



# **Food & Drink In School Policy**

**St. Paul's CE Primary School**

**'Flourishing in Faith, Hope and Love' (1 Corinthians 13 v 13)**

UNICEF Children's Rights

Article 3- The best interest of the child must be a top priority in all things that affect children

Article 28 – Every child has the right to an education

**Policy agreed by Governing Body:**

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**This Policy has been written and checked and verified with the advice of Healthy Schools Manchester**

## **Introduction**

At St Paul's, we believe health is vitally important for everyone. Whatever our differences may be, health is our most important commodity and essential if children are to achieve their full potential. As a Rights Respecting School, we acknowledge under Article 24 the importance of working together with parents and carers to provide children with nutritious food so that they stay healthy. Together we are duty-bound to ensure children realise these rights. Article 24 - Children have the right to good quality health care, to clean water, nutritious food, and a clean environment, so that they will stay healthy. St Paul's Primary School is aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food on the health and behaviour of children and young people. The School also understand the need to improve the diets of children and young people and the role the School can play in this. 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 reflected in before and after school provision, snack and lunchtimes, treats and rewards.

## **Aim and Objectives**

The School aims to encourage our pupils to develop healthy eating and drinking behaviours. Through our curriculum, we will 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. We aim to provide a service that is consistent with our teaching of healthy eating and drinking, enabling pupils to put their learning into practice.

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, drinking water/milk, snacks, use of food and drink for special occasions.
- Consumption of food and drink at school e.g. dining room environment, style of service, timings, commercial food vans, 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.

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- Events and lettings at school, e.g. school fair.
- Inclusivity – special diets, cultural and age (portion size).

## **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 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.

## **Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day. Children's packed lunches will be monitored by lunchtime staff and the named key people, who will contact parents/carers who consistently provide unhealthy packed lunches, this is in conjunction with our packed lunch policy.

## **Water**

Easily accessible fresh drinking water is made available to all pupils throughout the day. Children are also encouraged to bring in a reusable BPA free water bottle filled with fresh tap water only. Children will be encouraged to drink regularly by staff.

## **Food Allergy**

The school has considered the needs of pupils with food allergies and develop appropriate procedures. We will ensure that affected children are not unknowingly exposed to food allergens like nut & seeds, dairy, gluten etc. during school hours. We aim to be a nut free school, therefore no nuts are allowed on the school premises. Children are encouraged not to share food. When teaching the food and nutrition curriculum, we will consider the needs of food allergic pupils. Staff are trained on how to deal with allergic reactions and know where EpiPen's are stored. The school also provides food in accordance with pupil's beliefs, practices and medical requirements as required.

## **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.

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## **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/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf> - page 3).

## **Marketing**

We have strategies in place to promote healthier options such as Planet friendly/Vegan/Vegetarian label stickers, e.g. healthy options highlighted on attractive menus or displays. At transition meetings parents/carers are encouraged to take up the offer of School Meals.

## **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 socially arranged tables, staff sitting with children, children having enough time to eat their dinner, cutting queuing times, children getting their first choice option, extended service stations, monitoring noise levels and behavior. Children are not pressured or bribed into eating and we respect when children say they are full.

## **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 other than lunch (<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> - page 11).

## **Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day for example through our packed lunch policy. We also share healthy eating newsletters, packed lunch advice sheets and affordable, healthy recipes. We host parent workshops on healthy lifestyles throughout the year (Packed Lunch Policy attached in appendix 1)

## **Break-time Snacking, rewards and treats**

We participate in the School Fruit and Vegetable Scheme. More information available here: <http://www.nhs.uk/Livewell/5ADAY/Pages/Schoolscheme.aspx>

The School provides a free snack of fruit or vegetables for pupils in the Early Years and Key Stage One

For Key Stage Two pupils parents/carers may provide a snack of fruit and vegetables or a low fat, low sugar healthy snack such as crackers.

We actively discourage children and young people from consuming high fat, high sugar snacks. Food is not used as a method of positive reinforcement in school. Any food given at a celebration by staff will adhere to the guidelines stated in this policy.

Any food items brought in by parents/carers to be given out as birthday treats must be individually wrapped and store bought so they include allergen labels. We cannot give out homemade treats.

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These will be sent home with the child so that parents/carers can take responsibility for allowing their child to have the treat.

### **Parents/carers**

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. Parents have been involved in the making of this policy.

### **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.

### **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 through appropriate CPD.

### **Dissemination of the policy:**

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such transition meetings, parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

### **Equality Impact Statement**

In conclusion, any changes made to this policy are expected to provide a better service and are not expected to have a disproportionate effect on stakeholders, pupils and staff.

A full impact assessment is not required.

### **Staff Responsibilities**

The class teacher is responsible for planning lessons that are accessible for all students and ensuring that the correct learning objectives have been taught to the children.

The PSHE Lead is responsible for supporting teachers and assistants; gathering evidence to monitor and evaluate the impact of this policy; reporting to the Head Teacher and identifying future needs.

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The Head Teacher is responsible for evaluating all evidence to prioritise future areas for improvement.

The Governing Body are responsible for evaluating the impact of all of the above.

**Date Formally Approved by Governors:**

**Date Policy became effective:**

**Review Date:**

**Policy reviewed by: Elena Najduch (PSHE Lead)**

Date policy reviewed: June 2024    Next Policy review:

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## Appendix 1

### Packed Lunch Policy

#### Introduction

At St Pauls, we believe health is vitally important for everyone. Whatever our differences may be, health is our most important commodity and essential if children are to achieve their full potential. As a Rights Respecting School, we acknowledge under Article 24 the importance of working together with parents and carers to provide children with nutritious food so that they stay healthy. Together we are duty-bound to ensure children realise these rights. Article 24 - Children have the right to good quality health care, to clean water, nutritious food, and a clean environment, so that they will stay healthy. St Pauls Primary School is aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food on the health and behaviour of children and young people. The School also understand the need to improve the diets of children and young people and the role the School can play in this.

#### **Aim and Objectives**

The school aims to work to improve the whole school community by equipping pupils and their families with ways to establish healthy habits that benefit both themselves and the environment. We provide good quality, affordable, healthy food in school whilst respecting the environment. We will encourage all food brought into school to be good quality and healthy too. To ensure that packed lunches (brought from home) are healthy, tasty and as nutritious as possible.

The School follows the Government guidelines for a healthy packed lunch, (an example of this can be found in the graphic below) it is recommended that:

- One portion of fruit and one portion of vegetables or salad every day to be included in packed lunches.
- Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel.
- An oily fish, such as salmon or tuna, should be included at least once every three weeks.
- A starchy food, such as bread, pasta, rice, couscous, noodles, potatoes or other cereals should be included every day.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day.
- Include only still water, fruit juice, semi-skimmed or skimmed milk, yoghurts or milk drinks or smoothies. (No canned fizzy drinks). Free, fresh drinking water should be available at all times.
- Meat products such as sausage rolls, individual pies, corned meat and chipolata sausages should be included only occasionally.
- Snacks such as crisps once a week. Instead, vegetable or dried fruit (with no added salt, sugar or fat). Savoury crackers or bread sticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but should only be part of a balanced meal.

#### **Special Dietary Requirements**

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

#### **Dining Facilities for Children Bringing Packed Lunches**

We do not segregate our packed lunch children from our school dinner children. Packed lunch children can eat with their friends in the dining room.

#### **Packed Lunch Containers**

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It is the responsibility of the parents/ carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them. Parents are advised that glass bottles are not permitted in school for the safety of children at lunchtimes.

### **Storage of Packed Lunches**

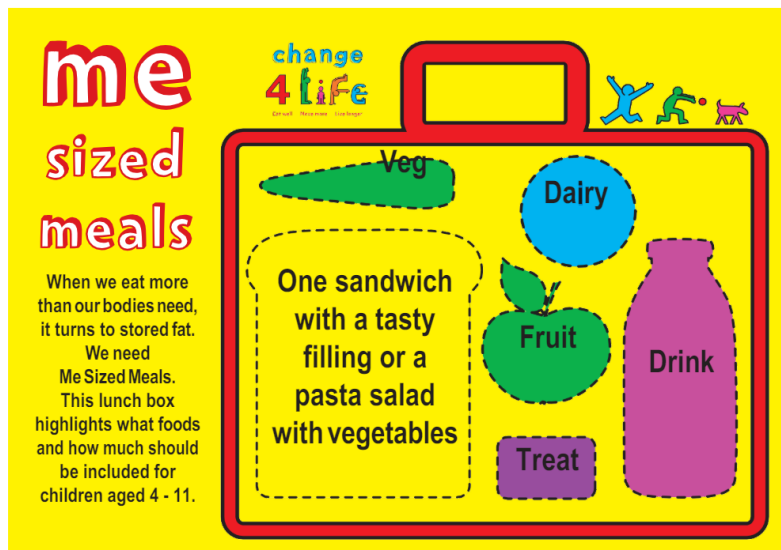
The school will provide a storage area/ facilities for packed lunches, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and brought into school.

### **Waste and Disposal**

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

### **Monitoring and Evaluation**

The school will carry out monitoring of packed lunch provision. Where there may be concerns over a child's food / nutrition intake and /or content of packed lunches, this will be dealt with sensitively.





## Appendix 2

### ***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>