

HARESTOCK PRIMARY SCHOOL

SCHOOL POLICY

FOOD

Updated: Nov 2018 - New packed lunches information – appendix 1; aims and objectives added to and reworded; additional information in the school lunch and packed lunch section. Monitoring section updated to include packed lunches. Nut free school

Date: Autumn term 2018

Review Date: Autumn term 2020

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE Policy.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity. The school supports the revised 'Standards for School Food' from 2015. We are also a NUT-FREE school.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

How well are we doing?

How well should we be doing?

What more should we aim to achieve?

What must we do to make it happen?

What action should we take and how do we review progress?

Rationale

Harestock is a healthy school, working towards renewing its Healthy Schools status. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns through break/lunch procedures and information available to parents and carers.

In order for children to be fit for learning and able to concentrate fully at school, it is important that their lunch provides a healthy balance of food types.

Through effective leadership, the school ethos and the curriculum, all school staff can create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health and we make a positive contribution to children's current and future health
- To promote health awareness
- To encourage all children to take part in the '5 a day' campaign
- To make food consumption an enjoyable experience
- To provide consistency between packed lunches and food provided by the school kitchen which must adhere to national standards set by the government

Settings for Food Policy

We do not use vending machines in our school. Currently we do have a tuck shop that is run by HC3S and adheres to the Nutrient-based standards.

Breakfast club and after school club

We currently do have a breakfast club that is run by school, where 'healthy' food such as toast and cereal are provided. Fruit and water is available every day. Fruit juice, milk or water is offered to drink. At After school club, only sugar free squash is bought to drink (and water) and fruit / vegetables are available. Children may consume 'healthy' snacks brought in from home.

Snack

All FS and KS1 classes include a morning break time snack of un/cut and washed fruit or vegetables to all children. KS2 children are actively encouraged to bring fruit or vegetables or another 'healthy type' snack which they eat at playtime.

Items such as chocolate, sweets, cakes and fizzy drinks are not allowed to be eaten/sold at breakfast club or the tuck shops.

School lunches and packed lunches

We try to ensure that the eating lunchtimes are a positive experience here in school. Children wash their hands prior to eating and good table manners are encouraged.

We do not and will not force children to eat what they do not want to eat.

All our school meals are provided by a contracted caterer HC3s. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot option, which pays regard to nutritional balance and healthy options.

We will make parents aware of the eligibility criteria of Free School Meals. All Infant children are entitled to a Universal free lunch under government legislation.

The school will work with parents to ensure packed lunches abide by the standards listed in Appendix 1. This outlines what packed lunches should and shouldn't include. Parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which conform to Appendix 1.

Special diets and allergies

The school is aware that some pupils may suffer from severe allergic reactions to certain foods. In cases where the school has been made aware of this by parents, provisions are made in the school medical room for individual information on the child's allergies and their specific medication.

Designated staff have annual training on the use of the EPI Pen. Information regarding pupils with severe allergic reactions are kept in the medical room, in the staffroom and in the child's classroom, in a confidential folder.

We are a nut-free school (including nut based spreads). The school also 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.

Water for all

Water is freely available throughout the school day to all members of the school community. No water fountains are located inside cloakrooms in the Juniors and outside the Infant toilet areas. Every child is encouraged to bring in a plastic bottle to store their water in. Regular water breaks are built into the school day and curriculum by class teachers.

Milk

We ensure that milk is available to those children who want it once a day during school hours, at lunchtime. It is offered free of charge to pupils under 5 years of age and to those pupils entitled to free school meals and charges will be made for all other children using a Nationally recognised company to provide this service.

Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping and preparing food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and tasting. In the New curriculum, food provision has been extended. Every child will learn about food and provision each school year. The food curriculum is supported by in-reach activities provided by local supermarket chains and out-reach opportunities in local restaurants in the community.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in un-pitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking, both within the curriculum and during after school clubs.

School visits provide pupils with activities to enhance their physical development eg to a restaurant kitchen / Supermarket

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. We do not want parents/carers to distribute sweets/cakes/biscuits to children in relation to birthday/leaving gifts.

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, eg school discos etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children but exemptions to the school food regulations are at the school Christmas Party each year and at the FOS discos each term and the ½ termly cake sales.

Role of the Governors

The Governing body are responsible for the provision of school food and ensure the national school food standards are met. More detail is set out on page 6&7 in 'School food in England Departmental advice for governing bodies' July 2014.

Monitoring and review

Packed lunches will be regularly reviewed by teaching staff or midday meal supervisors.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a letter in the first instance. 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.

Class teachers will monitor break snacks and advise children on healthy options when necessary.

Subject Managers are responsible for the curriculum development of the Food Policy within their subject. The Deputy headteacher and PSHE Manager are responsible for supporting colleagues in the delivery of the Food Policy.

The County Council is responsible for ensuring the quality of the food offered as part of the contract with the caterer HC3S.

Dissemination of the policy:

The policy will be available on the school's website for parents and carers to read.

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

APPENDIX 1:

What's in a healthy packed lunch?

A child at school should have about a third of their daily nutrient requirements at lunchtime. This means they need food that are going to provide them with enough energy, protein, fibre, vitamins and minerals. A healthy packed lunch should contain a mix of foods from the [EatWell Plate](#). The EatWell Plate shows how much should be eaten from each of the 5 food groups.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles.
- These foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans, nuts or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a fresh vegetable such as carrot stick, salad or a vegetable soup or vegetable dish.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

What about snacks such as crisps, cakes, pastries and sweets?

These foods should only be given occasionally. Children will then appreciate them more. If these foods are included in packed lunches they might eat these first and not have the appetite to eat the other foods that will provide them with the important nutrients they need to grow and develop, be healthy and active.

What to include in a packed lunch in line with government guidelines

Green Foods – It's best to include these every day

- One portion of fruit
- One portion of vegetables or salad
- Meat, fish or another source of non-dairy protein. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard
- Free, fresh drinking water should be available at all times
- Cakes and biscuits are allowed but these should be part of a balanced meal

Amber Foods – It's best to provide these only occasionally

- An oily fish, such as salmon, should be included at least once every three weeks
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

Red Foods – These should not be included in packed lunches

- Snacks such as crisps should not be included. 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.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included.