

## WHOLE SCHOOL FOOD POLICY

### INTRODUCTION

Blakesley Hall Primary School provides an environment that promotes healthy food and eating, enabling pupils to make informed choices about the food they eat.

The nutritional principles of this policy are based on current evidence-based findings; and the Eatwell Guide is the agreed model for ensuring a healthy balanced diet.

<https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.gov.uk/government/publications/the-eatwell-guide>

Blakesley Hall Primary School will follow the school food standards for food throughout the school day. <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Further information can also be found in the School Food Plan (2014)

[www.schoolfoodplan.com](http://www.schoolfoodplan.com)

Blakesley Hall Primary School's food policy and healthy eating strategy is coordinated by Sanha Kauser. The Senior Management Team member responsible for overseeing all aspects of food within the school is Pamela Key

### FOOD POLICY AIMS

The main aims of our school food policy are:

1. To empower pupils to make healthy food choices by providing information and developing the necessary skills and attitudes.
2. To offer healthy food and drink options throughout the school day and ensure that food brought into school is also healthy.
3. To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff, and visitors.

These aims will be addressed through the following areas:

### 1. CURRICULUM

At Blakesley Hall Primary School, we believe it is essential to teach children about nutrition through a variety of subjects such as English, maths, science, design and technology, PSHE, and PE. This approach ensures alignment with the whole school food policy.

There are numerous opportunities within the curriculum for pupils to develop their knowledge of health. These may include:

- **Practical Lessons:** Teach pupils about the importance of a balanced diet and the nutritional value of different foods.
- **Cooking Lessons:** Pupils can learn to prepare healthy meals and snacks, fostering practical skills and an understanding of healthy ingredients.
- **Growing Food:** Pupils can grow their own fruits and vegetables, learning about the origins of food and the benefits of fresh produce.
- **Educational Resources:** Use up-to-date educational resources such as the Eatwell Guide and School Food Standards to ensure consistency in teaching and provide accurate information.

- **Interactive Activities:** Engage pupils with food tasting sessions, nutrition games, and quizzes to make learning about healthy eating fun and interactive.
- **Parental Involvement:** Provide parents and carers with information and resources to support healthy eating at home.

By incorporating these methods and resources, we aim to provide a consistent and comprehensive nutrition education that promotes the health and wellbeing of our pupils.

### **Supporting Websites and Documents**

Staff and Parents may choose to use the following resources:

- Eatwell Guide <https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- <https://www.gov.uk/government/publications/the-eatwell-guide>
- School Food Standards <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- Relevant information from School Food Plan (2014) [www.schoolfoodplan.com](http://www.schoolfoodplan.com)
- Public Health resources from the School Zone <https://campaignresources.phe.gov.uk/schools>
- Food Teaching in Primary schools (2015) <https://www.gov.uk/government/publications/food-teaching-in-primary-schools-knowledge-and-skills-framework>
- Food a Fact of Life free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) or a similar programme

## **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the requirements for School Food Regulations 2014 is mandatory for all maintained schools including academies and free schools. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.

The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.

Full details and guidance are available at:

<https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england>

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

## **BREAKFAST CLUB**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards for school food other than lunch. Checklist for school food other

than lunch <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

The breakfast menu includes **toast, cereal, milk and fruit juices**.

## BREAKTIME SNACKS

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. We encourage a fruit or vegetable only policy for break time snacks as this positively enhances the free fruit in key stage 1.

We participate in the National Fruit & Vegetable Scheme

## SCHOOL LUNCH

Food prepared by the school catering team meets the School Food Standards.

As a school we encourage pupils to have a school lunch provided by our catering service (City Serve) and free school meals are provided to all those pupils who are entitled to them. Information on free school meals is available at the school office.

Healthy options are promoted at lunchtime and school meals are planned on a 4-week cycle. Meal options include halal and non-halal meat, fish and vegetarian option. Children who eat school dinners will be asked to choose a vegetable or salad item from the salad cart as part of their lunch. The school meals menu can be found on our school website.

## PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the Eatwell Guide and our Packed Lunch Guidelines.

The recommended contents of a healthy lunch box include:

- **Fruit and Vegetables:** At least two portions of fruit or vegetables every day. A portion is the amount your child can fit into the palm of their hand. This could be fresh, dried, or tinned fruit.
- **Carbohydrates:** A starchy food every day such as bread, pasta, rice, couscous, noodles, potatoes, chapatis/roti, plain crackers, breadsticks, or rice cakes.
- **Protein:** Meat, eggs, or other sources of non-dairy protein such as lentils, kidney beans, chickpeas, hummus, dhal, or falafel.
- **Oily Fish:** Tinned or fresh mackerel, sardines, salmon, or tuna should be included at least once every three weeks.
- **Dairy:** Include dairy products every day such as milk, cheese, yoghurt, fromage frais, custard, or calcium-fortified soya products. Opt for reduced-fat options if possible.
- **Drinks:** Choose drinks with no added sugar such as pure fruit juice, semi-skimmed or skimmed milk, milk-based or yoghurt-based drinks, and fruit smoothies.
- **A Bottle of Water:** It is recognised that the concentration and behaviour of children improve when they drink water throughout the day. Dehydration can cause headaches and tiredness. Therefore, we encourage children to bring water bottles daily, in addition to their packed lunch drink.
- **Dessert/Pudding:** Include a small cake, biscuit, cereal bar, fruit loaf/bun, or scotch pancake as part of a balanced meal. Be mindful of packaging, as many items that appear healthy can

have high levels of sugar and fat. Look for those with 100 calories or less per portion and only include one per day for lunch.

Packed lunches should not include:

- Sweets, confectionery, or chewing gum.
- Fizzy or sugary drinks, or energy drinks.
- Crisps (a standard-sized bag of crisps, around 25g, is allowed only as an accompaniment on Fridays).
- More than one dessert item per day (cake, biscuit, cereal bar, fruit loaf/bun, or scotch pancake).
- More than two portions of food each week that includes pastry.
- Items containing nuts are not allowed in school. Although nuts are healthy, some children are allergic to them, and they can cause a severe reaction even when in other pupils' lunches.

For a healthier snack:

- Replace cakes and pastries with fruit bread or teacake.
- Replace salted savoury snacks, such as crisps, with breadsticks, rice cakes, cheese and crackers, or popcorn (not sweet or toffee).
- Include dried fruit or fruit salad.
- Drink water, milk, 100% fruit juice, sparkling water, fruit smoothie, or yoghurt drink.

Food safety issues around packed lunches will be conveyed to parents.

## **USE OF FOOD AS A REWARD/BIRTHDAYS**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. These include:

- Value awards
- Stickers
- Value points
- Extra play
- Verbal praise

## **DRINKING WATER**

The School Food Standards recommend that free, fresh drinking water must always be available

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. Pupils are encouraged to bring their own water bottles which can be refilled at the classroom sink.

## **4. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with pupils' religious beliefs and cultural practices as required. Halal food is available daily.

### **VEGETARIAN DIETS/HALAL MEALS**

School caterers offer a vegetarian option at lunch everyday.

## **SPECIAL DIETS - MEDICAL**

Under section 100 of the Children and Families Act 2014, schools have a duty to support pupils at their school with medical conditions. We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case, parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs or requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

Emergency contact details must be kept up to date by parents, along with any changes to their child's dietary requirements or alterations in medication. The school has two emergency allergy pens but insists that parents or carers provide a prescribed pen while their child attends the school. All staff and school caterers are made aware of any food allergies, food intolerances, or medical diets, and children wear allergy and intolerance badges to ensure their dietary requirements are met. Please see the Medical Policy for further details.

**Further information can be found on Allergy Guidance for schools at**

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

And Allergy UK <https://www.allergyuk.org/living-with-an-allergy/at-school/>

## **5. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

## **6. THE FOOD AND EATING ENVIRONMENT**

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating. All staff, including caterers and lunchtime supervisors, have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

## **7. CONSULTATION/MONITORING AND EVALUATION**

This policy has been developed through wide consultation with the whole school community. The policy and its impact are reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

## **8. REVIEW**

Date policy implemented:

Review Date:

## **Eatwell Guide**

Check the label on packaged foods

Each serving (150g) contains

Salt	0.9g	MED	15%
Sugars	34g	HIGH	38%
Saturates	1.3g	LOW	7%
Fat	3.0g	LOW	4%
Energy	1046kJ 250kcal		13%

of an additional *reinforcement interval*

**Choose foods lower in fat, salt and sugars**

of an adult's reference intake values (as sold) per 100g: 697kJ/166g

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and vegetables every day

Eat at least 5 portions of a variety of fruit and vegetables every day

Salt Sugars 3.4g 0.9g MED HIGH 15% 38% 15% Energy intake 100g: 897kJ / 167kcal

**Oil & spreads**

Choose unsaturated oil and use in spreads

**Dairy and alternatives**

Choose lower fat and lower sugar options

**Beans, pulses, fish, eggs, meat and other proteins**

Eat more beans and pulses, 2 portions of sustainably sourced beans and pulses, 2 portions of sustainably sourced fish and pulses per week, one of which is oily. Eat less red and processed meat.

**Fruit and vegetables**

**Eat less often and in small amounts**

Per day 2000kcal  2500kcal = ALL FOOD + ALL DRINKS

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