



Food in School Policy

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Introduction:

In the Department for Education document *School food in England: Departmental advice for governing bodies* "Governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches."

This policy has been written to take into account and comply with the mandatory national School Food Standards (January 2015).

These standards:

- Outline what can and cannot be provided during the extended school day
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients

The work Crookhill does in relation to school food will take into account the questions below:

- Are pupils supported to make healthy and informed lifestyle choices?
- Does the school provide a positive lunchtime dining environment?

Context

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement. We know that obesity is on the rise within the UK, with 1 in 5 children beginning their school life as either overweight or obese and 1 in 3 children leave primary school as either overweight or obese.

We would like to influence health, in the short term to ensure healthy weight and in the long term to protect against type 2 diabetes, heart disease, cancer and other health related problems. Plus if we can influence how food is grown and produced it can also have a positive impact on our local economy, the environment, climate change as well as health.

Basic Information:

This policy covers Crookhill's approach to Food in School. It was produced by Danielle O'Shaughnessy, Healthy School Lead, through consultation with all teaching staff, the Head teacher (Kristine McCormack) and the link governors for this area.

Parents will be informed of the policy through our weekly newsletter and it will be readily available on the website.

Our School Context

Crookhill Primary School is situated on the outskirts of Ryton, in the west of Gateshead with 181 pupils currently on roll. The school is organised into seven classes from Reception to Year 6. 32% of children receive Free School Meals and 33% of pupils receive pupil premium grant funding. 12% have special educational needs. There is a significant proportion of families who are challenged with regard to deprivation. Only 4% of are pupils are from ethnic groups other than white British, and only 2% have EAL, both are well below the national average. There is a higher percentage of boys than girls.

At Crookhill Primary School we recognise the importance of a healthy diet and the connection between a healthy lifestyle and a pupil's ability to learn effectively and reach their full potential. It is important we consider all elements of our work to ensure that awareness of healthy eating is promoted to all members of the school and the wider school community. Healthy Lifestyles are promoted through effective leadership, school ethos and our broad and balanced curriculum.

Aims:

- To ensure that all food and drink is in line with the Government's mandatory standards, is varied, is served in appropriate portion sizes as well as looks and tastes good.
- To ensure that all members of the school community are able to make well informed food choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practises.
- To make every effort to ensure that food provision in the school reflects the ethical and medical requirements of the school community (including staff and pupils) and that all relevant staff are aware of these needs.
- To ensure that the EU Food Information for Consumers Regulations are met and that food information is readily available about allergens used in any food or drink being served.
- To involve the whole school community in all aspects of food in schools.
- To ensure that all food and drinks consumed in school are healthy for teeth
- To ensure that all staff involved in food preparation demonstrate good food safety practices.
- To take a whole school approach to healthy eating to ensure the healthy eating messages are reflected throughout the school
- To raise awareness and to promote the eligibility criteria in relation to free school meals for parents and carers.
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Food Safety

The head teacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

Break time

Break time snacks include those brought from home, bought on the way to school, provided by school or sold in our healthy tuck shop.

Many children consume large quantities of snacks high in sugar and 'bad' fats every day. We are committed to providing an environment to encourage healthier choices which could have a massive impact on health. Children at Crookhill benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day. Our tuck shop sells carefully selected items such as yoghurt drinks, small pieces of cheese and low sugar cereal bars. Parents can send in snacks with their children such as fruit, vegetables and dried fruit. Playtime snacks are monitored and any deemed not in line with school policy (e.g. biscuits, crisps, sweets, chocolate, sugary cereal bars) are not allowed.

Working with parents (letters, workshops) will help to reinforce our healthy eating messages, support the whole school approach to food and ensure food meets the standards.

School Meals

We provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure there is a range of meals which take into account the health needs and religious and ethnic preferences of everybody at our school. We ensure the service is consistent with our teaching of healthy eating, including the '5 a day' message and the 'Eatwell Plate' as well as being compliant with the School Food Standards.

Halal provision and dietary requirements

Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged. Children with specific food allergies have health plans which are shared with all staff and displayed in the kitchen and staff room. All staff are aware of these plans and know what to do in the event of an allergic reaction.

Packed lunches

It is a common misconception that a packed lunch brought from home is healthier and than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar. Crookhill has guidelines, that have been agreed with staff, governors, pupils and parents regarding the content of packed lunches so they are in line with our whole school approach to 'healthy eating'.

Drinks

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, every child at Crookhill has access to free fresh drinking water throughout the school day. All children receive a free water bottle on entry to reception and all children are encouraged to bring a water bottle to school filled with plain water. Flavoured water is not allowed unless there is a specific reason which will need to be discussed with the Head Teacher. We also have water fountains that all children have access to throughout the day. Drinks provided at lunchtime are in line with the School Food Standards. All pupils are encouraged to drink water throughout the day.

Food in the curriculum

The head teacher has a responsibility for preparing the curriculum policy. All children will cover a Cooking and Nutrition strand within the Design Technology Curriculum. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation.

Aims:

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
- To ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating
- To ensure opportunities within the whole school curriculum promote and raise awareness of the following topics- healthy weight, good oral health