**Whole School Food Policy**

***We are proud to belong to the Carr Hill Community where we pursue excellence through commitment, aspiration, resilience and respect.***

**Introduction**

We are committed to giving all our students 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. We also support the notion that a little of a whole range of foods can be healthy and that all things in moderation are fine - it is the balance that matters in the long term.

The whole-school food policy covers the areas of:

* Breakfast club
* Break time snacks
* School lunches
* Packed lunches
* Water
* Curriculum

**Overall aim of the policy**

To ensure that all aspects of food and drink in school promote the health and well-being of students, staff and visitors in a way that satisfies the government standards for food and nutrition in school.

**Rationale**

As a school, we aim to provide the best education for students within available resources. We wish to further this aim by continuing to promote healthy eating patterns to students at school and by taking a more pro-active approach to improving the health and wellbeing of children. It is important that we consider all elements of our work, and the examples we give students, to ensure that we promote health awareness in all members of the school community. The school staff can provide a valuable role model to students and we encourage parents and carers to support us in regard to food and healthy-eating patterns.

**Aims and Objectives**

* To ensure that we are giving consistent messages about food and health
* To give our students the information they need to make healthy choices
* To promote health awareness
* To contribute to the healthy physical development of all members of our school community

**Where and to Whom the Policy Applies**

* School food standards apply to all food served in the school during the entire school day and to all activities that the school arranges for students, including breakfast club, school trips and events.
* Allergen information is available for food served in the canteen and information about allergies is available to our staff through SIMS and our cashless catering tills. At least four members of staff in school are trained in the administration of Epi Pens.
* Special dietary requirements - The school will endeavour wherever possible to accommodate students’ specialist dietary requirements including allergies, intolerances and religious or cultural practices.
* The school expects staff to contribute to and support this food policy across the school 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 students.

**Breakfast club**

A free breakfast for those in receipt of Pupil Premium is available for children from 8.15 am.

**School lunches**

The school provides free school meals to all those students who are entitled to them and the cashless catering system ensures there is no discrimination between students at the till.

All our school meals are prepared by Lancashire catering staff and include the use of fresh fruit and vegetables each day as a choice for students. We provide choices within the menus each day that meet or exceed the nutritional balance and healthy options as laid down by the government.

School lunches comply with the following requirements

* Fruits and Vegetables, at least two portions daily.
* Meat, fish and non-dairy protein, daily.
* Starchy foods including bread, pasta, noodles, rice, potatoes, sweet potatoes etc.
* Milk and dairy produce, daily.
* Drinks should be plain (still) water, milk, or pure fruit juice.
* Manufactured meat products may only be offered once a fortnight.
* Deep fried products may only be offered a maximum of twice a week.
* Table salt is not to be available.

**Packed lunches**

The school provides appropriate facilities for students eating packed lunches and we ensure that free, fresh drinking water is available at all times. Due to restrictions on space, it is not possible for students eating packed lunches to sit together in the canteen with students purchasing meals. To avoid spills and litter which are a trip hazard, students should not eat or drink in corridors or carry unpackaged food and drinks through the school. Packed lunches can be eaten in the hall and in in the benches area. Students are only allowed to eat fruit and drink water outside these areas.

The school aims to work with parents to encourage packed lunches to meet national standards. Should parents decide to send in a packed lunch from home we would encourage you to note the following recommended guidelines set out by the British Nutrition Foundation (www.bda.uk.com)

A child’s lunch should include only the following:

* A ‘good’ portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad, tortilla wrap, bread sticks, chapattis, pitta pockets, fruit scone, malt loaf, fruited teacakes and rice cakes.
* Fresh fruit and vegetables, e.g. apple/orange/banana, melon slices, cherry tomatoes, carrots sticks, cucumber chunks, mini fruit chunks, dried fruits such as raisins, apricots or small tins of fruit in juice NOT syrup.
* A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc. • Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
* A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured), yoghurt drinks, fruit or veg. smoothies. Parents are advised to include an ice pack. Food products, prepared and stored can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The school cannot provide cold facilities to store lunch boxes and cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

* Sweets and chocolate confectionery, although one chocolate covered biscuit is acceptable
* Fizzy drinks/sugary drinks and high energy drinks (which are not allowed in school)
* Sweet cakes although low fat/low sugar varieties are fine
* Foods containing any nuts
* Although the British Nutritional Foundation state that no crisps and packeted savoury snacks should be eaten because they are high in salt and fat, we feel this is unrealistic and ask that instead that parents should, at least, be limiting children to 1 or 2 packets a week, and preferably less, and that they choose the lowest fat varieties.

**Water**

The school encourages students to drink at frequent intervals throughout the day. Students will be allowed water bottles on desks unless health and safety rules prevent this. Students will have easy access to fresh drinking water throughout the school day from several water fountains located around the site but students are only allowed to fill these up outside of lesson times.

**The Dining Environment**

The School believes that lunchtimes are an integral part of the school day where the social aspect of sitting and eating together plays an important role in children’s development. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. The school will provide a clean, sociable environment, indoors, for students to eat their lunch. In doing so, the school requests/expects students adhere to the following rules:-

* All litter should be placed in the bin or taken home
* Food and drink purchased from the canteen will only be consumed in the canteen, hall or the benches
* Spills should be reported immediately
* Unpackaged food and drink should not be carried through the school

**Gifts and Prizes**

The school will reward students for good meal time etiquette and good behaviour. Unhealthy foods (high fat and/or high sugar) will not be used as rewards for students or class achievements. The school will use a range of non-food rewards for this purpose. In certain circumstances, the school may choose to allow foods to be eaten in support of the teaching of food from different cultures/ times or for students to sell cakes in order to raise funds for charity.

**Curriculum**

Compulsory lessons in food technology and nutrition will be provided for all children in Years 7 and 8. The school will also include work associated with healthy balanced diets in its Science and PSHE curriculum. The school’s provision will be guided by the ‘Core competences for children and young people aged 5 to 16 years: A framework of skills and knowledge around food, diet and physical activity’ (2014) as made available via the Change4Life website: http://www.nhs.uk/change4life/pages/schools-partners.aspx

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Chair of Governors Chair of Committee