



WEST HESLERTON C.E. PRIMARY SCHOOL

POLICY FOR FOOD IN SCHOOL

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“Children are at the centre of all we do”

We encourage everyone in our school community to live life well reflecting Christian attitudes and values and working in partnership with families as part of a wider, caring community. The hallmarks of a Christian life lived well are shown in the fruits of the Spirit – But the fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control. Against such things there is no law. Galatians 5:22 – 23

Rationale

Children and young people across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity and other comorbidities in later life. The biggest source of sugar in children's and young people's diets is sugary drinks, followed by sugary snacks. West Heselton CE Primary School therefore endeavors to promote healthy eating where ever possible.

West Heselton CE Primary School has a responsibility to help pupils and staff establish and maintain a healthy lifestyle including developing and maintaining healthy eating habits. We adopt a whole-school approach ensuring our food provision offers the best high quality healthy food options and our cooking and nutrition curriculum offers pupils the opportunity to explore healthy eating.

We believe learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating across our school.

West Heselton CE Primary School aims to:

- To adopt a whole-school approach to promoting and teaching the benefits of healthy eating to staff and pupils.
- To ensure the pupils understand the link between healthy eating and the prevention of diseases caused by poor diet and lifestyle choices.
- To positively influence the health of the pupils and staff through education, increasing their knowledge and awareness of what is a healthy and balanced diet, hygienic food preparation and storage methods.
- Through our curriculum, we endeavour for pupils to become competent and confident in a range of cooking techniques so they are able to cook for themselves and others confidently.
- To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff and pupils and promotes inclusion (e.g. religious, medical, vegetarian and allergenic needs).
- To ensure the school provides an enjoyable, pleasant and safe environment for pupils and staff to consume their food and drink.
- To encourage and teach good manners and courtesy as outlined in our behaviour policy.
- To improve the quality and breadth of the curriculum and extra-curricular offers in Cooking and nutrition.

The promotion of healthy eating, cooking and nutrition is delivered via:

- Design and Technology
- Cross curricular links in our curriculum – Health Education, Science,
- Extra-curricular offers before school, during lunch and after school

Food and Drink Provision Throughout the Day

School food provision

North Yorkshire County Caterers is West Heslerton CE Primary School's catering provider and it fully complies with the School Food Standards. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

[The School Food Standards](#) – A practical guide for schools their cooks and caterers
[DfE \(2019\) Standards for School Food in England](#)

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the [‘Eat Better, start better 2017’](#) Voluntary Food and Drink Guidelines for Early Years Settings.

Breakfast

We encourage all children to have a healthy and filling breakfast prior to arriving at school. This is especially true when on school visits and going swimming.

Snacks

Snacks can play an important part in the diet of children and young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day. Spare fruit is shared with older children. Pupils in Years 2 to 6 are invited to bring some money to school to purchase a healthy snack should they wish to for their morning breaktime. These snacks follow the guidance below.

The government's guidance on [the Portion size and food groups](#) features suitable snacks, for healthy snack ideas for parents, visit [Better Health - Healthier snacks](#). Tips for a snack for under 5-year-olds, please visit, First Step Nutrition Trust, [snack for 1-4 year olds](#).

School lunches

The school lunches meet the statutory school food standards. Lunch is served at 12 noon and is provided by North Yorkshire County Caterers.

Our dining hall offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils, and encourages good manners at all times. Children are able to sit with their peers who have a packed lunch or school dinners. Staff promote positive table manners.

We use high-quality ingredients using nominated suppliers. We regularly ask for feedback from pupils and staff to ensure the food served looks appealing and meets the needs of our pupils and School Food standards.

Drinks

Drinking water is available throughout the whole day and children are encouraged to top up their bottles frequently.

Milk is available for children. We support '[Cool Milk](#)' scheme which offers free or subsidised school milk for children age five and under or for older children parents can register and pay for their child to receive daily milk. Children on Free School Meal list receive free milk should parents request this.

Packed lunches

We encourage parents to provide healthy well balanced packed lunches as per our guidance on our school website. The packed lunch guidance is disseminated regularly via parents' newsletters throughout the year. Parents whose children persistently bring unsuitable packed lunches are contacted or approached and reminded of the school's packed lunch policy. No fizzy drinks or energy drinks are allowed.

For more information and practical tips for children aged 5 years and above visit [Healthy lunchboxes - Food A Fact Of Life](#) or [Better Health - Healthier Lunchbox Recipe](#) for under 5 please visit, [Packed lunches for 1-4 year olds](#).

School events, trips, birthdays and special occasions

- Healthy packed lunches are provided for school trips including fresh sandwiches, fresh fruit and water. Parents who provide packed lunch for the school trip are asked to follow our healthy guidelines.
- West Heslerton CE Primary School values the partnership with parents and during the out of school events the school will encourage parents and carers to consider our Whole School Food Policy in the range of refreshments offered for sale. We encourage parents to use healthier ingredients including using 50% of fruit and vegetables in baked produce and savoury snacks with no added sugar and salt.
- We will only accept pre-packaged sweets, cakes, and biscuits appropriately labelled with allergens and ingredients.
- Desserts on our school lunch menu are made on-site daily and many of those are made with 50% of fruit as per the School Food Standards.
- Regular communications with parents pupils and staff is maintained to promote special occasions, cultural events and celebrations via; weekly letter home, e-newsletter and other communications. When parents are asked to contribute or bring food items, the school provides a list of healthier options as suggestions for parents.

Special Dietary Requirements and food safety

We are aware of food allergies/intolerances and other dietary requirements of children and young people and have procedures in place to identify and manage these. Parents of a child who has medically evidenced food allergy or intolerance should complete Food allergy and food intolerance management form (available at the school office) prior to ordering school dinners for their child. With advance notice, we can offer halal, vegetarian and vegan options throughout the menu.

Although, we do not allow children and staff to bring products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free. West Heslerton CE Primary School may occasionally have products (bought or homemade) that contain nuts. We try to minimise the risk by adopting a culture of allergy awareness and education. We encourage all staff and parents to access free Food allergy and intolerance online training provided by Food Standard Agency. We use a variety of age-appropriate resources for children to be allergy aware.

Staff handling food have completed the following training to enable them to manage food allergies, intolerances and dietary requirements and food safety:

- Our staff are onsite to assist with first aid. Those trained first aiders are identified on the staff board in the entrance hall.
- Our staff supervising food provision in school (at lunch and after school) have completed their food allergy training, food safety and hygiene training, manual handling, fire safety, adrenaline/ anaphylactic shock training.

Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole-school approach to health and wellbeing. It captivates and stimulates pupils' interest and enjoyment of food as well as building self-confidence. The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. Also see the Public Health England, Food teaching in Primary schools a framework of knowledge and skills to deliver high quality cooking and teaching.

The following resources are used to develop, monitor and assess learning:

- **Food teaching progression chart 5-11** <https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/primary/food-teaching-progression-5-11-years/>
- **Core competencies for children and young people aged 5-16 years:** A framework of skills and knowledge around food diet and PA <https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/secondary/core-competences-for-children-and-young-people-aged-5-16-years/>

Lessons on food, cooking, food growing and nutrition education is taught at West Heslerton. We:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas e.g. PE, RE, Geography, History
- Address it through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Ensure that staff understands their role of promoting healthy eating messages in the school environment e.g. that all staff are informed about the policy, are given sufficient training so that they can teach and work effectively with pupils, liaise with external agencies and caterers, monitor teaching and learning about healthy eating, and act as positive role models.
- Understands that food should never be used as a reward to ensure pupils develop a healthy relationship with food.
- Monitor pupils learning.

The following resources can be utilised:

- <https://www.foodafactoflife.org.uk/>
- <http://www.food.gov.uk/>
- <http://www.nutrition.org.uk/>
- [Healthy Schools Wandsworth -Nutrition and food education](#)
- <https://www.gardenorganic.org.uk/expert-advice/growing-in-your-space/schools/school-gardening-resources>
- <https://www.treesforcities.org/our-work/schools-programme/edible-playgrounds/educational-resources>

For more information on government guidelines, please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Climate change consideration

We are committed to reduce avoidable food waste in our school kitchen. At West Heslerton CE Primary School, we encourage our catering team to reduce single use plastics within the kitchen where possible. We have 'climate friendly' menu choices as well as meat free days.

We are committed to establish effective recycling practice across the school. We will continue to educate pupils and staff to use recycling bins provided throughout the school, including correct disposal of compostable food waste.

Our wide curriculum includes food projects and learning about the environment, sustainability and our individual responsibility towards taking actions to tackle climate change issues collaboratively.

Monitoring and Evaluation of this policy

The following are actively involved in the monitoring and evaluation of this policy:

- Regular reminders about what makes a healthy meal included on school newsletters
- Monitoring of lunches and snacks at school and liaison with parents when necessary.
- Monitoring of DT food projects to encourage healthy eating.

Resources considered when creating this policy:

- [School Food Matters](#) – Healthy zone, policy templates
- [Breakfast Club Guide \(schoolfoodmatters.org\)](http://schoolfoodmatters.org)
- [Afterschool Club Guide \(schoolfoodmatters.org\)](http://schoolfoodmatters.org)
- [School food provision – Food a Fact of Life;](#)
- [School food guidance for governors](#)
- Milk should be offered to every pupil who wants it during the school day [School milk subsidy scheme](#)
- [School Nutrition Action Group \(SNAG\)](#)
- [Allergy guidance for schools](#)

- [Managing Allergies at schools](#)
- [Free food allergy and intolerance training](#)
- [Anaphylaxis UK](#)