

Food and Drink in School Policy

1. Introduction

We are aware of the current situation, regarding rising obesity levels in children. There are 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 in order to help with educational attainment also the role schools can play in this.

2. Definition

The importance of healthy eating is fostered by a whole school approach. 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
- 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
- Promotion of food and drink and free school meals uptake including advertising and sponsorship
- Events and lettings at school, e.g. school fair
- 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 good quality healthy eating education and food provision. 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.

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 nutritional standards.

c) **Marketing**

We have strategies in place to promote healthier options such as healthy options highlighted on attractive menus or displays.

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. We will aim to do this through arranging tables more sociably, using table cloths, staff sitting with children, 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 . During our weekly Golden Assembly, children are presented with lunch time certificates and a class is chosen to sit on the special table as a reward for good behaviour.

e) **Breakfast**

We will encourage young people to eat breakfast before attending school and we also 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. We provide packed lunch advice sheets. Packed lunches will be monitored and if they are deemed unsuitable we will inform parents/carers.

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 fruit to foundation, Key Stage one and two children.

Ultimately we aim to minimise the use of unhealthy foods in school, however on occasion there will be exceptions made and we will allow some sweets or chocolate to be provided by the school as a special reward .

We want all parents/carers to avoid bringing chocolates and sweets into school as birthday treats.

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 parent workshops and delivering parental healthy eating packed lunch sessions in school.

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.
(www.manchesterhealthyschools.nhs.uk).

6. Policy, Leadership and Management

The key person to lead in the area of food and policy is Mr D Hemington. All teachers are committed in supporting the implementation of this policy.

7. Dissemination

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

8. 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.

9. Breaches of Policy

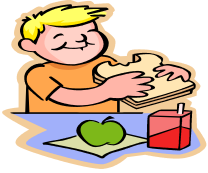
The whole school community is aware of and understands the process/protocols in place for breach of policy

10. 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.



Whole School 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
- The school will 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. tuna, kidney beans, hummus and peanut butter) every day
- A starchy food such as any type of bread, pasta or rice
- Dairy food such as milk, cheese, low fat yoghurt or fromage frais every day
- Only water, pure fruit juice, a sugar free drink or semi-skimmed or skimmed milk (please note that water is available from the classroom at any time)
- Snacks such as small packets of crisps (with no added salt, sugar or fat), seeds, vegetables and fruits, savoury crackers or breadsticks, raisins and dairy foods are also a good choice

Packed lunches should avoid:

- Confectionery such as chocolate bars, chocolate-coated biscuits
- Biscuits are occasionally allowed but encourage your child to eat these only as part of a balanced meal
- Food with a high fat or salt content such as meat products e.g sausage rolls should only be included occasionally – NOT on a daily basis
- Fizzy drinks
- Sweets

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.uhs.nhs.uk website for accurate, reliable information on managing allergies in schools. 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.



Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by the Head Teacher, teaching staff, parent officer, catering 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:

Parents of pupils wishing to have packed lunches 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.

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:**

Useful Policy and Food related web site links.

Healthy Schools Manchester

www.healthyschoolsmanchester.nhs.uk.

The Childrens Food Trust

www.childrensfoodtrust.org.uk.

The British Nutrition Foundation

<http://www.nutrition.org.uk/home.asp?siteId=43§ionId=s>

The Food Standards Agency

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

Food allergy in Schools and Nurseries Fact Sheet

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