



Food and Drink in School Policy 2015

(Review 2016)

1. Introduction

We are aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food and drink on the health and behaviour of children and young people. We also understand the need to improve the diets of children to help with educational attainment and the role schools can play in 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. design and technology, science and PSHE & C
- Extra-curricular activities and participation in local and national events and initiatives, e.g. school gardening club, links with Levenshulme allotment society show
- Provision of food and drink at school, e.g. breakfast club, school lunch, drinking water/milk, use of food and drink as a reward.
- 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, party occasions
- Promotion of food and drink and free school meals uptake including advertising and sponsorship.
- Inclusivity – special diets, cultural and age (portion size).

3. Legal/National Requirements

Schools are required by law to meet the School Food Regulations (2007). The standards as set out in these are as follows:

- The food-based standards for school food other than lunch were introduced for all schools in September 2007.
- The nutrient-based standards and final food-based standards for school lunches came into force for primary in September 2008 and special and secondary schools in September 2009.

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. Staff have been trained in, and use the spiral curriculum Why you eat what you eat from Nursery through to Year 6 as the basis for their teaching.

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 nutritional standards.

c) **Marketing**

We have strategies in place to promote healthier options such as: salad bar for those having school dinners and water available for packed lunches.

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 staggered and supervised timings, e.g. using table plates instead of plastic trays, children having enough time to eat their dinner, cutting queuing times, children getting their first choice option, extended service stations, monitoring noise levels and behaviour .

e) **Breakfast**

We will encourage young people to eat breakfast before attending school and we will promote the school's breakfast club. Food served at the breakfast club will be in keeping with meeting the National Food Based Nutritional Standards.

f) **Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day for example through: adopting and appreciating the food policy, not sending in drinks as school will provide, packed lunch advice sheets, hosting nutritional workshops etc. (Packed Lunch Policy template attached in appendix 1)

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 ensuring there are no unhealthy foods used as rewards and as birthday treats to avoid causing confusion for children and young people.

h) Water

Easily accessible fresh drinking water is made available to all students throughout the day. It is important that as part of a whole school policy the governing body consider how to promote water consumption.

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 nutrition workshops for parents, e.g. interactive homework around healthy eating to be completed with a parent, delivering parental healthy eating packed lunch sessions in school, parent coffee mornings.

j) Food Allergy

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. When teaching the food and nutrition curriculum, we will consider the needs of food allergic pupils

k) Referrals

Where appropriate, school nurse referral system is in place for underweight and overweight children 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 – ‘Promoting Healthy Lifestyles as a Whole School Approach’, the Healthy Schools P training – ‘Food and Parents’ and as necessary, the Lunchtime Organiser training and all staff attended the Why we eat what we eat training.

7. Policy, Leadership and Management

The key person to lead in the area of food and policy is Alyson Nunn.

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 looking 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 and it will be reviewed in partnership with staff, parents / carers and pupils again in unless there are changes to National or Local Guidance.

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: what the policy states

- *The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.*
- *The school will work with the pupils to provide attractive and appropriate dining room arrangements*
- *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.*
- *Wherever possible 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 one portion of vegetables every day.*
- *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.*
- *dairy food such as milk, cheese, low-fat yoghurt, rice pudding, fromage frais or custard everyday*

Packed lunches should not have:

- *drinks as school will provide water or milk at lunchtimes.*
- *snacks such as crisps. **Instead**, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers served with fruit, vegetables or dairy food are also a good choice, as are plain popcorn, rice cakes, oat cakes or crunchy carrot sticks.*
- *confectionery such as chocolate bars, chocolate-coated biscuits, sweet/sugary cakes and sweets. **Instead** you could include currant buns (without icing), fruit bread, tea cakes and malt loaf.*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.*

Due to some children having special diets and allergies, pupils are not permitted to swap food items.

Assessment, evaluation and reviewing:

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

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.

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: February 2015

