

## Whole School Food Policy

Staff responsible:

Lorna Hexter PSHE coordinator

Rachael Bentham Headteacher

School Catering Staff employed by Facilities Management

### Context

Food and nutrition in schools is currently high on national and local agendas. With increasing obesity rates in children and young people, the eating habits established by someone in childhood can influence their health both in the short (tooth decay) and long term (diabetes, heart disease, cancers etc). There is also evidence to suggest that diet can impact on academic performance.

Furthermore, there is increasing concern about global warming and climate change. The way in which we grow and produce our food can contribute to, or alleviate this problem.

This following policy has been developed to take into account these 2 major social issues, and the statutory School Food Standards and Food Allergen Rules, with a view to giving the pupils in our care consistent messages that will encourage the development of informed lifestyle choices that will benefit both themselves and their environment.

### 3. A statement of the schools values and ethos

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We recognize that we have a role to play in encouraging our pupils to develop healthy eating habits. We will educate learners in science and in personal, social, health, emotional and economic education (PSHEE) about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy, enjoyable and nutritious. We will work with parents, the Local Authority (LA) ,and other agencies, to extend healthy eating patterns into the wider lives of our learners. We believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We are an active member of the Rochdale Healthy Schools programme

which demonstrates our commitment to enabling our pupils to develop a healthy lifestyle. As a result of our work on oral health we have achieved enhanced status.

## Aims

We believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink in school should be consistent. As a group we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits. As a school we aim:

- To further develop and maintain an ethos in the dining area in which a healthy choice is the easy choice.
- To provide cross-curricular education that enables pupils to make an informed choice.
- To involve the whole school community in developing and maintaining healthy eating and drinking habits.
- To have a pleasant and sociable dining experience which enhances the social development of all children.
- To encourage foods that are rich in vitamins, iron and calcium.
- To encourage a balanced diet.
- To encourage pupils to eat at least 5 portions of fruit and vegetables a day.
- To offer milk or water to drink.
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst children
- To develop healthy eating and drinking habits that last a lifetime.
- To recognise and cater for children and staff with allergies.

## The taught curriculum

The National Curriculum and other national guidance are used to inform teaching and learning across the whole school and through education about healthy eating we aim to enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills. We aim to educate pupils to understand the importance of a balanced diet which will also include portion sizes (see 'Me Sized Meals' information sheet). We also aim to develop an understanding of the relationship between food, physical activity and short and long term health benefits, including oral health. Healthy eating is covered through the Science curriculum, PSHEE curriculum and Design Technology.

We believe the following objectives are essential to ensure children can make healthy choices:

1. To educate children about healthy eating and drinking.
2. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet. (The Eat Well plate)
3. To alert learners to the dangers of an unhealthy diet.
4. To provide learners with healthy food and drinks in school.
5. To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.
6. To encourage learners to adopt healthy life-styles and healthy eating and drinking
7. To provide practical opportunities for developing food growing, handling, preparation and cooking skills in school to complement National Curriculum e.g. for religious festivals, food tasting activities, cookery clubs.
8. Environmental issues such as re-cycling and 'food miles'

In the Foundation Stage, staff will often sit with children during snack times to provide a good role model, encourage good manners and lead conversation. Staff will involve children in preparing food and laying and clearing tables as often as possible. Food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given the opportunity to touch, taste, smell and feel a variety of foods.

### The Food Service

We will work with our catering providers (Facilities Management) to ensure the service is consistent with our teaching of healthy eating including the 5 a day message and the "eatwell" plate and ensure that this service complies with the statutory School Food Standards and Food Allergen Rules." (see attached)

We believe that messages from all school staff need to be consistent. As a school we will promote school meals and work with catering staff to ensure:

- Meals are cooked in our own kitchens.
- Individual dietary needs are catered for within the framework of nutritional standards.
- The range of meals available takes into account health needs and religious and ethnic preferences.
- Theme days are used to mark calendar events or a particular curriculum area.
- All children are encouraged to take some fruit or vegetables as part of their meal or snack.
- Children are encouraged to drink a drink with their meal.
- Milk or water is on offer for snack time in Key Stage One and the Foundation Stage.
- Portion sizes are according to guidelines laid down by caterers.

## Halal provision and dietary requirements

The lunchtime meal provision will be compliant to national guidance.

Facilities Management use Halal meat from a recognised, certified supplier of Halal meats.

It is Facilities Management's policy to provide Halal meats if 10% or 10 pupils (whichever is the greater) in a school have asked for this.

Where Halal meat is not provided there is always a suitable vegetarian meal option available.

## Special Diets

Special diets should be accommodated if a diet sheet from the child's dietitian is supplied and that no specialised products are required at additional costs.

Schools should also take account of pupil's allergens where appropriate.

## Marketing

Throughout the school and dining area we will have strategies in place to promote healthier options such as:

- Information prominently displayed in dining area
- The importance of the appearance and presentation of food
- Promoting 5-a day message
- Position of salad bar with at least 5 different options
- Availability of drinking water
- Queue length
- Promotion of taster days
- Inviting parents to 'Taster Days'
- Information for parents

## Quality of the environment

We will ensure that the environment in which children eat is comfortable, friendly and maintained in a clean and hygienic state."

This may also include information about:

- Noise levels
- The opportunity to eat food without being rushed/music to eat by
- Décor/furnishings
- Staff supervision
- Layout – customer friendly impact
- Queues
- Seating arrangements

## Breakfast

Recognising parental responsibility and school and parental partnership, all children are encouraged to have breakfast before leaving home. This

will be done through discussion at snack time and during PSHCE lessons. For children who attend the before school facility, breakfast is available. Through curriculum teaching we will encourage children to eat breakfast. For those who attend Breakfast Club the food served here will comply with the statutory School Food Standards and Food Allergens Rules.

#### Before and After School Club

We will provide pupils who attend the Before and After School Club with health promoting food and these snacks will be of an appropriate portion size (see 'Me Sized Meals information sheet'). All food served in school between 8am and 6pm will comply with the statutory School Food Standards and Food Allergens Rules.

Snacks provided may include:-

- Fruit kebabs
- Vegetable sticks and hummus
- Pitta bread with low fat soft spread cheese
- Wraps with hummus or low fat spread cheese

#### 8. Break-time snacking

Only foods compatible with the statutory School Food Standards and Food Allergens Rules are permitted as snacks. Children in Foundation Stage and Key Stage One participate in the National School Fruit and Vegetable Scheme and receive a healthy snack at snack time, we use this opportunity to promote '5 a day' rule. Key Stage Two children have access to a fruit tuck shop at break time. The snacks in our tuck shop will also take into consideration our local priorities of dental health and obesity levels, and provide items such as fresh fruit and raw vegetables, again promoting the '5 a day' rule.

#### Rewards and treats

We discourage sweets and chocolate being brought to school as part of a birthday celebration. If children wish to celebrate their birthday with class members children are encourage to donate a book to their class library or share small non food presents with their class such as pencils, rubbers, bookmarks etc or bring in exotic/exciting fruits, children particularly tend to enjoy strawberries, grapes and pineapple. Teaching staff will give out stickers, pencils, and rubbers etc as rewards rather than biscuits, sweets and chocolates.

#### Drinks

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections. All children and staff have free access to water throughout the day. Drinks will be taken from a child's own water bottle in Key Stages

One and Two or available cups in the Foundation Stage. Water bottles are available for Key Stage One and Two children to buy from the school office. Water and milk are the only drinks permitted between meals.

### Packed Lunches

If a packed lunch is provided instead of a school meal this should be a healthy balanced lunch box. (see Packed Lunch Leaflet)

We will extend the healthy eating message home by:

- Healthy eating articles in newsletters and promotion on school website
- Advice and resources such as leaflets re lunch boxes, Me Sized Meals, 5 a day message and other promotional materials from Change4Life/Healthy Weight Team/Facilities Management Service/Oral Health Team
- Invitations to healthy eating events in school – e.g. fruit tasting, 5 a day message
- Organising special cook and eat sessions for parents/carers

Lunch boxes should be kept cool.

- Keep away from direct sunlight and/or radiators
- Small cartons of drink can be frozen and packed with sandwiches to keep them cool
- Pack your food in an insulated cool bag or lunch box along with an ice pack

### Food supplied at school events

The PTA and other bodies will ensure that food and prizes supplied at school events is consistent with the school's healthy eating principles and complies with the statutory School Food Standards and Food Allergens Rules.

This could include

- providing fruit and water at sports day
- providing healthier options at PTA events
- providing prizes that reflect this policy

### Wider Agencies

As part of our ongoing work on healthy eating issues in school and as part of our Healthy Schools work we will work with a variety of external agencies including:

- Oral Health Service
- School Nurse
- The Healthy Weight Team
- Facilities Management Service
- Change4Life promotional materials
- Health Promotion
- Healthy Schools Programme Manager

We will also ensure there is no collaboration with businesses that require endorsement of brands that are high in fat, sugar or salt.

### Monitoring and evaluation

We will use the following success criteria to monitor and evaluate our work on healthy eating as well as our ongoing Healthy Schools work. We will monitor through a variety of methods:

- Increased uptake of healthier food in the canteen/use of the salad bar
  - Greater understanding/awareness by pupils of the need to eat a nutritious and balanced diet
  - Greater understanding/awareness by pupils of the need to eat at least 5 portions of a variety of fruit and vegetables a day
  - Greater understanding of pupils of portion control ie 'me sized meals'
  - Improved attendance at breakfast club
  - Monitoring uptake of school meals

Methods of data collection may include:

- Surveying the school community to monitor understanding and perceptions of healthy eating and also suggestions as to how to improve the provision of healthier options in school
- Monitoring the coverage of healthy eating in the curriculum
- Questionnaire indicating the number of children consuming breakfast
- Questionnaire indicating the awareness/understanding of the 5 a day message/the "eatwell" plate/portion sizes
- The number of visits to healthy/fruit tuck shop and breakfast club
- Audit of packed lunches

### Parental Involvement

The Healthy Eating Policy is available for parents to read. Views are sought regularly via surveys and questionnaires. Parents of children who eat a packed lunch are offered leaflets about what a healthy packed lunch is and they are also offered opportunities to try a school meal over the course of each academic year.

### Equal Opportunities

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and Special Educational Need.

### Health and Safety

Food will be stored according to instructions on packaging and common sense. Advice will be sought from Centre catering staff and Environmental Health if necessary.

## Monitoring the Healthy Eating and Drinking Policy

Provision for healthy eating and drinking throughout school will be monitored by the physical and emotional development team. This group will also give support and advice to members of staff and visitors about the provision and delivery and implementation of provision. Sue Astin the Rochdale Healthy Schools programme lead regularly updates staff through PSHCE and Healthy Schools network meetings.

### Policy Links:

This policy has links with the PSHEE policy.

### Useful resources:-

'School Food in England' - DfE advice for governing bodies  
January 2015

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/393122/School food in England 2015.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School_food_in_England_2015.pdf)

'School Food Standards' – School Food Plan- January 2015

<http://www.schoolfoodplan.com/standards/>

'Food Allergens Rules' – Foods Standards Agency – December 2014

<https://www.food.gov.uk/sites/default/files/fsa-dfe-eu-fic-letter-schoolsv2.pdf>

### Websites:-

School Food Plan <http://www.schoolfoodplan.com/>

Food Standards Agency <http://www.food.gov.uk/>

Healthy Weight Team

<http://www.rochdale.gov.uk/default.aspx?page=16747>

Change4Life

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>



Useful contacts:-

The Healthy Weight Team  
Rochdale Infirmary  
Whitehall Street  
Rochdale OL12 0NB  
Tel:- 01706 901822  
Email:- [pah-tr.BHHDietetics@nhs.net](mailto:pah-tr.BHHDietetics@nhs.net)

Health Promotion Resource Centre  
Croft Shifa Health Centre  
Belfield Road  
Rochdale OL16 2UP  
Tel:- 01706764788  
Email:- [resource.centre@biglifecentres.com](mailto:resource.centre@biglifecentres.com)

Facilities Management Services  
Green Lane  
Heywood  
Lancashire OL10 2DY  
Tel:-01706925779  
Email:- [Shirley.Murphy@Rochdale.Gov.UK](mailto:Shirley.Murphy@Rochdale.Gov.UK)

Oral Health Service  
The Big Life Group  
Suite G2  
Lock 50 Business Centre  
Oldham Road  
Rochdale OL16 5RD  
Tel:- 01706751190  
Email:- [kelly.nicholl@biglifecentres.com](mailto:kelly.nicholl@biglifecentres.com)

Healthy Schools Programme Manager  
Early Help and Schools  
Floor 4  
Number 1 Riverside  
Smith Street  
Rochdale OL16 1XU  
  
Tel:- 01706925136  
Email:- [sue.astin@rochdale.gov.uk](mailto:sue.astin@rochdale.gov.uk)

School Health Team

NB Please insert your own locality team here from the details below:-

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