



KINGSWAY COMMUNITY TRUST

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HEALTHY EATING POLICY

February 2016

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Date: February 2016

Review date: Autumn 2022

1. Introduction

We are aware that obesity remains a major issue amongst school children, with around 1 in 3 Year 6 children being measured as either overweight or obese in the 2014/2015 year. 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 young people and have therefore developed this whole school food and drink policy, to support our achievement of this. We are familiar with the latest guidance on food and drink in schools including with the School Food Trust Tool Kit 2011 and the new national nutritional standards for school food (www.schoolfoodtrust.org.uk).

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. cooking and nutrition, design and technology, science and PSHE.
- Extra-curricular activities and participation in local and national events and initiatives, e.g. cookery club gardening club, lifeskills club
- Provision of food and drink at school, e.g. breakfast club, tuck shop, school lunch, vending, drinking water/milk, snacks, use of food and drink as a reward and special occasions.
- 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 school meals and healthy packed lunch ideas at Parents' Evenings, through Pupil Voice and targeted monitoring of children's lunchboxes.
- Events and lettings at school, e.g. school fair.
- Inclusivity – special diets, cultural and age (portion size).

3. Legal/National Requirements

New School Food Standards were announced on 17th June 2014. From 1st 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

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 aware of the healthy eating ethos of the school as it is reflected in before and after school provision, snack and lunchtimes, treats and rewards.

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 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 a progressive and developmental curriculum. 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.

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* (<http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf> - page 3).

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c) Marketing

We have strategies in place to promote healthier options such as such as information sheets on Parents' Evenings and parenting classes.

d) 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, using table cloths and brightly coloured plastic trays, children having enough time to eat their dinner, cutting queuing by staggering times, monitoring noise levels and behavior, lunchtime staff encouraging the uptake of fruit by taking the fruitbowl to the tables.

e) 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 (<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> - page 11).

f) Packed Lunches

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day for example through healthy eating and packed lunch advice leaflets available in different languages, in new-pupil

packs and on parents' evenings, parenting classes, targeted healthy lunchbox challenge weeks, etc (Packed Lunch Policy attached in Appendix 1)

- g) Break-time Snacking, rewards and treats** We actively discourage children from consuming high fat, high sugar snacks, by offering healthier snacks (fruit) and minimising the use of unhealthy foods used as rewards and as birthday treats to avoid causing confusion for children.
- h) Water**
Easily accessible fresh drinking water is made available to all students throughout the day. Children and staff all have their own personalized water bottle, provided by the school.
- i) 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 parenting courses in school, after school cooking clubs with children.
- 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.
- 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 – 'Healthy Eating and Physical Activity in the primary school setting, the Healthy Schools training – 'Food and Parents' and the Lunchtime Organiser training (see www.manchesterhealthyschools.nhs.uk).

7. Dissemination

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

8. Monitoring, Assessment and Review

We will monitor the food policy by regularly reviewing the take up of free school meals, regularly checking packed lunches, parental surveys etc. The Executive Headteacher 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

Packed Lunch Policy

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 meets the national nutritional standards.

How and why the policy was formulated

The policy was formulated as part of the National Healthy Schools Healthcheck which ensures Kingsway Community Trust Schools continues to be healthy schools. It followed a healthy eating questionnaire for staff, a survey of children's packed lunches, and the compilation and distribution of a healthy lunchbox advice leaflet to parents, introduced during a promotional Healthy Eating Week.

It aims to make a positive contribution to children's health and Healthy Schools Status; to encourage a happier and calmer population of children; to promote consistency between packed lunches and food provided by schools to meet the national standards set by the government; to contribute to the self-evaluation for review by Ofsted.

National guidance

The policy was drawn up using a range of national documents provided by the National Healthy Schools, including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2007).

Where, when and to whom the policy applies

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

- 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.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should include

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish (particularly oily fish such as tuna) or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day.
- 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 or yoghurt every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should avoid

- 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 children are encouraged 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.

Special diets and allergies

The school 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 these reasons pupils are also not permitted to swap food items.

Assessment, evaluation and reviewing

Packed lunches will be regularly monitored by class teachers and lunchtime organisers.

Healthy lunches will be rewarded with stickers and feedback given to teachers so that appropriate rewards can be given. Every year, each year group will be targeted to take part in the Healthy Lunchbox Challenge – children who have a healthy packed lunch on five consecutive days, as well as the person who made it (parent/carer), will be rewarded with a certificate at a special assembly.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy and reminding them of healthy options they could include. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers

Parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the Healthy Schools Coordinator informed as per the methods detailed below under “Dissemination of the Policy”.

Linked policies

Linked policies include Design Technology, PSHE, PE, Physical Activity, Science.

Dissemination of the policy

The policy will be available on the school’s website and will be incorporated into the school prospectus. The school will use opportunities such as parents evenings and Lunchbox Challenge weeks to promote this policy as part of a whole school approach to healthier eating.

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

Appendix 2

Useful Policy and Food related web site links.

Healthy Schools Manchester

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 Childrens Food Trust

www.childrensfoodtrust.org.uk.

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>