



# Whole School Food Policy

**Last Approved by Governing Body : July 2017**

**Date of next review : July 2020**

## **Introduction**

### **Mission Statement:**

'With Gods love at our roots, we will nurture and guide every unique individual to grow in a caring and secure Christian environment'

### **Rationale:**

Our school recognises the importance of good nutrition on pupils' emotional and physical health and wellbeing and the effects this has on an individual child's ability to maximize their educational attainment. We will ensure our school community has access to our agreed whole school food policy.'

### **School Ethos**

At St. Anne's Church of England, Lydgate Primary School, we recognise the impact of a child's diet to their overall health and well-being. We strive to encourage children to eat healthily and develop good eating habits from an early age along with a positive attitude to accompanying exercise.

### **Aims**

To ensure that all aspects of food and nutrition promote health and well-being of pupils, staff and visitors to our school.

This policy takes into account local and national guidance including the White Paper Choosing Health: Making Healthier Choices Easier, Healthy Living Blueprint, Every Child Matters: Being Healthy and the objectives of the Local Area Agreement in relation to reducing obesity and the National Healthy School Standards: Healthy Eating theme. The policy also links to the Oldham MBC School Meals Policy.

### **Objectives**

1. Ensure consistent messages about food across the curriculum and throughout the school environment.
2. To enable pupils to make informed choices about food.
3. To have a positive impact towards the physical development of all members of our school community.

### **Action to meet our objectives:**

1. We will consult pupils, parents and staff, in guiding food policy and practice in school.
2. We will seek advice and support from external agencies to develop our policy.
3. We will review our dining environment to encourage the positive social interaction during mealtimes of pupils and staff within our school and consider staff and pupils dining together to help promote a positive dining experience.
4. We will encourage staff to be positive role models and eat healthily where they can be observed by pupils.
5. We will ensure that healthier food and drink options are available and promoted.
6. We will work with food providers and parents to ensure that meals and packed lunches are nutritious and healthy and meet the government's food-based standards for school lunches (2006)

and New Food Based Standards for All School Food Other Than Lunches (2007).

7. We will ensure that pupil's menus and food choices are monitored periodically.

8. We will ensure pupils have the opportunity to learn about food and nutrition as part of the school curriculum.

9. We will ensure that pupils and staff have easy access to free clean fresh drinking water.

**Our whole school food policy covers the following areas:**

**1) Before and After School Club**

Our school promotes the value of breakfast and encourages children who attend Before and After School Club to have breakfast at the start of the day to ensure they are alert and ready to learn.

Children are given the opportunity to have a breakfast on arrival at school

**2) Break times**

Our school encourages healthy nutritious food at break time. Key Stage 1 children receive a piece of fruit or vegetable daily, whilst Key Stage 2 Children are encouraged to bring with them a piece of fruit as a break time snack. Only fruit or vegetables are permitted as a snack in school.

**3) School meals**

Our school meals meet the latest School Food Trust's nutrient and food based standards for school lunches and the requirements for food in school other than lunches. Our school will ensure systems are in place to monitor the quality of the meals and the consumption and waste issues.

**4) Packed lunches**

Our school encourages parents to provide nutritious packed lunches based on the Balance of Good Health by providing foods low in fat, sugar and salt. Parents are reminded that a packed lunch needs to be wrapped and kept cold. School discourages fizzy drinks, confectionary and sweets being included in packed lunches and send these foods back home again. Children who bring healthy lunches are praised for the choices they have made.

**5) Water / Milk**

The children have access to drinking water throughout the day. In key stage one the children have access to drinking water when required. In key stage two the children have a personal water bottle in their classroom. At lunch times, water is placed on the dining tables.

Children in Reception and Key stage 1 receive milk on a daily basis, in Key Stage 2 parents have the option to purchase milk for their child on a term by term basis.

**6) School trips**

Food or drink provided on trips conforms to the latest DfE/Department of Health/School Food Trust guidance and is consistent with the whole school food policy.

**7) Rewards**

Our school recognises the importance of acknowledging achievement of pupils. Our school does not reward pupils with sweets or food treats.

Birthdays and celebrations are an important part of school life. Children are encouraged to bring in healthy or non-food alternative ways of celebrating their birthday in school. We discourage children from bringing in sweets and other confectionary items to celebrate their birthdays.

**8) Dining room environment**

Our school will adopt strategies to improve the current dining room environment and aim to provide adequate space for all pupils to sit down to eat lunch. We will consult with pupils to develop an environment which encourages social interaction. Healthy lunch options are brightly displayed in the dining area to encourage children to make healthy choices.

**9) Food in the curriculum**

Our school promotes healthy eating by working with pupils to learn about food in the context of a healthy diet and healthy lifestyle making pupils aware of the variety of foods including foods from

other cultures. Children are made aware of basic food hygiene and food safety practices. Teachers who teach food as part of the curriculum will be given the opportunity to attend appropriate training and have access to resources to keep their skills and knowledge up to date.

### **10) Food safety**

All food preparation activities taking place will be registered with the Food Safety section at Oldham council. All food handlers will be trained in food hygiene or supervised by a person trained in food hygiene.

### **11) Food for staff**

The staff in our school are clear about the aims and objectives of our school food policy. Staff have a duty to be good role models to pupils. All staff are encouraged to adopt the whole school food policy during the school day.

### **12) Fund raising events**

Fund raising is an important part of school life. All fund raising activities will consider the importance of the whole school food policy. When possible the school will promote healthier choices, however, in some circumstances e.g Christmas parties, summer fairs the School Food Trust/DCSF food standards will not be applied, although on such occasions healthy alternatives will also be offered.

### **An example of information to be sent to parents regarding the contents of their children's lunch.**

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetables.
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal).
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna.
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies.

#### **NO FIZZY DRINKS**

- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

#### **Foods to avoid or limit:-**

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

#### **Packed lunches should not include any of the following:-**

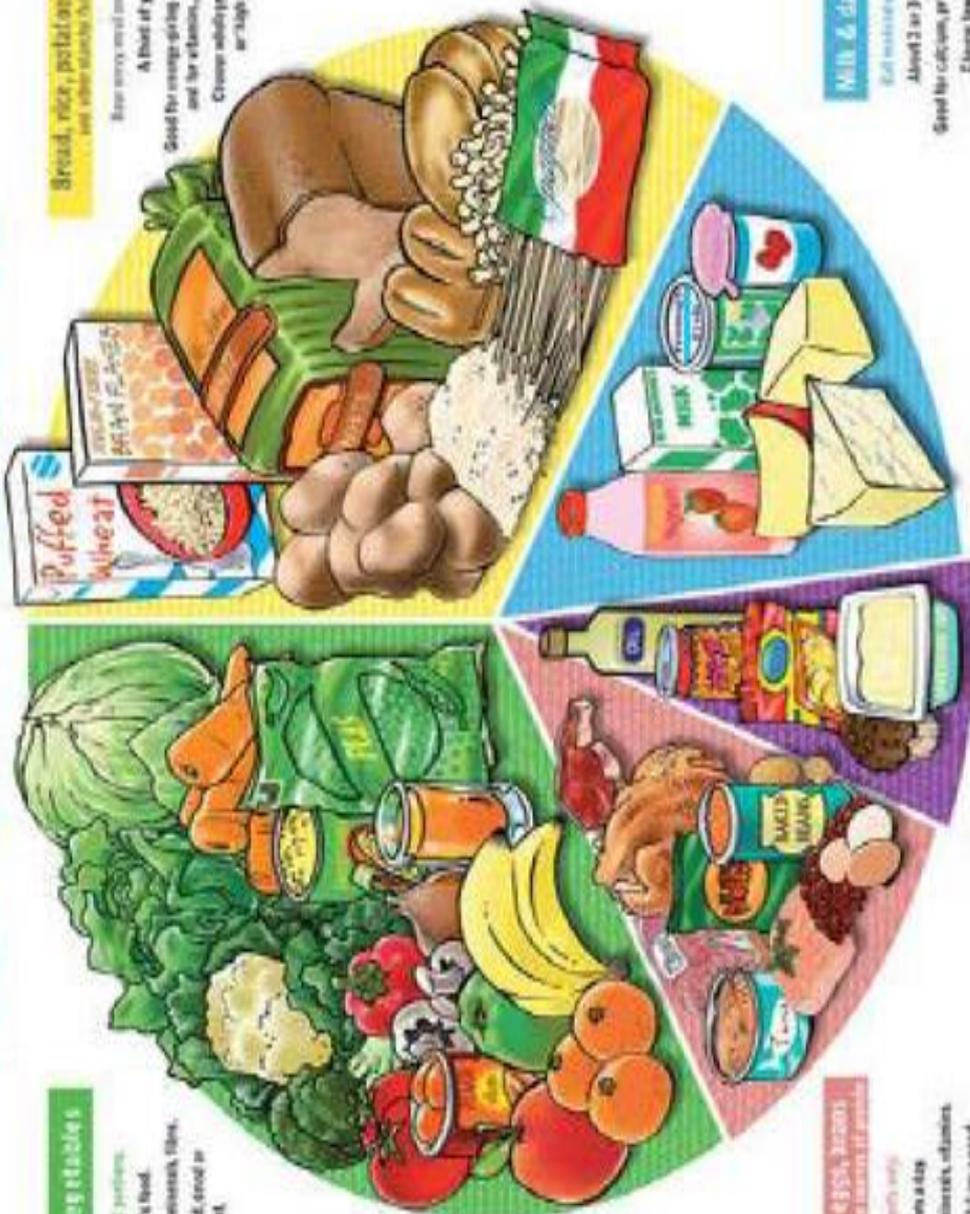
- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and peanut products

# the eatwell plate

Use the eatwell plate to help you eat a healthy, balanced diet.

## Fruit & vegetables

Eat 500g of fruit & veg every day.  
A third of your day's food.  
Good for vitamins, minerals, fibre.  
Fruit, veg, pulses, cereal, good oil  
100% juice all count.



## Bread, rice, potatoes, pasta and other starchy foods

These foods are rich in starchy foods.  
A third of your day's food.  
Good for energy giving carbohydrates, and for vitamins, minerals, fibre.  
Choose wholegrain, wholemeal or 'high fibre' varieties.

## Milk & dairy foods

Get necessary nutrients like calcium.  
About 2 or 3 portions a day.  
Good for calcium, protein, vitamins.  
Choose lower fat versions.

## Foods and drinks high in fat and/or sugar

Eat and drink these only occasionally and in small amounts. Get them in coloured fat.  
Choose lower fat and lower sugar versions whenever you can. Avoid soft drinks.

## Meat, fish, eggs, beans and other nutritious sources of protein

Eat red meat and fish only.  
About 2 or 3 portions a day.  
Good for protein, minerals, vitamins.  
Pulses (beans, lentils) are a good alternative to meat.

© 2015 NHS.uk  
All rights reserved. No part of this publication may be reproduced without the prior written permission of the copyright owner. This publication is for personal use only. All other rights reserved.



## Review

This policy will be reviewed every two years. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

## Equal Opportunities

Provision is made for all children regardless of ability, disability, additional needs, medical conditions, gender, faith or ethnicity and reasonable adjustments are made in a range of ways. All children have a right to be treated equally and the school will take measures against those who do not abide by this ethos.

### **Monitoring and Evaluation**

Policy and practice is monitored and evaluated on a regular basis. Monitoring may take the form of discussions with children or learning walks. Feedback will be given to all staff along with recommendations to inform future policy and planning.

The school leadership team have a responsibility to ensure the policy is embedded into the school provision and report to governors on the effectiveness of the policy.