

## **Food and Drink in School Policy**

### **1. Introduction**

At Chorlton Church of England Primary School, we are aware of the current situation nationally regarding rising obesity levels in children and concerns about the effect of a poor diet on both the physical and mental health and behaviour of children and young people. As a Unicef Rights Aware school, we are committed to ensuring that our pupils are given the guidance, education and support that they need in order to make lifelong healthy and informed choices about their diets ( Article 24: Every child has the right to the best possible health).

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 have therefore developed this whole school food and drink policy with Manchester Healthy Schools, with whom we work closely, 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. design and technology, science and PSHE
- Extra-curricular activities
- Provision of food and drink at school, e.g. Treehouse - breakfast/after school club, school lunch, drinking water/milk, snacks
- 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
- Events at school
- 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 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

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

At Chorlton CE Primary 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 made aware of the healthy eating ethos of the school as it is consistently reflected in before and after school provision, snack, lunchtimes and role modelling.

### **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 through the provision of food and drink, and in all other aspects of school life and in conjunction with parents/carers.

## **6. Objectives**

### **a) National Curriculum**

We aim, through education about food and drink, to enable children and young people to make healthy informed choices by increasing knowledge, changing attitudes and enhancing skills.

We will regularly review the curriculum to ensure that information is up to date and consistent and that the cross-curricular approach as well as through the PSHE curriculum, is utilised as a vehicle for delivering messages about healthy eating.

We aim to provide a service that is consistent with our teaching of healthy eating and drinking thus enabling children and young people to put into practice their learning in the curriculum.

### **b) 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.

### **c) Quality of the environment**

We aim to make our dining area user friendly, with several opportunities for pupils to be involved in making choices about their meal. We endeavour to ensure the dining experience is a positive one, with the chance to socialise with friends, experience the Golden Table for good manners etc.

### **d) 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 Treehouse breakfast club will be in keeping with meeting the Standards for school food other than lunch.

### **e) Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day. We will inform parents through newsletters and the website about the importance of eating a healthy packed lunch and lunches will be monitored to ensure that pupils are receiving a consistent message.

To be in line with school dinners, we are asking parents/ carers to only provide a treat in packed lunches on Wednesday and Fridays, and to choose healthier pudding options such as yoghurts and fruit on other days of the week.

**f) Breaktime**

At Foundation Stage and Key Stage 1 as part of the Free Fruit for Schools Scheme, all pupils receive a piece of fruit for their daily mid-morning snack. At Key Stage 2, all pupils are encouraged to bring a healthy snack such as fresh fruit and vegetables or breadsticks for example.

**g) After School**

Pupils who attend Treehouse after school care will be provided with a nutritionally balanced light meal planned for by the school Catering Manager. After school snacks should also promote healthy nutritional choices and should avoid high fat and salt content such as chocolate bars, sweets and crisps.

**h) Water**

Children are encouraged to bring in water bottles to drink from during the school day and drinking water is accessible to the children to fill up their water bottles. We stress the importance of staying hydrated so that the brain is at its optimum for learning. Water and milk are the only drinks to be consumed on the school premises

**i) Parents**

We will continue to work with our parents on all aspects of healthy eating, signposting them to other agencies for support and advice where appropriate. Communications will go out to parents via the school website, email and through the newsletter as well as having representatives at the parent coffee mornings and parents' evenings in case there are queries.

**j) 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.

The school also provides food in accordance with pupil's beliefs, practices and medical requirements as required. Each day meat and vegetarian options are provided for lunch and after school meals. Parents can communicate any dietary requirements on their child's data collection form updated annually, or via the school office. The school nurse will also support where needed.

When teaching the food and nutrition curriculum, we will consider the needs of pupils with food allergies and special diets.

**k) 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.

**l) 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 and for all staff in terms of medical needs such as anaphylaxis.

**m) Birthdays, treats & rewards**

We encourage a celebration of the special occasion of each child's birthday. Each child will be given a birthday sticker in the week of their birthday and will be sung to in class if appropriate for that child, their age etc. **School will politely refuse cakes and sweets brought in by parents but will encourage the healthy swaps which may include the following suggestions which have come from consultation with our pupil School Council Representatives:**

- A Birthday book for the class to keep
- A big birthday badge for the child to wear
- Craft resources
  
- A game for the class to keep
- A DVD for the class to keep
- A non-food based treat e.g. a rubber, pencil, sticker
- A healthy treat such as a fruit kebab, raisins or clementine etc.

There are times in the school year such as Christmas/Easter, class parties, discos, performances and other PTA/school events where more conventional treats such as sweets, biscuits and crisps may be available and going forward the school will communicate with parents in advance of this in terms of whether they wish their child to partake and whether they'd like to offer an alternative.

## **7. Policy, Leadership and Management**

The key person to lead in the area of food and policy is Vicki Foreman – PSHE Lead 22/23.

## **8. Dissemination**

The governing body recognises its responsibility for getting a strategic framework for the school's food policy and for monitoring and implementing the policy.

## **9. Monitoring, Assessment and Review**

We will monitor the food policy by speaking to pupils about the choices they make for school lunch, likes and dislikes; by taking time to check in on snacks and packed lunches; by making sure the PSHE, science curriculums support the progression of knowledge in this area across the school; by surveying stakeholders for their views, annually.

Monitoring and reviewing will lead to ongoing policy development with changes if applicable in this and the PSHE policy and curriculum.

## **11. Date and Review of Policy**

The governors agreed this policy in July 2022 and it will be reviewed in partnership with staff, parents / carers and pupils again in Autumn 2023 unless there are changes to National or Local Guidance.

*This policy has been approved by Helen Johnstone (Healthy Schools- Team Lead, Manchester Healthy Schools Programme, School Health Service)*

## Appendix 1

### ***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>