

Windmill Hill Primary School

Policy Document

FOOD & HEALTHY EATING POLICY

	Adoption date	September 2013	
	Governors' meeting / minute number	FGB	
	Staff member responsible	N Gawthrope	
	Governor responsible	FGB	
	Statutory / school policy	School	
	Review period / date	TBC	
	Chair of Governor's signature	R Gillott	
	Headteacher's signature	P Escott	

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

School setting:

At WHPS, we believe that healthy eating should be promoted as an enjoyable activity, as well as one that contributes to good health. We believe it is the school's role to develop pupil's abilities to make informed food choices, in a way which acknowledges and respects the eating habits of individuals and families.

How and why the policy was formulated:

The Healthy School Coordinator looked at sample policies and suggested the policy template from the Schools Food Trust to staff in Summer 2011. The governors will be informed and passed a copy of the policy to ratify after School Council have had opportunity to share a contribution and parents have been asked for feedback. To make a positive contribution to children's health and Healthy Schools Status.

- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk/nutrientstandards for more information.
- To contribute to the self-evaluation for review by Ofsted.

National guidance:

e.g.: The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches: what the policy states

Schools are advised to select and adapt policies from the below suggestions as appropriate for their individual circumstances.

- 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 packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

We recommend packed lunches should include:

- 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, peanut butter and falafel) every day
- 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
- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

We recommend packed lunches should not include:

- Snacks, such as crisps. Instead, include nuts, seeds, vegetables and fruit (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 bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Other Food in School

As part of our commitment to promoting healthy eating, all children are encouraged to bring fruit or vegetables for playtime.

We participate in the school Fruit and Vegetable Scheme which provides children in Foundation Stage and Key Stage 1 with a daily fruit or vegetables. Class teachers will plan this into the school day at an appropriate time for their children.

As a school we belong to a scheme set up by the Local Education

Authority and the School Milk Services Limited which offers subsidised milk. All children from five to eleven years are able to receive milk at morning break by pre-order. Under fives receive free milk.

Water

All pupils are given a bottle when they join our school to be used for water. It is recommended that the water bottle is taken home daily to be washed and replenished with fresh water for the next day.

Special Occasions

Children feel strongly that they should be able to share birthday cakes should they choose to do so. This has been agreed as acceptable by children and staff.

Also when children have been on holiday they do like to share a bag of sweets with classmates at the end of the day. This is so that parents collecting children can decide when it is appropriate for them to eat.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools. Pupils with allergies have photographs displayed in the designated areas in Key Stage 1 and 2.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For instance pupils of Muslim faith will not be permitted to eat gelatine for religious reasons. For these reasons pupils are also not permitted to swap food items.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which follow our recommendations. In turn, the school will keep the parents informed as per the methods detailed below under "Dissemination of the Policy".

Linked policies:

PSHE policy, First Aid Policy

Dissemination of the policy:

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

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating alongside coverage in the curriculum.

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