



MANLEY PARK
PRIMARY SCHOOL

G R O W I N G T O G E T H E R

Healthy Food & Drink in School Policy

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1. Introduction

At Manley Park Primary School, we understand that the nutrition provided for children and young people can influence their wellbeing, growth and development. Pupils with better health and wellbeing are likely to achieve better academically (PHE, 2014). We believe the school can play an important role in improving the diets of children and young people and have therefore developed this whole school food and drink policy, to support our achievement of this.

2. Definition

The whole school food policy aims to develop a coherent approach to healthy food and drink in our school, via the creative curriculum and the general ethos we deliver. (e.g.) promoting regular benefits of accessibility to clean drinking water consumption of healthy snacks.

3. Legal/National Requirements

New School Food Standards were announced on 17th June 2014. From 1st January 2015, all local authority maintained schools, academies and free schools set up before 2010 and created from June 2014 onwards must meet these new standards for school food. (For more information on these regulations visit <http://www.schoolfoodplan.com/standards/>)

Governing bodies also have a responsibility to provide the following meals services within schools:

- Universal Free School Meals for Reception to Year 2 children
- Free School Meals – to those pupils who are entitled to a free school meal (FSM).
- Paid School Meals – to any other pupil within the school whose parents have requested that a meal is provided.
- Facilities to Eat Packed Lunches – to enable pupils who have brought food from home to eat it. (Pupils will not be charged for the use of facilities).

4. Ethos and Values

At Manley Park Primary School, we believe that children and young people are entitled to receive both good quality healthy eating education and food provision. It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. The children, parents/carers and their families are made aware of the healthy eating ethos of the school.

5. Aims and Objectives

We aim to encourage our children and young people to develop healthy eating and drinking behaviours. We promote clear and consistent messages about food, drink and nutrition through our curriculum and through the food and drink we provide.

A.) Curriculum

Our curriculum educates children and young people so that they can make healthy informed choices. Our curriculum is progressive and reviewed regularly to ensure that information is up to date. Units of work provide guidance for teachers on knowledge, skills and resources required to deliver the curriculum effectively.

B.) Quality of the Environment

Our dining areas provide a social setting for children to enjoy eating with friends. Pupil leaders support lunchtimes to be user friendly, ensuring all pupils have healthy options presented to them, a choice of drinks and sufficient time to enjoy their meal. Staff supervising pupils who eat food from home are aware of school policy.

We make reasonable adjustments to support our students with SEND during meal times by ensuring the lunch hall is calm and providing early access to the dining hall so children can eat with a peer in a calm and quiet environment. We also provide a separate low sensory space for children who may need to access it to eat meals. The catering staff also accommodate children's food sensory needs.

C.) Special Diets and Allergies:

The school has considered the needs of pupils with food allergies and developed appropriate procedures. We are a nut free school.

Special diets and allergies are taken into account when preparing school meals. Kitchen staff are fully aware of the needs and requirements of all individuals. Allergen adjusted meals will be kept separate from the other children's meals to prevent any cross contamination. This could include nuts, eggs, dairy etc.

The school also provides food in accordance with pupil's beliefs, practices and medical requirements as required.

The school recognises that some pupils may require special diets for medical reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to school. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs. The school does not allow the swapping of food items between pupils, as there is the potential for an adverse reaction. (e.g. Nut allergy)

D.) School Meals

We aim to provide our children and young people with the opportunity to eat a healthy, balanced meal that meets the national nutritional standards. The menus have been designed to ensure that there is consistency between the food served within school and the guidance for that which is brought in from home.

We made the decision to include some warm puddings. These menu choices remain well within the recommendations regarding foods high in fat, sugar and salt. We meet these recommendations comfortably (table for information below).

All of our pudding recipes are reduced sugar and low fat. For example, the 'chocolate' sponge recipe contains 26g of sugar per 100g. We reduce this by half and add vanilla essence. We do this for cakes, rice pudding and biscuits. Our 'chocolate' pudding does not actually contain chocolate, but uses cocoa powder to flavour the sponge. No sugar is added to any recipe, and the salt content is also reduced. The baked beans that we purchase have reduced sugar and salt content. Our main meals including lasagne, curries and pies are also freshly prepared on site and contain 30% vegetables to improve our children's vegetable intake.

School Food Standards guidance:

Recommendation	How we comply
No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week (applies across the whole school day)	We do not deep-fry any food. The two portions of batter or bread-coated food items per week are all oven baked.
No more than two portions of food which include pastry each week (applies across the whole school day)	We usually only serve one portion of food that contains pastry. This may include the apple pie for dessert.
No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)	We do not include any produce that may contain nuts in our recipes. Salad and fruit are available every day.
Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	We only include this as part of the Cheese and Crackers dessert option, which is no more than once per week.
No confectionery, chocolate or chocolate coated products (applies across the whole school day)	We do not include any confectionery, chocolate or chocolate coated products in our menu. We use cocoa powder in our chocolate pudding recipe, which contains 50% less sugar. The only exception to this will be special events/celebrations as per our Healthy Food and Drinks In School Policy.
Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery (sweets/chocolate)	All of our desserts, cakes, and biscuits contain 50% less sugar than the recipes and low fat milk as standard.
Salt must not be available to add to food after it has been cooked (applies across the whole school day)	We do not provide any condiments

The Government's recommended free sugar intake is 19g for 4-6 year olds and 24g for 7-10 year olds.

From 11 years old, it is 30g. Free sugars are:

- Any sugars added to food or drinks. These include sugars in biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks. These sugars may be added at home, or by a chef or other food manufacturer.
- Sugars in honey, syrups (such as maple, agave and golden), nectars (such as blossom), and unsweetened fruit juices, vegetable juices and smoothies. The sugars in these foods occur naturally but still count as free sugars.

Sugar found naturally in milk, fruit and vegetables does not count as free sugars.

E.) Breakfast

We will encourage young people to eat a healthy breakfast before attending school and we will promote the school's breakfast club. Food served at the breakfast club will be in keeping with our policy.

F.) Packed Lunches

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day. We recognise that adjustments to our school meals should be fair for those having packed lunches too. We ask that packed lunches are in line with this policy, which includes an example of ideas of what to include in your child's lunchbox (See Appendix A). Please note however, that any Hummus sent into school should not contain any sesame seed nuts, sesame oil or sesame paste. Families are welcome to include items that meet the healthy eating recommendations outlined in the table above and the recommendations for free sugar consumption. Examples could include home baked items or low sugar biscuits (e.g rich tea). Please do not include any sweets or chocolate.

G.) Break-time Snacking, Birthdays and Rewards

We actively discourage our pupils from consuming high fat, high sugar snacks, by offering healthier snacks and minimising the use of unhealthy foods used as rewards and as birthday treats to avoid confusion and mixed messages to pupils.

H.) Break-time snacks

At the infants, the children are provided with fruit and vegetables to snack on. At the junior site the children are welcome to bring in a piece of fruit or healthy snack to have whilst out at playtime (no dried fruit).

I.) Water

We actively encourage children to bring in a bottle of water each day. Water is easily accessible to all pupils throughout the day, through access to taps/fountains in classrooms. The school water supply is regularly tested and conforms to water hygiene standards. Staff are encouraged to drink water in the classroom thereby acting as role models.

J.) Parents

We will inform and educate parents about healthy eating, signposting them to other agencies/organisations for information and advice when appropriate. These will be communicated through Parent Hub and the schools website. Please see appendices for some key information about healthy eating.

The school will ensure that there is a consistent approach across both sites and that parents are kept updated of any new legislation.

The school nurse and Healthy Schools Team, works in partnership with the school to promote healthy eating and prevent and/or reduce obesity levels.

K.) Staff Training

We provide opportunities for all members of the catering team to receive training to improve their skills and knowledge around Food Hygiene and Safety and allergy awareness.

L.) Referrals

Where appropriate, a school nurse referral system is in place for underweight and overweight children, and children with other nutritional issues, which follow the appropriate pathways for children.

6. Special Occasions

Although **birthdays** are a special occasions, the school will politely refuse cakes and sweets brought in by parents. Instead, one of the ideas below could be chosen.

- Bring birthday book in to school for class to keep
- Big badge to wear all day
- Activities in class
- Donate non-food treat e.g. special pencils or similar for the children in the birthday boy/girls class
- Healthy snack to take home

Celebrations/Special Events

At certain times within the school year, there will be a relaxation of the policy to celebrate the achievements of the pupils or to support the raising of funds. These will include:

- End of Year parties
 - End of SATs party
 - Easter Eggs
 - Earth Hour
 - School Disco
 - Christmas Dinner
 - Certain Fund Raising Events: MacMillan Coffee Morning, Red Nose Day, Children in Need
- This will be clearly communicated to parents in advance.

7. Implementation

This policy will be implemented through:

- The policy will be disseminated to all staff members
- Delivery of our curriculum
- Varied menus meet the guidelines set out in the policy
- Information sharing with pupil's and parents
- School events

Staff

- Delivering high quality curriculum lessons
- Implementation of this policy
- Promote and role model the expectations as set out in this policy

Senior Leadership Team

- Monitor the implementation and success of this policy
- Monitor the curriculum delivery and assessments carried out
- Promote the policy in school communication and events
- Be a role model of this policy

Governors

- Review the Healthy Food Policy annually
- Support the school in the implementation of this policy
- Promote and role model the expectations as set out in the policy

Appendix A

How to make a healthy packed lunch:

Packed lunches should include

- At least one portion of fruit and one portion of vegetables every day. A portion size for a child is roughly the amount they can fit into their hand.
- A starchy food such as bread, pitta bread, potatoes, pasta, couscous, tortilla wrap, noodles or crackers (plain). Use wholegrain versions wherever possible.
- A portion of beans, pulses, egg, meats or other proteins. Ideas include hummus, tuna, lean ham, mackerel, cooked chicken, turkey, hard-boiled eggs, chickpeas, beans and pulses in salads or lentil curry.
- Dairy (and alternatives) foods are needed for strong bones and healthy teeth. Ideas include yogurt, fromage frais or cheese.
- If using oil and spreads, choose a low fat version and only a small amount.
- **Water or milk.**

Please check the sugar content of products. Items claiming to be healthy often have a high sugar content. As a guide, four grams of sugar equals one teaspoon of sugar.

Packed lunches should avoid

- Drinks other than water and milk. Water and milk will be provided at lunchtimes to all children. Children are still able to bring water bottles to be kept in their classrooms.
- Any food items with a sugar content of 24g per 100g. This includes, for example, Bear Yoyo Snacks
- Snacks such as crisps and similar products. Instead, include fruit, vegetables or seeds (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate and sweets, or cakes or biscuits that are not low sugar
- Pastries
- Processed meat products such individual pies, corned meat and sausages should be included only occasionally.
- Pizza and similar 'fast food' takeaway products

Top Tips

Here are some tried and tested tips for parents, why don't you have a try too?

- Limit choice – don't ask your children what they want for lunch but offer 2- 3 choices or get your child to help plan a week's menu
- Involve your child in preparing their lunchbox
- Talk to your child about why it is important to eat healthier foods
- Don't reward children with unhealthy foods
- Eat the same foods as your children
- Don't expect miracles overnight – take a gradual approach to changing your child's lunchbox
- Keep getting your child to try foods that they don't like in different formats

Appendix B

Example Lunchbox Planner

We are often asked for ideas of what to make for your child's pack lunch. So we have provided the following planner that you could take ideas from.

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Chicken & mixed vegetable rice salad• Cheese cubes• Satsuma	<ul style="list-style-type: none">• Hummus & pitta bread• Carrot sticks• Mixed fruits• Fromage Frais	<ul style="list-style-type: none">• Tuna & sweetcorn pasta salad• Yogurt• Banana	<ul style="list-style-type: none">• Cheese & tomato pasta• Cucumber sticks.• Cracker• Melon Slices.	<ul style="list-style-type: none">• Vegetable couscous• Boiled egg• Pineapple pieces• Yogurt

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Tuna wrap• Cherry tomato & pepper slices• Pear• Yogurt	<ul style="list-style-type: none">• Spicy chicken & salad wrap• Cheese cubes• Banana	<ul style="list-style-type: none">• Egg sandwich• Cucumber sticks• Fromage frais• Orange	<ul style="list-style-type: none">• Ham sandwich• Pepper & cucumber sticks• Strawberries• Yogurt	<ul style="list-style-type: none">• Cheese on pitta bread• Carrot & pepper sticks• Blueberries

Appendix C

Useful Policy and Food related web site links:

Healthy Schools Manchester

www.healthyschoolsmanchester.nhs.uk.

The School Food Plan

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

The School Food Plan – Standards

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

The School Food Plan – Creating a Culture and Ethos of Healthy Eating

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

The School Food Plan – Creating a Culture and Ethos of Healthy Eating

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

The School Food Plan – School Food: Guidance for Governors

<http://whatworkswell.schoolfoodplan.com/site/article-files/254ddd1d-091b-44e1-a19a-212d61caa205.pdf>

The British Nutrition Foundation

<https://www.nutrition.org.uk/foodinschools/foodprovision/food-provision.html>

The Food Standards Agency

<http://www.food.gov.uk>.

Food allergy in Schools and Nurseries Fact Sheet

<http://www.uhs.nhs.uk>.

British Dietetic Association

<https://www.bda.uk.com/foodfacts/PackedLunches.pdf>