

WOODLANDS FEDERATION



WHOLE SCHOOL HEALTHY EATING FOOD POLICY June 2019

INTRODUCTION

We are dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The governing body will ensure that both, the food provided in the school and advice given to pupils, promote a healthy lifestyle.

The nutritional principles of this policy are based on the School Food Plan. As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They became mandatory in all maintained schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs. For more information please refer to: <http://www.schoolfoodplan.com>

FOOD POLICY AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food/drink choices throughout the school day and ensure that food brought into school is healthy too.
- To ensure that pupils are being guided to lead active and healthy lives.
- We believe eating is more than just 'refueling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school.

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through:

Teaching Methods

We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance.

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games, clubs and sports and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world, and where our food comes from. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

Leading by example and staff training

Staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff will be regularly updated through staff meetings, emails/letters and discussions.

Visitors in the classroom

We believe it is the responsibility of the school to ensure that the contributions made by visitor to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the resource room. Books are available for pupils in the library.

Evaluation of pupils' learning

The healthy eating aspects of the National Curriculum are assessed through Teacher assessment. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

3. SNACKING

We understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Children may bring in fruit, vegetables or cereal bars (not covered in chocolate) for their mid-morning break. Snacks high in fat and sugar are not allowed in

school. Foundation Stage and Key Stage 1 pupils are provided with an additional free piece of fruit or vegetable on a daily basis. See the appendix for further acceptable foods.

4. BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: low sugar cereals, fruit, toast, milk and water.

5. USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fats, especially as a reward for good behaviour or academic or other achievements. This is in line with the School Food Standards (2014), the Childhood Obesity – Plan of Action (2016) and the Healthier Child Project. Other methods of positive reinforcement are used in school.

6. DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, free of charge.

We will encourage children to drink plenty of water by them bringing in a water bottle for use at any time and access to drinking water throughout the day.

7. FOOD AND DRINK BROUGHT INTO SCHOOL

Contractors providing food to the school

We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit and that all lunches have a balanced nutritional value.

Packed Lunches

The parents or carers of children who bring packed lunches will be made aware of our whole school food policy and given clear guidance about what should be included in a healthy packed lunch. Fizzy drinks, bars of chocolate and chocolate covered foods and sweets are not allowed.

Role of parents and carers

We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home. We expect all parents and carers who send their children to our school to respect our whole school food policy and to support it fully through the food they give their children to bring to school.

8. SPECIAL DIETARY REQUIREMENTS

Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

9. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

Hot Drinks

All staff, including visitors, work experience students and volunteers should adhere to the following policy: hot drinks in an open mug may be offered in a designated safe area where there are no pupils present. All hot drinks taken out of the staff room into school must be in a sealed thermostatic drinking cup. If a pupil should inadvertently be in the room where hot drinks are being consumed, then every effort must be taken to minimise potential risk to the pupil.

All staff on playground duty that do not get a break may have a hot drink, provided that the drink is served in a sealed thermostatic drinking cup and it is not left unattended in the area where the pupils are present.

MONITORING AND REVIEW

The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every three years.

Appendix A

Acceptable food and drink in school:

Drinks

Plain water, still

Lower fat milk or lactose reduced milk

Fruit or vegetable juice (max 150 mls)

Plain soya, rice or oat drinks (also enriched with calcium)

Plain fermented milk drinks (yoghurt)

Unsweetened combinations of fruit or vegetable juice with plain water, still

Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium, cocoa and lower fat milk, flavoured lower fat milk

- Combination drinks are limited to a portion size of 330 mls and no more than 5% added sugar or honey or 150 mls of fruit juice or 45% fruit juice

Food

Fruit

Vegetables

Meat, fish, eggs, beans and other non dairy sources of protein, hummus

Cheese

Breads, wraps, muffins and bagels

Plain crackers or breadsticks

Pasta, Rice

Couscous

Seeds

Yoghurt and fruit based deserts (at least 50%)

Flapjacks, cereal bars and oat cakes

Popcorn, plain

Rice cakes

Food and drinks not allowed in school: (if you are unsure, please ask)

Nuts

Fizzy drinks (carbonated) and sugared drinks

Confectionary or confectionary covered foods

Gum

Crisps

Avoid snacks with added sugar, salt or fat

Savoury crackers or breadsticks

Cakes, pastries, sweet muffins and biscuits

Deserts