

## WHOLE SCHOOL FOOD POLICY

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The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink.

A Healthy School:

- Is one that promotes physical, social, emotional and mental health and helps equip pupils, staff and families with the skills and attitudes to make informed decisions about their health.
- Is successful in supporting pupils to do their best and build on their achievements; it is committed to ongoing improvement and development.
- Recognises the importance of investing in health and wellbeing to assist in the process of raising children and young people's achievement levels.
- Involves the whole school community, parents, governors, staff and pupils in improving children's health, wellbeing and happiness, helping them to get the most out of life.

**This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events.**

Key changes:

- Only water to be consumed in school
- Fruit and vegetables only to be given as snacks during school day

- Stickers or group items such as stationery to be shared for birthdays as a healthy alternative to cakes and sweets.
- Healthy / balanced approach to party food within school

## **Section 1. Encouraging a Healthy Whole School Food Approach**

At Airy Hill we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

### **National Guidance**

This policy has been written to reflect the School Food Standards that were revised in January 2015. 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.

It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. This policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

## **Section 2. Application**

This policy covers the areas of:

- Curriculum
- Breakfast Club
- Break time snacks, including those brought from home

- School Lunches including packed lunches
- Milk
- Water
- Events and celebrations

The guidance applies to all staff, pupils, parents, governors and partner agencies working within school.

## Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology.

### Section 2.1 Food in School

#### Breakfast Club

Children are encouraged to have a healthy breakfast either at home or provided by school. Children should not be bringing breakfast food in from home as all dietary requirements can be met for children attending Breakfast Club. Food Provision at our Breakfast Club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

#### Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

All Key Stage 2 children within school are able to purchase a snack daily which consists of a slice of wholemeal toast and a piece of fruit.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

### **School lunches including packed lunches**

At Airy Hill all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment"

North Yorkshire School Caterers, who supply the food at Airy Hill, are a 'fresh food' organisation. North Yorkshire County Council's food procurement strategy is based on local and regional sourcing of food which supports local business, provides traceability of produce and contributes to the health and wellbeing of its children and young people.

We will provide Universal Free School Meals for children in Foundation Stage two and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Special dietary and cultural needs will be provided for wherever possible.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. Research has shown only 1% of packed lunches met the previous Nutrient Standards for Food in Schools, particularly in terms of low fruit and vegetable content and a high content of sugary and fat-

laden foods. We believe that all children should have access to a nutritious lunch in school whether it is a school meal or a packed lunch. Please refer to Appendix 1 – The Eat Well Guide.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

## **Section 2.2          Drinks in School**

### **Milk**

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines.

Parents are invited to register and pay for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint) of semi skimmed milk every day for Foundation Stage 2 and Key Stage 1 children and a carton of full fat milk for Nursery children. Parents can specify if an alternative type of milk is required e.g. soya.

[Order school milk for your child | Cool Milk](#)

Children in Nursery and those families in receipt of Free School Meal are eligible for free milk.

### **Water**

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch.

Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water should be brought into school by pupils unless recommended by a doctor for medical needs.

### **Section 2.3 Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets.

If parents want to bring something in to celebrate birthdays we would ask that non-food items such as stickers, or colouring pencils. Alternatively you can gift a book for your child's class which we will inscribe with a personalised note to celebrate your child's birthday. In school we celebrate children's birthdays during our celebration assembly each week.

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

### **Section 3. Monitoring and Evaluation**

We consult annually with caterers, pupils, parents / carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the whole school food policy and to further improve food and drink in school.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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