



# Wise Owl Trust

## Healthy Food and Drink

Version 1

Approved by Principals: 7th December 2021

# **Healthy Food and Drink Policy**

## **1. Introduction**

We are aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food and drink on the health and behaviour of children and young people. We also understand the need to improve the diets of children and young people and the role schools can play in this. We are familiar with the latest guidance on food and drink in schools as detailed at gov.uk ([www.schoolfoodplan.com/actions/school-food-standards](http://www.schoolfoodplan.com/actions/school-food-standards))

## **2. Definition**

The whole school food and drink policy aims to develop a coherent approach to healthy food and drink in our school. This includes:

- Formal curriculum e.g. design and technology, science and PSHE.
- Extra curricular activities and participation in local and national events and initiatives e.g. cookery club, school growing club, Lets get Cooking
- Provision of food and drink at school e.g. breakfast club, school lunch, drinking water/milk.
- 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.
- Promotion of food and drink and free school meals uptake including advertising and sponsorship.
- Events and lettings at school e.g. School Fair.
- Inclusivity – special diets, cultural and portion size.

The policy embraces the Every Child Matters Agenda, the right of every child to:

- Stay safe
- Be healthy
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

## **3. Legal/National Requirements**

Schools are required by law to meet the School Food Regulations (2007). The standards as set out in these are as follows:

- The food-based standards for school food other than lunch were introduced for all schools in September 2007.
- The nutrient-based standards and final food-based standards for school lunches came into force for primary in September 2008 and special and secondary schools in September 2009.

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**

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/carer's 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.

## **5. Aims and Objectives**

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.

### **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 provided for every age group through a planned developmental approach. 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.

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.

#### **a) 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 nutritional standards.

#### **b) Marketing**

We have strategies in place to promote healthier options such as healthy options highlighted on attractive menus or displays.

#### **c) 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, staff sitting with children, children having enough time to eat their dinner, cutting queuing times, extended service stations, monitoring noise levels and behaviour. See School Food Trust Toolkit (2011) and a 'Fresh Look at the School Meal Experience'.

#### **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 breakfast club will be in keeping with meeting the National Food Based Nutritional Standards. [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

#### **e) Packed Lunches**

We encourage parents/carer's to provide pupils with a healthy, varied packed lunch each day for example through Healthy eating newsletters, packed lunch advice sheets, hosting a demonstration at parents evening, holding parent's sessions to design a healthy lunchbox/food ideas etc. (Packed Lunch Policy template attached in appendix 1)

**f) Break-time Snacking, tuck shop, rewards and treats** We actively discourage children and young people from consuming high fat, high sugar snacks, by offering healthier snacks and minimising the use of unhealthy foods used as rewards and as birthday treats to avoid causing confusion for children and young people.

#### **g) Water**

Easily accessible fresh drinking water is made available to all students throughout the day.

**h) 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 our interactive cooking sessions in school, homework around healthy eating to be completed with a parent, after school cooking clubs for children and parents etc.

**i) Food Allergy**

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. When teaching the food and nutrition curriculum, we will consider the needs of food allergic pupils.

**j) Referrals**

Where appropriate, school nurse referral system is in place for underweight and overweight children.

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

The Healthy Schools Co-Ordinator's, leading in the area of food and policy in our Academies are:

- Briscoe Lane Academy – Wendy Farey
- Old Hall Drive Academy – Victoria Singleton
- Seymour Road Academy - Danielle Hart

### **Healthy Schools Co-ordinator (HSC)**

- The day-to-day management and co-ordination of the Healthy Food Policy (HFP)
- Monitoring and assessment of the HFP
- Supporting colleagues teaching HFP, including new members of staff and Early Career Teachers, giving them information about specific developments and updating subjects.
- Co-ordinating outside speakers/wider agencies
- Liaising with Healthy Schools Team to support the development of the school's healthy lifestyles
- Providing a strategic lead and direction for HFP throughout the life of the school
- Developing cross-curricular opportunities
- Develop staff confidence and alignment in the implementation of the HFP

### **Staff**

- Developing cross-curricular teaching sequences for all pupils
- Implementation of the HFP
- Promote and Role Model the expectations as set out in the HFP
- Supporting the HSC in the monitoring and assessment of the HFP and day-to-day management

### **Senior Leadership Team**

- Ensure that the HSC has the time provided to implement the HFP
- Review the reports of monitoring and assessments carried out
- Be a Role Model as set out in the HFP
- Promote the HFP in school communication and events
- Monitor the implementation and success of the HFP Governors
- Review the HFP annually
- Support the school in the implementation of the HFP
- Promote and Role Model the expectations as set out in the HFP
- Review any recommendations made by the HSC/SLT with regard to the HFP

## **7. Implementation**

The governing bodies recognise their responsibility for getting a strategic framework for the school's food policy and for monitoring and implementing the policy. It is important that we improve children's diet in the school community. This will be implemented through training with all staff groups, information sharing, school events such as parent's evening, cross curricular teaching sequences and cooking events we hold. This will impact on children's dental hygiene also.

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

We monitor the food policy by looking at how many children eat school lunches, free school meals, children's satisfaction surveys etc. The Principal will monitor the quality of the meals on a regular basis. Monitoring and reviewing will lead to ongoing policy development with changes if applicable.

## Appendix 1

### What to include and what not to include in your child's lunch box

#### Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day. A portion size for a child is roughly the amount they can fit into their hand.
- A starchy food such as bread, pitta bread, potatoes, pasta, couscous, tortilla wrap, noodles or crackers (plain). Use wholegrain versions wherever possible.
- A portion of beans, pulses, egg, meats or other proteins. Ideas include: hummus, tuna, lean ham, mackerel, cooked chicken, turkey, hard boiled eggs, chickpeas, beans and pulses in salads or lentil curry.
- Dairy (and alternatives) foods are needed for strong bones and healthy teeth. Ideas include: yogurt, fromage frais or cheese.
- If using oil and spreads, choose a low fat version and only a small amount.

Please check the sugar content of products. Items claiming to be healthy often have a high sugar content. As a guide, four grams of sugar equals one teaspoon of sugar.

#### Packed lunches should avoid:

- Any food items with a sugar content of 24g per 100g
- Snacks such as crisps and similar products. Instead, include fruit, vegetables or seeds (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate, sweets, cakes or biscuits
- Pastries
- Processed meat products such individual pies, corned meat should be included only occasionally.
- Pizza and similar 'fast food' takeaway products

### Top Tips

Here are some tried and tested tips for parents, why don't you have a try too?

- Limit choice – don't ask your children what they want for lunch but offer 2- 3 choices or get your child to help plan a week's menu
- Involve your child in preparing their lunchbox
- Talk to your child about why it is important to eat healthier foods
- Don't reward children with unhealthy foods
- Eat the same foods as your children
- Don't expect miracles overnight – take a gradual approach to changing your child's lunchbox
- Keep getting your child to try foods that they don't like in different formats

## Appendix 2

### Lunchbox Planner

We are often asked for ideas of what to make for your child's pack lunch therefore we have provided the following planner that you could take ideas from.

#### Week 1

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Chicken & mixed vegetable rice salad Cheese cubes Satsuma	Hummus & pitta bread Carrot sticks Mixed fruits Fromage Frais	Tuna & sweetcorn pasta salad Yogurt Banana	Cheese & tomato pasta Cucumber sticks. Cracker Melon Slices.	Vegetable couscous Boiled egg Pineapple pieces Yogurt

#### Week 2

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Tuna wrap Cherry tomato & pepper slices Pear Yogurt	Spicy chicken & salad wrap Cheese cubes Banana	Egg sandwich Cucumber sticks Fromage frais Orange	Ham sandwich Pepper & cucumber sticks Strawberries Yogurt .	Cheese on pitta bread Carrot & pepper sticks Blueberrie

## **Useful Policy and Food related web site links**

- Healthy Schools** <http://www.healthyschools.org.uk/>
- Packed Lunches** <http://www.healthylunch.org.uk/users/index.php?login>  
<http://www.educationleeds.co.uk/SchoolMeals/>
- The British Nutrition Foundation** <http://www.nutrition.org.uk>
- The Food Standards Agency** <http://www.food.gov.uk/>
- The Schools Food Trust** <http://www.childrensfoodtrust.org.uk/>
- The Food Standards Agency** [www.food.gov.uk/news/newsarchive/2004/sep/lunchbox2](http://www.food.gov.uk/news/newsarchive/2004/sep/lunchbox2)
- The Food Standards Agency – healthy catering** [www.food.gov.uk/northern-ireland/nutritionni/healthy-catering](http://www.food.gov.uk/northern-ireland/nutritionni/healthy-catering)
- Health Education Trust (HET) guide on setting up a SNAG group** [www.healthedtrust.com/pages/snag.htm](http://www.healthedtrust.com/pages/snag.htm)
- Schools Councils** [www.schoolcouncils.org](http://www.schoolcouncils.org)
- Food in Schools Toolkit** [www.foodinschools.org/fis\\_toolkit.php](http://www.foodinschools.org/fis_toolkit.php)
- DCSF Schools for the Future Inspirational Design for Kitchen and Dining Spaces**  
[www.thenbs.com/PublicationIndex/documents/details?Pub=DCSF&DocID=305139](http://www.thenbs.com/PublicationIndex/documents/details?Pub=DCSF&DocID=305139)
- Children’s Food Trust – packed lunches**  
<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/>
- Children’s Food Trust – school food standards**  
<http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/school-food-standards/standards-for-your-school-food>
- National Governors Association (NGA) – Pupil wellbeing**  
[www.nga.org.uk/Guidance/Pupils-and-parents/Pupil-wellbeing/School-Food-Plan.aspx](http://www.nga.org.uk/Guidance/Pupils-and-parents/Pupil-wellbeing/School-Food-Plan.aspx)
- The Food Standards Agency – healthy catering**  
[www.food.gov.uk/northern-ireland/nutritionni/healthy-catering](http://www.food.gov.uk/northern-ireland/nutritionni/healthy-catering)