



**Newall Green  
Primary School**

*Aiming High To Reach Our Goals*

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# **Healthy Food in School Policy**

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## **1. Introduction**

At Newall Green Primary School, we are aware of the impact that food can have on each individual. Food allergies, rising obesity levels and the effect of processed or unhealthy food on the health and behaviour of children and young people are all a concern. We also understand that the nutrition of children and young people can influence their wellbeing, growth and development. 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**

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 aware of the healthy eating ethos of the school as it is consistently reflected through the following:

- Formal curriculum e.g. cooking and nutrition, design and technology, science and PSHE.
- Extra-curricular activities and participation in local and national events and initiatives, e.g. cookery club (e.g. Let's Get Cooking), school growing, national Healthy Eating Week.
- Provision of food and drink at school, e.g. breakfast club, school lunch,

- Consumption of food and drink at school e.g. dining room environment, style of service, timings, pupils bringing food to school, i.e. lunch boxes, snacks and drinks.
- Promotion of food and drink and free school meals uptake including advertising and sponsorship.
- Inclusivity – special diets, cultural and age (portion size).

### **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:

- 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 cannot be charged for the use of facilities.

The Trustees of the Cherry Tree Trust have commissioned the services of 'Aspens' to provide the food for the children's lunches. As part of this service Aspens are responsible for meeting all the legal requirements in full. Ofsted will be monitoring a school's approach to Healthy Eating as part of its regular inspection of schools.

### **4. Ethos and Values**

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 aware of the healthy eating ethos of the school as it is consistently reflected in before and after school provision, snack and lunchtimes.

- **Treats and rewards within school are not food orientated.**

### **5. Aims**

We aim to encourage our children and young people to develop healthy eating and drinking behaviours. We will promote clear and consistent messages about food, drink and nutrition through the classroom setting and in all other aspects of school life and in conjunction with parents/carers.

## **6. Objectives**

### **a) National Curriculum**

We aim through food and nutrition education 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.

Nursery & Reception	<ul style="list-style-type: none"><li>• How different foods affect our teeth.</li><li>• How to brush teeth.</li><li>• Visit to the dentist.</li></ul>
Year 1	<p><b>Discuss:</b></p> <ul style="list-style-type: none"><li>• Why do I eat? – Food for energy and growth</li><li>• Energy for physical exercise</li><li>• Favorite foods and words to describe favorite foods</li><li>• Food tasting e.g. sweet, sour, chewy, melting, fresh, processed, frozen...</li><li>• Tasting unusual foods</li><li>• Sorting food, differences and similarities e.g. fruit, vegetables, cereals, meat</li><li>• Discuss sources of food e.g. milk</li><li>• Planting seeds</li></ul>
Year 2	<p><b>IT IS IMPORTANT TO FIND OUT ABOUT FOOD ALLERGIES BEFORE CARRYING OUT THIS ACTIVITY</b></p> <p><b>Develop work of year 1. Discuss:</b></p> <ul style="list-style-type: none"><li>• Why do we need food?</li><li>• Explore taste - sweet/sour, bitter/salty</li><li>• Compare the taste of raw and cooked foods e.g. apple</li><li>• Look at a range of food labels. Discuss information given</li><li>• Discuss the origins of some foods e.g. farm produce, exotic fruits, tinned goods</li><li>• The need for hygiene in food handling</li><li>• Sorting foods into food groups</li><li>• Discuss what is a balanced diet</li><li>• Participation in (Scrumptious) Cookery Club</li><li>• Design a healthy menu</li><li>• Discuss the importance and benefits of exercise</li><li>• Identify different ways of exercising</li><li>• Participate in different activities exercising different parts of the body</li></ul>
Year 3	
Food Groups	<ul style="list-style-type: none"><li>• Introduce children to the main food groups – carbohydrates, proteins and fats</li><li>• Discuss the importance of a balanced and nutritious diet</li></ul>
Dental Hygiene	<ul style="list-style-type: none"><li>• Discuss the functions of the teeth</li><li>• Learning how to brush teeth correctly (consult school nurse/dental health)</li><li>• Discuss the factors that contribute to tooth decay</li></ul>
Health and Hygiene	<ul style="list-style-type: none"><li>• Discuss factors which contribute to a healthy and happy lifestyle</li><li>• What and who do we need to keep us healthy?</li><li>• Draw/write about all the things you need to keep healthy including food, exercise and personal hygiene</li><li>• Discuss the role of medicines in maintaining good health</li></ul>

Year 4	
Food Groups	<p>Recap and Develop children's understanding of a balanced diet and sensible food choices.  Activities could include:</p> <ul style="list-style-type: none"> <li>• <i>Food sorting</i></li> <li>• <i>Food plate</i></li> <li>• <i>Healthy diet menu</i></li> <li>• <i>Food diary</i></li> <li>• <i>Food from different cultures</i></li> </ul>
Year 5	
Healthy Lifestyles Alcohol	<p>Recap sensible food choices and relate choice to alcohol – the following activities are suggestions.</p> <ul style="list-style-type: none"> <li>• Assessment of attitudes and values around alcohol</li> <li>• Write down and classify all the drinks they know into alcoholic &amp; non-alcoholic</li> <li>• Discuss long/short term effects of drinking</li> <li>• Discuss why people choose to drink/choose not to drink? (including cultural/ religious reasons)</li> <li>• Explore attitudes around alcohol</li> <li>• State the facts about alcohol</li> <li>• Making non-alcoholic drinks</li> <li>• Look at media advertising – pupils design posters/act out own adverts</li> <li>• Create scenarios: resisting peer pressure around alcohol</li> <li>• Discuss "recommended alcohol allowance": What is a unit? How do we measure units?</li> <li>• Compose raps, poems, songs around the dangers of alcohol and perform</li> </ul>
Year 6	
Exercise & Diet	<ul style="list-style-type: none"> <li>• Pupils to chart physical activities they regularly take part in – this would include PE in school</li> <li>• Complete a weekly food diary to compare energy intake (food) and expenditure (physical activity)</li> <li>• Discuss consequences of inactivity e.g. obesity, heart disease, diabetes, low self-esteem</li> <li>• Recap on food groups and their benefits</li> <li>• Discuss the role of the media in promoting "fashionable" body images</li> <li>• Pupils to research about local clubs/facilities. Possible visit from club member to promote sport and cost and timings etc.</li> <li>• Importance of warming up/cooling down. Name main muscles</li> </ul>

The above activities will also be supplemented with opportunities for children to develop an understanding of healthy food using a cross curricular approach. The following examples may be used;

- Art, e.g. observational drawings of food, healthy eating poster design
- Personal Social and Health Education, e.g. menu planning, nutrition
- Design and Technology, e.g. cooking, designing tools
- Literacy, e.g. Food diaries, following instructions
- Geography, e.g. where food grows
- History, e.g. past diets, discoveries
- Information Technology, e.g. recording results of a food survey
- Numeracy, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. Healthy foods and Healthy diet
- Cookery Lessons
- Growing own vegetables and gardening club.

The objectives to be covered for KS1 & KS2 link closely with the science curriculum. The curriculum provides the objectives to be taught and the cross curricular links to be made.

## **7) School Meals**

We aim to provide our children and young people with choices that address cultural, religious and special dietary needs and meet the national *School Food Standards*(<http://www.schoolfoodplan.com/wpcontent/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf> - page 3). These choices are available on the following website and food can be ordered from home so that parents / carers can be part of the development of healthy food choices.

## **8) Marketing**

We have strategies in place to promote healthier options such as e.g. healthy food choices highlighted on attractive menus or displays and an on-line system for parents to help their child make healthy food choices.

## **9) Quality of the environment**

We aim to provide a dining area which is a desirable place promoting a social community which is user friendly through e.g. arranging tables more sociably, within key stage areas so that the children have a quiet space to eat. We continuously monitor noise levels and behaviour.

## **10) Breakfast**

We will encourage young people to eat breakfast before attending school and (where applicable) we will promote the school's breakfast club. Food served at the breakfast club will be in keeping with meeting the Standards for school food otherthanlunch(<http://www.schoolfoodplan.com/wpcontent/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> - page 11).

## **11) Packed Lunches**

Packed lunches should be varied, avoiding foods that have a high sugar, fat and salt content. Savoury crackers or breadsticks served with fruit, vegetables or dairy food are a good choice. Cakes and biscuits are allowed but children should be encouraged to eat these as part of a balanced meal.

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day for example through e.g. information available on the website, discussions with children and campaigns run by the student council. If we feel that a packed lunch is not providing a balanced diet the class teacher will approach the parent or carer for a discussion which would include alternate suggestions.

**The aim is to support parents to understand the importance of providing healthy and nutritious food.**

We are aware in this current climate that this is more difficult for some parents so we would help parents explore the possibility of a free school meal or suggest alternate food items that may help with cutting costs.

To support the children who have packed lunches;

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that parents make healthy food choices for their child and follow any dietary requirements needed to prevent the risk of an allergic reaction.
- As fridge space is not available in school, pupils are advised that packed lunches should be brought to school in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- We encourage lunch boxes to contain;
  - ✓ at least one portion of fruit and one portion of vegetables every day.
  - ✓ meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) daily
  - ✓ oily fish, such as salmon, at least once every three weeks.
  - ✓ a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
  - ✓ dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
  - ✓ still water or fruit juice daily

**12) Break-time Snacking**

**Children in Nursery, Reception and Key Stage 1 have their break time snack provided for them.**

**Key Stage 1 children can bring an additional break time snack if they choose to but this should be low in sugar, salt and fat.**

**Key Stage 2 children can bring a snack in to school that is low in sugar, salt and fat.**

We do not have vending machines or a tuck shop in school.

**13) Water**

Easily accessible fresh drinking water is made available to all students throughout the day and children are encouraged to bring to school a refillable water bottle.

In periods of excessive heat additional water is provided via a water station on the playgrounds when needed.

**14) Parents**

We will ensure that education about healthy eating is available for parents and signpost them to other agencies/organisations who provide opportunities for adult education and skill development around cooking and nutrition. We will also encourage them to continue to promote healthy eating in the home through information available on the school website.

**15) Food Allergy and Special Diets**

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.

If a child has an allergy then a Health Care Plan will be completed with the parents. The plan will identify what the child is allergic to and the process that needs to be completed to keep the child safe. Emergency procedures will also be included in the plan.

When teaching the food and nutrition curriculum, we will consider the needs of pupils with food allergies and special diets and complete a risk assessment before planning a lesson which includes food tasting or food preparation.

All staff must be aware of the Health Care Plans for the children who have allergies within school and follow the advice and guidance on the plans. To help identify the children;

- Pictures will be included in the Health Care Plan of the child.

- Health Care Plan's will be easily accessible and updated regularly.

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

**16) Referrals**

Where appropriate, parents should contact their Doctors (GP) as they have the access for the NHS referral system in place for underweight and overweight children, and children with other nutritional issues, which follow the appropriate pathways for children. A school nurse referral should also be completed with parental consent.

**17) Staff Training**

We will provide opportunities for relevant members of staff to receive training to improve their skills and knowledge around encouraging healthier eating in school, e.g. staff members to attend the core Healthy Schools healthy eating training – 'Healthy Eating and Physical Activity in the primary school setting' (see [Healthy Schools \(manchesterhealthyschools.nhs.uk\)](http://manchesterhealthyschools.nhs.uk))

**18) Policy, Leadership and Management**

School will, with support from the Healthy Schools Team, monitor any Legal & National changes to Food & Drink Guidance for Schools and update any of these changes duly.

**19) Dissemination**

The governors and trustees recognises its responsibility for getting a strategic framework for the school's food policy and for monitoring and implementing the policy

**20) Monitoring, Assessment and Review**

We will monitor the food policy by;

- Completing surveys with the children in school.
- Monitor the menus available.
- Monitor rewards within school so that they are not food orientated.