

# HEALTHY FOOD IN SCHOOL POLICY

## SEPTEMBER 2023

### INTRODUCTION

In the Department for Education document '*School Food in England: Departmental advice for governing bodies*' (January 2015) "Governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches."

This policy has been reviewed to take into account and comply with the mandatory National School Food Standards (School food standards practical guide - GOV.UK ([www.gov.uk](http://www.gov.uk)) January 2015).

### **These standards:**

- Outline what can and cannot be provided during the extended school day
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients

### **Context**

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

We know that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. We know that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health:

- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer, amongst many other factors.

Plus, if we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health. We should encourage our children to make healthier choices, eat more fruits and vegetables and choose wholegrain options to increase fibre intake. Being active is also key, and encouraging different sports and activities is just as important as eating a healthy and balanced diet.

## Rationale

At Brompton & Sawdon Community Primary School we recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. It is important we consider all elements of our work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

## Aims

- To ensure that all food and drink served is **in line with the Government's mandatory standards**, is varied, is served in appropriate portion sizes, looks good and tastes good.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.

- To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- To involve the school community in all aspects of food in schools.
- To make healthier choices quicker, easier and better value for money.
- To ensure that all food and drinks consumed as snacks are healthy for teeth and overall wellbeing.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals

## Food Provision in our School

### **Food Safety**

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

### **1. School Clubs (Before & After-School)**

All school clubs that include food will ensure that it creates an environment that makes it easy to make healthy choices and also helps to educate in wholesome choices that will promote good health and wellbeing.

- **Morning Buddies** will provide a selection of healthy breakfast choices for the children to enjoy a good breakfast at the start of the day. This will include non-sugary cereal, fruit and yogurt. Foods not acceptable will be sugary cereals and sweet bakery items. *“A 12 year-old who skips breakfast has the same brain power of a 70-year-old in the classroom. Children who eat healthy breakfasts are able to solve problems better and can think faster and more clearly.” (Great Ormond Street Hospital).* There are also many studies showing the relationship between behaviour and breakfast. A ‘healthy breakfast’ will promote good behaviour within a child.
- **Afternoon Buddies** will provide a selection of healthy snacks at 4pm including a glass a water. In order to encourage a high uptake of these snacks, and encourage children to try new foods, the children will be encouraged to make some of these snacks themselves (under the supervision of the Buddies Supervisor). These snacks will include fruit and vegetable based foods such as homemade soup, smoothies, muffins, dips (e.g hummus and carrots), fruit kebabs etc.
- **After-School Clubs** will all follow the basic principles of the Whole School Food Policy in ensuring any food made/consumed is wholesome and nutritious and does not include high sugary & starchy products

### **2. Break Time**

Break time snacks will be provided by school. Children in Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day.

Fruit & Vegetables snacks will be made available to all children within school during mid-morning break. There will be a bowl available in each classroom for all children to access throughout the day should they require additional nourishment.

As many children & young people consume large quantities of snacks every day, providing an environment to making healthier choices easier choices could have a huge impact on health.

### **3. Lunchtime Provision**

Whether it’s a packed lunch or something hot, the midday meal is an integral part of the day. The school day is long and energy demands are high, both physically and mentally – it’s often at this time that hunger strikes, moods dip and the ability to concentrate wanes. Lunch should be nourishing and provide energy to last through the afternoon – eating too much or a meal that is high in fat or sugar can make children feel sleepy or give them a tummy ache. Dining environments should be a pleasant, social and cultural experience. Happy dining environments help to promote a positive lunchtime experience

**Aims:**

- To provide a dining environment that is a desirable place to eat
- To ensure there is enough space to sit and eat a meal feeling refreshed and relaxed ready for learning in the afternoon.
- To develop acceptable manners, social behaviours and good role modelling.

### 3.1 School meals

**Aims:**

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eatwell Plate' and compliant with the School Food Standards.

County Caterers is the school meal provider for Brompton & Sawdon Community Primary School. They are fully compliant with the School Food Standards.

### 3.2 Packed lunches

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar. It is therefore the school's policy to request that families follow the ethos of the whole school policy in providing a wholesome and nutritious packed lunch for their child.

**Aims:**

- To set guidelines regarding the content of packed lunches in line with the whole school approach to food in schools.
- To ensure that packed lunches are stored safely to avoid food safety risks.

### Special Dietary Requirements:

Children with specific food allergies have health plans which are shared with all staff and displayed in the kitchen and on the child's electronic school record (ScholarPack). Parents are requested to ensure they communicate with the school office and the school kitchen should any special requirements be necessary and for the appropriate paperwork to be completed

### Drinks

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards. A dehydrated child is far more likely to feel tired and grumpy. About six to eight cups of water a day is a good target.

**Aim**

- To encourage pupils to drink water frequently.
- To ensure that drinks that are unsafe for teeth are not consumed between meals.
- To ensure pupils have access to water at all times

### **Water**

Named drinking bottles will be provided to all children within school. These will be filled with fresh drinking water daily (and throughout the day as required) by the children. At the end of the day these will be washed appropriately within the school kitchen.

### **Milk**

Milk will be provided free of charge to all children under the age of 5 years old. Once a child turns 5 years old, parents are able to book breaktime milk for their child through the COOLMILK scheme. Should there be any surplus milk at the end of the week, then this will be shared with all children at lunchtime.

Only milk and water will be available to the children within school. No other drinks are to be brought into school unless for a medical reason (letter from doctor required).



## Food in the Curriculum

The head teacher has a responsibility for preparing the curriculum policy. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation.

### Aims:

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
- To ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
- To ensure opportunities within the whole school curriculum promote and raise awareness of the following topics- healthy weight, breastfeeding, oral health.

## Food Supplied at School Events and Celebrations

The National School Food Standards do not apply at celebrations to mark religious or cultural occasions, or at fund-raising events. However, consideration should be given as to how the food and prizes supplied at school events is consistent with the school ethos with regard to food.

### Aim

- To ensure that healthy food and drink options are available at all school events, including celebrations and fund-raising events.

## Role of Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The governing body is responsible for ensuring that the national school food standards are met ([School food standards practical guide - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612222/School_food_standards_practical_guide_-_GOV.UK.pdf))

- All food and drink provided in applicable schools must meet the national school food standards. Where food is provided by the local authority or a private caterer, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.
- There should be a process in place to ensure that catering services are coordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained.
- The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed.