



# Healthy Food & Drink in School Policy

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## **1. Introduction**

At Manley Park Primary School, we understand that the nutrition of 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 17<sup>th</sup> June 2014. From 1<sup>st</sup> 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 the classroom setting, through the provision of food and drink and in all other aspects of school life and in conjunction with parents/carers.

## **A.) Curriculum**

We aim through education about food and drink to enable children and young people to make healthy informed choices by increasing knowledge, changing attitudes and enhancing skills. Food and nutrition education is a progressive and developmental curriculum. We will regularly review the curriculum to ensure that information is up to date and consistent and that a cross-curricular approach is utilised as a vehicle for delivering messages about healthy eating. Teachers are confident in having the knowledge, skills and resources to deliver the food and nutrition curriculum.

## **B.) Quality of the environment**

We strive to make our dining area a desirable place promoting a social community, which is user friendly for our pupils. The dining hall environment is enhanced by a range of music styles or documentaries for children to enjoy as they eat with colourful tablecloths, table monitors who are older, staff sitting with children, children having enough time to eat dinner, monitoring noise levels and behaviour. Staff supervising pupils eating food from home are aware of school policy and hygiene procedures

## **C.) Special Diets and Allergies:**

The school has considered the needs of pupils with food allergies and developed appropriate procedures. We will ensure that affected children are not unknowingly exposed to food allergens like nuts and seeds during school hours.

Special diets and allergies are taken into account when preparing of school meals and the kitchen staff are fully aware of the needs and requirements of these individuals. The meal provided 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.

## **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 will inform parents regularly through newsletters, bulletins, about the importance to the health of a child, of a balanced healthy packed lunch (see section 3). Further details about what should be included and what should not be included in your child's pack lunch is listed in Appendix A.

## **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 to have whilst out at playtime (no dried fruit). Tuck shop is also available at the Junior Site.

## **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. We will promote the policy during school events such as parents evenings and Healthy School weeks as part of a whole school approach to healthier eating.

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 endeavour to provide opportunities for all members of staff to receive training to improve their skills and knowledge around encouraging healthier eating in school e.g. staff members to attend Healthy Schools training delivered through INSET, the Healthy Schools and the Lunchtime Organiser training.

## L.) Referrals

Where appropriate, 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. Policy, Leadership and Management

The following people have responsibilities for the successful implementation of Healthy Food Policy within school:

### Healthy Schools Co-ordinator (HSC)

- The day-to-day management and co-ordination of the *Healthy Food Policy (HFP)*
- Monitoring and assessment of this policy
- Supporting colleagues teaching this policy, including new members of staff and Newly Qualified Teachers, giving them information about specific developments and updating subjects.
- Co-ordinating outside speakers/wider agencies
- Liaising with Healthy Schools Team to support the development of the school's healthy lifestyles
- Develop staff confidence and alignment in the implementation of the HFP

### Staff

- Developing cross-curricular teaching sequences for all pupils
- Implementation of this policy
- Promote and role model the expectations as set out in this policy
- Supporting the HSC in the monitoring and assessment of this policy and day-to-day management

### **Senior Leadership Team**

- Ensure that the Healthy Schools Coordinator has the time provided to implement this policy
- Review the reports of monitoring and assessments carried out
- Be a role model of this policy
- Promote the Healthy Food Policy in school communication and events
- Monitor the implementation and success 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
- Review any recommendations made by the HSC/SLT with regard to this policy

## **8. Implementation**

This policy will be implemented through:

- Training with all staff groups
- Information sharing with pupil's and parents (ParentHub/Website)
- School events
- Cross-Curricular teaching sequences
- The policy will be reviewed annually by the Healthy School Co-ordinator, supported by the Head teacher.

## **9. Breaches of Policy**

### **Staff**

As with all other school policies, all staff are under a contractual obligation to uphold the policy.

### **Parents**

Packed lunches will be regularly reviewed by staff and pre-identified lunchtime helpers.

Parents/carers who do not ensure the packed lunches adhere to the policy will, in the first instance receive a leaflet (at home time) reminding them of the policy. A phone call will be made with any parents/carers, if a child regularly brings items that do not conform to the policy, to establish a way to move forward.

## **10. Relationship with other policies**

The HFP policy has been drawn up within the context of our other school policies. It particularly relates to our

- Physical Education Policy
- SEND Policy
- Behaviour policy
- Safeguarding and Child Protection 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, sweets, cakes or biscuits
- 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"> <li>• Chicken &amp; mixed vegetable rice salad</li> <li>• Cheese cubes</li> <li>• Satsuma</li> </ul>	<ul style="list-style-type: none"> <li>• Hummus &amp; pitta bread</li> <li>• Carrot sticks</li> <li>• Mixed fruits</li> <li>• Fromage Frais</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna &amp; sweetcorn pasta salad</li> <li>• Yogurt</li> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; tomato pasta</li> <li>• Cucumber sticks.</li> <li>• Cracker</li> <li>• Melon Slices.</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable couscous</li> <li>• Boiled egg</li> <li>• Pineapple pieces</li> <li>• Yogurt</li> </ul>

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



## *Appendix C*

### **Useful Policy and Food related web site links:**

**Healthy Schools Manchester**

[www.healthyschoolsmanchester.nhs.uk](http://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>