



Whole School Food Policy (Healthy Eating Policy)

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Author/Owner	Curriculum Committee		

1 RATIONALE

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. We now wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro-active approach to improving the health and wellbeing of children, while attending class.

In the past, as part of the curriculum and to improve the well being of our children, we have incorporated:

- Healthy eating days
- Provision of water containers for children
- Achieved accreditation as a Healthy School
- Activity weeks
- Teaching about balanced diets
- Science on food types
- Food tasting
- Cooking

We are now taking the work, already done on food in our school, a stage further by introducing a **Whole School Food Policy** . This policy will cover the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind**.

2 AIM

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

3 OBJECTIVES

3.1 Working with the school's caterer

3.1.1 The school and its caterer must meet the new nutritional standards for school meals from September 2007 and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

<p>Fruits and vegetables -</p> <p>these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<ul style="list-style-type: none"> ▪ Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice) ▪ A fruit-based dessert shall be available at least twice per week in primary schools
<p>Meat, fish and other non-dairy sources of protein -</p> <p>these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<ul style="list-style-type: none"> ▪ A food from this group should be available on a daily basis ▪ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools ▪ Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks ▪ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein
<p>Manufactured meat products</p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ol style="list-style-type: none"> i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.
<p>Starchy foods (also see additional requirement on deep frying below) - these include all bread</p>	<ul style="list-style-type: none"> ▪ A food from this group should be available on a daily basis ▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week

(e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal	<ul style="list-style-type: none"> ▪ On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available ▪ In addition, bread should be available on a daily basis
Deep fried products	Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.
Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	A food from this group should be available on a daily basis.
Drinks	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> ▪ plain water (still or fizzy); ▪ milk (skimmed or semi-skimmed); ▪ pure fruit juices; ▪ yoghurt or milk drinks (with less than 5% added sugar); ▪ drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies); ▪ low calorie hot chocolate; ▪ tea; and ▪ coffee <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
Water	There should be easy access to free, fresh drinking water.
Salt and condiments	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
Confectionery and savoury snacks	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunchtime.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p>

3.2 The school and its caterer will introduce school meal themes days/weeks, such as:

- Bringing in the harvest
- Potato day
- Historical themes
- Farm day, etc

- Bonfire night
- Chinese new year
- International themes
- Make your own meal day with the cook
- Taster days
- Curriculum theme days

3.3 The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum

As part of the work that children do for sciences, and for personal, social and health education (PSHE), they will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/Breakfast/evening meal
- Cost of menus, etc
- Measuring and weighing recipe games
- Have a growing club where vegetables can be grown by the children
- Food on the plate games
- Food in history
- Celebrity eating habits
- Design a healthy menu for your favourite celebrity
- Extra curriculum activities, including:
 - Class cooking/tasting activities.
 - Caterer's talks about the changes in school meals and nutritional standards
 - Breakfast club.
 - Healthy food choices available at all school/PTA activities.
 - Links with other organisations.
 - Visits to West Exe to use their facilities.

The school will enlist the help of its school caterer/dietician/healthy living co-ordinator or another professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

3.4 Packed Lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining arrangements.
- A fridge space is not available in school, pupils are advised to bring in packed lunches in insulated bags with freezer blocks where possible to stop food going off.
- The school will work with parents to ensure that packed lunches abide by the standards below.

Pupils packed lunches should include:

- at least one portion of fruit and one portion of vegetables everyday.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) everyday.
- oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals everyday.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Only water, fruit juice, milk or yoghurt drinks and smoothies.

Pupils packed lunches should not include:

- Confectionary such as chocolate bars and sweets. Cakes and biscuits are allowed but please encourage your child to eat these only as part of a balanced meal.

Pupils should only occasionally having the following items in their packed lunch boxes:

- Snacks such as crisps. It is suggested that alternatives such as nuts, seeds, vegetables and fruit, savoury crackers, breadsticks served with fruit, vegetables or dairy products are a good choice instead.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.

The school also recognises that some pupils have special diets that do not allow for the nutritional guidelines to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are not permitted to swap food items.

3.5 The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box.
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain

- Caterers and supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

3.6 The school will Reward pupils for good meal time etiquette and good behaviour

To encourage good behaviour and social interaction during the meal time:

- Children will be provided with a positive environment.
- Children will be encouraged to behave appropriately at all times.
- Adults will model positive behaviours.
- Children are rewarded with individual stickers or class rewards for behaving well.
- Children who disrupt lunch time will be put on the sad face board which is then reported to the class teacher.

3.7 The school will ensure their school representative is trained, at least, to Basic food Hygiene Standards

The school will ensure their representative will receive basic food hygiene training.

- DCCS ensures that their catering manager are trained to the appropriate standard.

3.8 The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed every three years by the Health and Well Being Team, the PSHCE representative, school council and the governing body. All reports on the Whole School Food Policy and its findings will be published in the school's newsletters.

4 DOCUMENT HISTORY

Dec10	Completed by Headteacher. Approved at Curriculum Committee (8 th December 2010)
1.2	Further revisions/re-write by Maggie Bonfield (November 2009)
1.1	New guidance incorporated (November 2009)
1.	Approved by Governing Body (8 th February 2007)
0.1	Drafted by DMP, November 2006