

## **WHOLE SCHOOL FOOD AND HEALTHY EATING POLICY**

### **Rationale**

In our school we are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the lifestyle choices they make.

Our school is again working towards an accredited healthy school award. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to children and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

The school supports the 'at least 5-A-DAY' campaign to encourage children to eat at least five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

### **Aim**

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

### **Objectives**

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the 'at least 5-A-DAY' campaign

### **School Food Standards**

At Longleaze we follow the Education (Nutritional Standards and Requirements for School Food)(England) Regulations 2007 for **ALL** food provided in school.

The school must offer the following food groups as part of the school meal and from September 2008 the nutrient standards:

***“Fruits and vegetables - these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)***

- 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

**Meat, fish and other non-dairy sources of protein** - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)

- 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 (Red meat in the standards includes beef, lamb, pork and gammon)
- 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

Manufactured meat products may be served occasionally as part of school lunches, provided that they:

- 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
- are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and
- contains 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.
- A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch)pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.

**Starchy foods** - these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal

- 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
- 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

**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** - The only drinks available should be:

- 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*

*NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk*

*Water - there should be easy access to free, fresh drinking water.*

*Salt and condiments - table salt should not be made available.*

*If made available, condiments should be available only in sachets.*

*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 lunch time."*

## **School Meals**

Longleaze School recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option.

Meals are prepared, cooked and served on the premises. The Healthy Schools Co-ordinator meets regularly with the Catering Manager to ensure that standards are being met.

The school will also introduce school meal themes days/weeks, such as:

- Bringing in the harvest
- Bonfire night
- Cultural festivals
- International themes
- Historical themes
- Taster days
- Curriculum theme days

## **Packed Lunches**

It is recognised that some parents may wish to provide a packed lunch for their child from home. We would ask that parents note the following guidelines set out by the British Nutrition Foundation when preparing packed lunches:

*“A child’s lunch should include only the following:*

- *A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad*
- *Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.*
- *A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.*
- *Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.*
- *A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)*

*Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures can, after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although Longleaze School provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.”*

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets, chocolate, etc.
- Fizzy drinks/sugary drinks
- Packets of salted nuts

And limit the following items to a minimum:

- Crisps or any packet savoury snacks high in salt and fat
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.

Parents who have difficulty following these guidelines are requested to contact the school. Longleaze School will provide information on healthy foods that should be included in lunch boxes from home and a link is available on the school website to a nutritionist that provides advice on healthy eating.

## **Eating Environment**

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

Longleaze 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 for a reasonable time length, 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. This is to ensure that parents can see what their child has eaten.
- 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

Longleaze School will reward pupils for good meal time etiquette and good behaviour

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

- A lunchtime award can be given for good behaviour. This may be presented in our weekly Success Assembly.

In the event of poor behaviour choices the Behaviour Policy will be followed.

### **Early Morning Drop Off**

At Longleaze, we recognise the importance of a healthy breakfast and structured start to the school day. We offer an Early Morning Drop Off to all children (which is at no cost to our Free School Meal children).

### **Government Funded Snack for KS1 children**

We monitor children's uptake of the Government Funded Fruit and Vegetable snack provided to our Key Stage One children. All children are encouraged to eat their snack or at least try it if they are unsure.

### **Healthy Eating in the Curriculum**

Longleaze School includes work associated with healthy balanced diets in its curriculum

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

- The components of a healthy, balanced diet
- The importance of healthy eating both now and in the future
- The risks of eating unhealthy foods
- The diversity of food in different cultures
- How to plan and budget a menu
- The cost of food in different countries
- Fair Trade
- Measuring and weighing
- The importance of recycling food

### **A Balanced Diet**

At Longleaze we also recognise that snacks and treats can be enjoyed as part of a healthy balanced diet, if eaten occasionally, and believe that this is an important message to reinforce to our children. We will therefore, on the odd special occasion, promote these treats by holding cake sales, at Christmas parties and School Discos and possibly even to reinforce the concept of certain lessons (e.g smarties to reinforce fractions). However, the overriding message to our children is that healthy lifestyle choices help to maintain a healthy body.

We also recognise that children sometimes like to celebrate their birthday by providing sweets or cakes for their class. If this happens the class teacher will allow the treats to be given out at the end of the school day. For health and safety reasons, we ask that hard-boiled sweet lollies on sticks (e.g. Chuppa Chups) are not provided in this instance.

### **Monitoring and Evaluating**

The Healthy School Co-ordinator will make arrangements for monitoring and evaluating the activities to ensure these objectives are met.

This policy has been drawn up in conjunction with, and is aligned with, the principles set out in the following school policies:

- Relationships and Sex Education Policy
- PSHE Policy
- Allergy Awareness Policy
- Health and Safety Policy
- Behaviour Policy