



SCHOOL FOOD POLICY



INTRODUCTION

Essendine school show an understanding of the importance of healthy eating and the pupils' education. What are your schools beliefs and interests around healthy eating?

KEY CONTACTS:

Named member of the SLT responsible for food: Lisa Farrow

Named member of staff leading on healthy food: Tim Killick

FOOD POLICY AIM(S)

We are committed to promoting healthier food and nutritional education.

We create an environment that promotes and supports healthy eating in the following ways:

- Staff sit with pupils at lunchtime
- There is a healthy eating display board
- Weekly menus are displayed
- Use of outside agencies to promote healthy eating at home and with Lunch boxes.
- Use of outside agencies to deliver healthy eating messages in the context of physical activity

1. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

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 become mandatory in all maintained schools, and new academies and free 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, lunch and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

A sugar smart school

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which will come into effect in April 2018. The levy will make soft drinks companies pay a charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy will be invested in programmes that encourage physical activity and healthy eating to school-aged children. The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart'.

We ensure that we contribute to the reduction of sugar intake of pupils and their families

For example:

- Packed lunch policy and regular audits (pupils trained to be food detectives)
- A sugar themed day making use of Change4life resources for an assembly and lesson plans (<https://campaignresources.phe.gov.uk/resources/campaigns/41-sugar-smart-2016/resources>).
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake
- Newsletters with reducing sugar tips, low sugar recipe ideas etc
- Cooking lessons or afterschool clubs with the emphasis on savoury dishes or low sugar recipes
- Promoting oral health - for free resources you can visit the Oral Health Foundation's website: <https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on ohp@clch.nhs.uk
- Encourage families to register with a dentist, have a record of those registered.
- Monitor absences due to oral health reasons to highlight need for intervention

• Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals.

We encourage and ensure that children have a healthy breakfast. A breakfast club provided and we follow the guidelines below...

Healthy breakfast options Warm milk and water (no juices) We;

- offer a variety of different fruits and vegetables everyday;
- try to offer a selection of cereals particularly low sugar, low salt, high fibre alternatives. Mix plain cereal with wholegrain varieties to reduce overall sugar content.
- use a variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties.
- offer porridge
- provide different toppings for toast and bread e.g. low fat spread, reduced sugar jam, cooked tomatoes, bananas or beans.
- semi-skimmed milk for drinking, with cereal or in smoothies.

• Snacks

We understands that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day.

Provide healthy snack advice for parents, methods used and how snacks are controlled.

• School lunches

Food prepared by the school catering department meets the school food standards (follow link below), discuss how your school ensures the quality of the ingredients, that the choice of meals are appealing and meet the needs of the pupils.

<http://www.schoolfoodplan.com/actions/school-food-standards/>

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, indicate how your school encourages parents/ carers to opt for school lunches for their children, as it can be an easier way of ensuring they get a nutritionally balanced meal.

1. FOOD AND DRINK BROUGHT INTO SCHOOL

• Packed lunches

Parents should be encouraged to provide healthy well balanced packed lunches.

We ensure parents have the knowledge about what is healthy by giving out regular messages in the school newsletter, and by rewarding pupils with healthy lunch boxes

Preparing a healthy well balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

INCLUDE:
- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed or skimmed).

LIMIT:
- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE
- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

For more information and practical tips: <https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes>

Drinks

Water is available for all pupils throughout the day, free of charge.

Children are eligible for school milk through the EU school milk subsidy scheme. Claims can be made by schools, local authorities, suppliers or organisations set up for this purpose. The school milk subsidy scheme is administered by the Rural Payments Agency (RPA). Milk should be available for children at least once a day in addition to before and after school clubs.

- **School events**

We ensure that food provided on school trips is healthy and well balanced.

- **Birthdays and other special celebrations**

Celebrating children's birthdays with cake is not encouraged in school time.

2. COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. We ensure that;

- food and nutrition is taught at an appropriate level throughout each key stage.
- Identification of food and nutrition links to different subject areas.
- It is addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.

<https://www.nutrition.org.uk/foodinschools/competences.html>

<http://whatworkswell.schoolfoodplan.com/articles/category/3/learning-about-food>

Extra curricular activities

- Clubs that provide continued learning around leading a healthy lifestyle for example gardening or cooking clubs.

3. SPECIAL DIETARY REQUIREMENTS

- **Religious and ethnic groups**
- **Vegetarians and vegans**
- **Food allergy and intolerance**

Our school is aware of all food allergies/intolerances and other dietary requirements of the children and procedures are in place to manage these. (Register of allergies and special dietary needs)

4. THE DINING EXPERIENCE

Poor quality environments have been found to be one of the biggest barriers to children's uptake of school food. We have a staggered queuing system, seating for all pupils in a two large, well lit halls.

Our halls have many uses, and adequate time is given for transition into a welcoming dining environment

5. FOOD SAFETY

We ensure food safety at all stages of food preparation and storage. Adequate facilities, suitable equipment, all food handlers are appropriately trained and all possible hazards identified.

MONITORING AND EVALUATION

- We ensure that the Food Policy is updated annually, and any changes to timetabling of relevant clubs and activities are highlighted, and that staffing changes are recorded
- Cookery clubs and Breakfast club are regularly monitored by SLT and we always look to improve the healthy provision of food and drink

SHARING THE POLICY

This policy is on the school website for all to access. It is also shared with staff, parents or carers by other methods such as newsletters, parent's evenings, staff meetings and through the Home/school liaison officer.

REVIEW

Policy implementation date: 30.3.2018

Policy review date: 30.3.2019