 Year 6 children being measured as either overweight or obese. We also understand that the nutrition of children and young people can influence their wellbeing, growth and development. We believe that St Wilfrid's can play an important role in improving the diets of children and young people and have therefore developed this whole school food and drink policy, to support our achievement of this.

### 2. Definition

It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. The children, parents/carers and their families are aware of the healthy eating ethos of the school as it is consistently reflected through the following:

- Formal curriculum e.g. cooking and nutrition, design and technology, science and PSHE.
- Extra-curricular activities and participation in local and national events and initiatives, e.g. school growing, national Healthy Eating Week, theme weeks and days.
- Provision of food and drink at school, e.g. breakfast club, school lunch, drinking water/milk, snacks, use of food and drink as a reward and special occasions.
- Consumption of food and drink at school e.g. dining room environment, style of service, timings, pupils bringing food to school, i.e. lunch boxes, snacks and drinks.
- Promotion of food and drink and free school meals uptake including advertising.
- Events and lettings at school, e.g. school fair.
- Inclusivity – special diets, cultural and age (portion size).

### 3. Legal/National Requirements

New School Food Standards were announced on 17<sup>th</sup> June 2014. From 1<sup>st</sup> January 2015, all local authority maintained schools, academies and free schools set up before 2010 and created from June 2014 onwards must meet these new standards for school food. (For more information on these regulations visit <http://www.schoolfoodplan.com/standards/>)

Governing bodies have a responsibility to provide the following meals services within schools:

- Free School Meals – to those pupils who are entitled to a free school meal (FSM).
- Paid School Meals – to any other pupil within the school whose parents have requested that a meal is provided.
- Facilities to eat Packed Lunches – to enable pupils who have brought food from home to eat it. Pupils cannot be charged for the use of facilities.

#### 4. **Ethos and Values**

We believe that children and young people are entitled to receive both good quality healthy eating education and food provision. It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. The children, parents/carers and their families are aware of the healthy eating ethos of the school as it is reflected in before and after school provision, snack and lunchtimes, treats and rewards.

#### 5. **Aims**

We aim to encourage our children and young people to develop healthy eating and drinking behaviours. We will promote clear and consistent messages about food, drink and nutrition through the classroom setting through the provision of food and drink, and in all other aspects of school life and in conjunction with parents/carers.

#### 6. **Objectives**

##### a) **National Curriculum**

We aim through food and nutrition education to enable children and young people to make healthy informed choices by increasing knowledge, changing attitudes and enhancing skills. Food and nutrition education is a progressive and developmental curriculum. We will regularly review the curriculum to ensure that information is up to date and consistent and that a cross-curricular approach is utilised as a vehicle for delivering messages about healthy eating. Teachers are confident in having the knowledge, skills and resources to deliver the food and nutrition curriculum.

##### b) **School Meals**

We aim to provide our children and young people with choices that address cultural, religious and special dietary needs and meet the national *School Food Standards* (<http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf> - page 3).

##### c) **Marketing**

We have strategies in place to promote healthier options such as taster sessions at parents' evening and special themed days where all children are invited to have a school meal. Our school meal menus and other information about the meals are displayed around school and are available on the school's website.

##### d) **Quality of the environment**

We aim to provide a dining area which is a desirable place promoting a social community which is user friendly through the provision of plates rather than trays, social seating where friends who are having a school meal or those on packed lunches can sit together and a selection of food choices that cuts the need for queuing.

##### e) **Breakfast**

We will encourage young people to eat breakfast before attending school and we offer Wrap-a-Round Care which also provides a breakfast club. Food served at the breakfast club will be in keeping with meeting the Standards for school food other than lunch (<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> - page 11).

##### f) **Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day for example through, Healthy eating newsletters, packed lunch advice sheets, hosting a demonstration at parents evening etc. (Packed Lunch Policy available on the website)

##### g) **Break-time Snacking, rewards and treats** We actively discourage children and young people from consuming high fat, high sugar snacks, by offering healthier snacks and minimising the use of unhealthy foods used as rewards and as birthday treats to avoid

causing confusion for children and young people. Only fruit is allowed as a snack at school, with EYFS and KS1 children being provided with a free piece of fruit or vegetable each day. In KS2 classes children are invited to bring a piece of fruit for snack times. Parents are allowed to provide sweets or treats to celebrate children's birthdays but we will encourage healthier treats. Other (non-food based) methods of positive reinforcements of good behaviour are used in school. *The Standards for school food other than lunch* (<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> - page 11).

<http://www.nhs.uk/Livewell/5ADAY/Pages/Schoolscheme.aspx>)

**h) Water**

Easily accessible fresh drinking water is made available to all students throughout the day.

**i) Parents**

We will ensure that education about healthy eating is available for parents and signpost them to other agencies/organisations who provide opportunities for adult education and skill development around cooking and nutrition. We will also encourage them to continue to promote healthy eating in the home through circulating advice from Change for Life and other healthy eating initiatives, workshops and advice at parents evening.

**j) Food Allergy and Special Diets**

The school has considered the needs of pupils with food allergies and developed appropriate procedures. We will ensure that affected children are not unknowingly exposed to food allergens like nuts and seeds during school hours.

The school also provides food in accordance with pupil's beliefs, practices and medical requirements as required. The school's cook and kitchen staff have any information about food allergies and special diets. Class teachers are given information about allergies in their pupils. For any food consumption other than school meals (e.g. food preparation in lesson) we ask parents to sign permission for children to take part in these sessions.

When teaching the food and nutrition curriculum, we will consider the needs of pupils with food allergies and special diets.

**k) Referrals**

Where appropriate, school nurse referral system is in place for underweight and overweight children, and children with other nutritional issues, which follow the appropriate pathways for children.

**l) Staff Training**

We will provide opportunities for relevant members of staff to receive training to improve their skills and knowledge around encouraging healthier eating in school, e.g. staff members to attend the core Healthy Schools healthy eating training – 'Healthy Eating and Physical Activity in the primary school setting, the Healthy Schools training – 'Food and Parents' and the Lunchtime Organiser training (see [www.manchesterhealthyschools.nhs.uk](http://www.manchesterhealthyschools.nhs.uk)).

**7. Policy, Leadership and Management**

The key people to lead in the area of food and policy are Grace Ingham, (school cook) and Miss Pickup (PSHCE Leader)

**8. Dissemination**

The governing body recognises its responsibility for getting a strategic framework for the schools food policy and for monitoring and implementing the policy.

**9. Monitoring, Assessment and Review**

We will monitor the food policy by.....e.g. look at the take up of school lunches, free school meals, satisfaction surveys etc. The Head teacher will monitor the quality of the meals on a regular basis.

Monitoring and reviewing will lead to ongoing policy development with changes if applicable. This section of the policy could be linked to the Generic PSHE policy at this point.

#### **10. Breaches of Policy**

The whole school community is aware of and understands the process/protocols in place for breach of policy

#### **11. Relationship with other policies**

The Physical Activity policy, PSHE policy, Physical Education policy

#### **11. Date and Review of Policy**

The governors agreed this policy on 22 June 2020 and it will be reviewed in partnership with staff, parents / carers and pupils again in 12 months time unless there are changes to National or Local Guidance.

## St Wilfrid's Packed Lunch Policy

### **Overall aim of the policy:**

*To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food*

### **Food and drink in packed lunches:**

- *The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times through their own water bottles.*
- *The school will work with parents to ensure that packed lunches abide by the standards listed below.*
- *As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.*
- *The school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.*

### Packed lunches should include:

- *At least one portion of fruit and/or one portion of vegetables every day.*
- *Protein such as meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day*
- *A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.*
- *Oily fish, such as salmon, at least once every three weeks.*
- *Dairy food such as milk, cheese, yoghurt (fruit yoghurt only), fromage frais or custard every day*
- *Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt/milk drinks or smoothies.*

### Packed lunches should avoid:

- *Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.*
- *Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal. (Only one piece of sweet food is allowed each day e.g. one biscuit or one piece of cake or one sweet dessert, if a child has more than one sweet item, they will be asked to choose one and the others will be removed until the end of the day)*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas (e.g. Peperami) should be included only occasionally and never more than one of these in a day.*
- *Parents should avoid putting nuts in packed lunches as other pupils may have allergies.*

### Packed Lunches should never have:

- *Confectionery such as chocolate bars, chocolate-coated biscuits (e.g. Kit Kats, Twix or Club biscuits) and sweets.*
- *Fizzy drinks, cans or glass bottles.*

*(Any items on this list may be removed and returned at the end of the day)*

### **Special diets and allergies**

*The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.*

**Assessment, evaluation and reviewing:**

*Packed lunches will be regularly reviewed by teaching staff / catering staff / lunch-time helpers.*

*Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this or may make a referral for other services such as Early Help, school health or children's services.*

*Please note: pupils with special diets will be given due consideration.*

**Involvement of parents/carers:**

*Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.*

**Dissemination of the policy:**

*The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.*

*The policy will be available on the school's website and will be incorporated into the school prospectus.*

*The school will use opportunities such as parents' evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.*

*All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.*

**Signed:****Dated:**

Appendix 2

***Useful Policy and Food related web site links.***

**Healthy Schools Manchester**

[www.healthyschoolsmanchester.nhs.uk](http://www.healthyschoolsmanchester.nhs.uk).

**The School Food Plan**

<http://www.schoolfoodplan.com/>

**The School Food Plan – Standards**

<http://www.schoolfoodplan.com/standards/>

**The School Food Plan – Creating a Culture and Ethos of Healthy Eating**

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

**The School Food Plan – Creating a Culture and Ethos of Healthy Eating**

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

**The School Food Plan – School Food: Guidance for Governors**

<http://whatworkswell.schoolfoodplan.com/site/article-files/254ddd1d-091b-44e1-a19a-212d61caa205.pdf>

**The Childrens Food Trust**

[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk).

**The British Nutrition Foundation**

<https://www.nutrition.org.uk/foodinschools/foodprovision/food-provision.html>

**The Food Standards Agency**

<http://www.food.gov.uk>.

**Food allergy in Schools and Nurseries Fact Sheet**

<http://www.uhs.nhs.uk>.

**British Dietetic Association**

<https://www.bda.uk.com/foodfacts/PackedLunches.pdf>