

St. Margaret's C.E.



St. Margaret's C of E. Primary School

Whole School Food Policy 2015

Food and nutrition in schools is currently high on national and local agendas. With increasing obesity rates in children and young people, the eating habits established by someone in childhood can influence their health both in the short (tooth decay) and long term (diabetes, heart disease, cancers etc). There is also evidence to suggest that diet can impact on academic performance.

Furthermore, there is increasing concern about global warming and climate change. The way in which we grow and produce our food can contribute to, or alleviate this problem.

This following policy has been developed to take into account these 2 major social issues, and the **statutory School Food Standards and Food Allergen Rules**, with a view to giving the pupils in our care consistent messages that will encourage the development of informed lifestyle choices that will benefit both themselves and their environment.

A statement of the schools values and ethos

At St Margaret's Primary School we believe that;

- Schools have a role to play in encouraging our pupils to develop healthy eating habits
- The key to healthy eating is a balanced diet
- Food should be enjoyable as well as nutritious
- Schools have a role to play in supporting parents to educate their children to eat healthy foods

Aims and objectives

We will take a 'whole school approach' to encourage our pupils, staff and families to establish and maintain lifelong healthy eating and drinking habits. We will encourage our pupils to eat a balanced diet which includes at least 5 portions of a variety of fruit and vegetables a day. 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.

The curriculum

Through education about healthy eating we aim to enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills. We aim to educate pupils to understand the importance of a balanced diet which will also include portion sizes (see 'Me Sized Meals' information sheet - appendix 2). We also aim to develop an understanding of the relationship between food, physical activity and short and long term health benefits, including oral health.

A broad outline of how these issues will be addressed in the taught curriculum would be useful. This may include:

- The range of curriculum opportunities e.g. PSHE, Science etc. and optional subjects leading to GCSE i.e. Food Technology
- Cross curricular activities e.g. Health Weeks, Food Taster Days
- Practical opportunities for developing food growing, handling, preparation and cooking skills in school to complement National Curriculum e.g. for religious festivals, food tasting activities, cookery clubs

The Food Service

We will work with catering providers to ensure the service is consistent with our teaching of healthy eating, including the 5 a day message and the “eatwell” plate (see appendix 1) and ensure that this service complies with the statutory School Food Standards and Food Allergen Rules.

School meals

- We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences.
- We will promote school meals.

Halal provision and dietary requirements

The lunchtime meal provision will be compliant to national guidance;

- Facilities Management use Halal meat from a recognised, certified supplier of Halal meats.
- A suitable vegetarian meal option available.

Marketing

We will have strategies in place to promote healthier options such as;

- Information prominently displayed in dining area
- The importance of the appearance and presentation of food
- Promoting 5-a day message
- Position of salad bar with at least 5 different options
- Availability of drinking water
- Queue length
- Inviting parents to ‘Taster Days’
- Information for parents

Quality of the environment

We will ensure that the environment in which children eat is comfortable, friendly and maintained in a clean and hygienic state.

This may also include information about:

- Noise levels
- The opportunity to eat food without being rushed/music to eat by
- Décor/furnishings
- Staff supervision
- Layout – customer friendly impact
- Queues
- Seating arrangements

Breakfast clubs

Through curriculum teaching we will encourage children to eat breakfast. For those who attend Breakfast Club the food served here will comply with the statutory School Food Standards and Food Allergens Rules.

Break-time snacking

- Only foods compatible with the statutory School Food Standards and Food Allergens Rules are permitted as snacks
- We participate in National School Fruit and Vegetable Scheme
- We offer a tuck shop which sells fruit and vegetables to KS2 children at break time
- Avoiding food manufacturers and retailers promotions which contradict healthy eating principles
- Promotional materials where available for example from: the Healthy Weight Team, Facilities Management Services, Oral Health and Change4Life

Rewards and treats

Birthdays and celebrations are an important part of school life. There are various non-food ways of celebrating birthday's in school.

We ask that parents do not send 'edible' treats in to school to celebrate their child's birthday. If parents would like to celebrate with gifts for their child's class they could perhaps send small items such as pencils, rubbers or a book that is donated for use by the entire class.

Drinks

Water and milk are the only drinks permitted between meals. Fresh drinking water will be available to children and staff at all times.

Packed Lunches

If a packed lunch is provided instead of a school meal this should be a healthy balanced lunch box. (See Packed Lunch Leaflet – appendix 3). Our aim is to ensure all packed lunches brought from home and consumed from school provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

We will extend the healthy eating message home by:

- Packed lunch monitoring and reward systems
- Healthy eating articles in newsletters and promotion on school website
- Advice and resources such as leaflets re lunch boxes, 'Me Sized Meals' (see appendix 2), 5 a day message and other promotional materials from for example; Change4Life/Oral Health
- Organising special cook and eat sessions for parents/carers

Lunch boxes should be kept cool.

- Keep away from direct sunlight and/or radiators
- Small cartons of drink can be frozen and packed with sandwiches to keep them cool
- Pack your food in an insulated cool bag or lunch box along with an ice pack

Drinks -

- Please include water, milk, fresh fruit juice or fruit smoothies in your child's lunchbox.
- Please do not include any fizzy drinks or drinks sweetened with sugar or artificial sweeteners. If your child is seen with an unhealthy drink they may be asked to hand the drink into a member of the midday staff and will be given a replacement drink of water.

Wider Agencies

On healthy eating issues in school we will work together with;

- Oral Health Service
- School Nurse
- Healthy Weight Teams
- Catering Service
- Change4Life promotional materials
- Healthy Schools Programme Lead

We will also ensure there is no collaboration with businesses that require endorsement of brands that are high in fat, sugar or salt.

Monitoring and evaluation

We will use the following success criteria to monitor and evaluate our work on healthy eating;

- Increased uptake of healthier food in the canteen/use of the salad bar
- Greater understanding/awareness by pupils of the need to eat a nutritious and balanced diet
- Greater understanding/awareness by pupils of the need to eat at least 5 portions of a variety of fruit and vegetables a day
- Greater understanding of pupils of portion control ie 'the eatwell plate, me sized meals'
- Improved attendance at breakfast club
- Monitoring uptake of school meals

Methods of data collection may include:

- Surveying the school community to monitor understanding and perceptions of healthy eating and also suggestions as to how to improve the provision of healthier options in school
- Monitoring the coverage of healthy eating in the curriculum
- Questionnaire indicating the number of children consuming breakfast
- Questionnaire indicating the awareness/understanding of the 5 a day message/the "eatwell" plate/portion sizes
- The number of visits to fruit tuck shop and breakfast club
- Audit of packed lunches
- National Child Measurement Programme - Weights and Measures data

Appendix 1

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Appendix 2



Change for Life – ‘Me Size Meals’

What is me size meals?

It seems obvious, but children have smaller stomachs than adults and need to eat smaller amounts of food regularly. Me size meals is all about portion control and making sure children eat the right amount of food for their age and size.

How much is enough?

It can be difficult working out how much to give and especially as children grow at different rates and have different activity levels. One practical way of working out how much to give them is to make a fist and compare it with your children. Smaller hands and smaller feet, means smaller stomachs too. Overfeeding kids can not only stretch their stomachs and make them feel uncomfortable, it can lead to extra fat storing up in their bodies too which can increase their **risk of developing heart disease, type 2 diabetes and some cancers later in life.**

Top tips for incorporating me size meals

- Find or buy some child-sized plates and bowls. Me size plates, cups and bowls = me size portions
- Children can help with laying the table, it'll help them be more independent and make them feel part of mealtimes too
- Turn off the TV and turn on the conversation. Watching TV, toys and playing computer games are all distractions which can make it difficult to concentrate on mealtimes
- Offer a small drink at mealtimes – water or diluted 100% fruit juice (1 part juice to 10 parts water to protect their teeth) are good options
- Serve up smaller portions – if they're on child-sized plates and bowls it'll be easier to tell if they are having the right amount
- Offer 2 courses at meal times, a savoury one followed by a pudding like yoghurt, fruit salad, fruit crumble and custard, it makes mealtimes more interesting and helps them get all the calories and nutrients they need
- Trust when they are full up-some signs babies and toddlers have eaten enough are:
Saying no ,Keeping their mouth shut or turning their head away when food is offered
Pushing away the bowl, plate or spoon containing food, crying, shouting or screaming
- If they don't want any more take away the uneaten food without making a fuss

Appendix 3

Healthy Packed Lunch Guidance

Why have packed lunch guidance?

As a Healthy School we encourage good eating habits for our children and provide guidance to support children making healthy choices. All our school lunch menus are created to ensure a healthy balance across the week, based on the Eat Well Plate.



However, approximately 60% of our children currently bring a packed lunch to school! This guidance has been produced to guide parents, carers and children about what choices should be made for healthy packed lunches following consultation with pupils, parents/carers, governors and staff.

Use the information in this guidance leaflet to make your child a healthy packed lunch. A healthy lunch gives children the energy they need to learn and play for the rest of the day!

Practical tips for a healthy packed lunch:

- Involve your child in choosing and preparing their packed lunch.
- Keep food fresh by adding a small frozen ice pack.
- One child's portion size of fruit or vegetables is roughly the same amount as they could hold in their hand.
- Swap to wholegrain bread, or use one slice of white and one of brown.
- Try to vary fillings for sandwiches and always try to add some salad. Ideas for fillings include lean meats, chicken and mashed avocado, quorn slices, hummus, egg, fish (such as tuna or salmon), cottage cheese, grated cheese, cream cheese or sliced banana.
- Using a different type of bread each day can make lunchboxes more interesting.
- Try an alternative to sandwiches- make rice, pasta, couscous or bean salads instead. Or use rice cakes, crackers or bagels.
- You can use leftovers such as pasta dishes, vegetable pizza as part of your child's packed lunch the following day.
- Swap squash and sweetened drinks to diluted pure fruit juice, water (provided at school) or milk

What is a Healthy Packed Lunch?

A healthy packed lunch is a balanced meal based on items from our four main food groups (**green sections**):

Fruit and vegetables

We encourage **at least one item of fruit or vegetable** in packed lunches to provide plenty of fibre, vitamins and minerals.

- A piece of fresh fruit or raw vegetable.
- Dried fruit including raisins, apricots and dates.
- Add salad items such as tomato, cucumber, grated carrot, beetroot or lettuce to a sandwich.
- Fruit smoothies.
- Finger foods such as cherry tomatoes, cucumber, peppers or celery sticks which are good with a dip eg hummus.
- Fruit salad / kebab.
- Vegetables added to salads eg sweetcorn, peppers



Meat and alternatives

Add some protein which is vital for healthy growth:

- Lean meats such as chicken, turkey and ham.
- Oily fish such as sardines and mackerel.
- Fish such as tuna or salmon.
- Cheese such as Edam, cottage cheese or soft cheese.
- Eggs including quiche or omelette.



Milk and dairy foods

Include item(s) from this group which are crucial for healthy bones and teeth:

- Choose from milk, fruit smoothie (made from yoghurt/milk), yoghurt, fromage frais and cheese.



Starchy foods

Base each packed lunch on a starchy food as these foods are great for energy:

- Try different types of bread including bagels, pitta breads, wraps, chapattis or bread rolls.
- Other starchy foods include pasta, rice, potato, noodles or couscous.
- Whole grain varieties are best for fibre.



Drinks

Drinks, particularly water, help your child to concentrate:

- We encourage water, milk or pure fruit juice rather than sweetened juice to be included in packed lunches.
- Water is freely available for packed lunch children.

