



## Healthy Food and Drink Policy/Appendices

### **1. Introduction**

The policy refers to the Generic PSHE policy document.

We are aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food 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 government's proposals and the latest guidance on food and drink in schools including The Food In Schools Toolkit guidance 2005 ([www.foodinschools.org.uk](http://www.foodinschools.org.uk)) and the new national nutritional standards for school food ([k](#)).

### **2. Definition**

The whole school food 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 & C.
- Provision of food and drink at school e.g. breakfast club, school lunch,, drinking water/milk, use of food and drink as a reward.
- Consumption of food and drink at school e.g. dining room environment, style of service, timing, pupils bring food to school i.e. lunch boxes
- Events and lettings at school e.g. School Fair.

### **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 in force for primary in September 2008 and special and secondary schools in September 2009.

Ofsted will be monitoring a school's approach to healthy eating as part of its regular inspection of schools. This includes stating whether they are compliant with the food-based and nutrient-based standards, where they are responsible for doing so. Schools will need to confirm whether they are meeting the requirements in full, in part, or not at all. The inspector can then ask for evidence to support this claim. Evidence of compliance with the nutrient-based standards would involve providing menus, standardised recipes, results tables and graphs obtained from the nutrient analysis of the school lunch menus using nutrient analysis software.

Governing bodies also 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 consistently reflected in before and after school provision, snack and lunchtimes, treats and rewards and role modelling.

#### **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.

We aim through education about food and drink to enable children and young people to make healthy informed choices by increasing knowledge, changing attitudes and enhancing skills.

We will regularly review the curriculum to ensure that information is up to date and consistent and that the cross-curricular approach is utilised as a vehicle for delivering messages about healthy eating.

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 the opportunity to eat a healthy, balanced meal, that is culturally acceptable and meets the national nutritional standards.

( [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) )

##### **c) Quality of the environment**

We aim to make our dining area user friendly through arranging tables more sociably, using table cloths , table monitors/mentors.

##### **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/carers 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 etc.

**f) Break-time Snacking, rewards and treats** We actively discourage children and young people from consuming high fat, high sugar snacks, minimising the use of unhealthy foods used as rewards and as birthday treats. Where possible we will endeavour not to use food as a reward 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**

**i)** We will encourage them to continue to promote healthy eating in the home through , e.g. interactive cooking sessions in school, homework around healthy eating to be completed with a parent.

**6. Policy, Leadership and Management**

This section of the policy could be linked to the Generic PSHE policy at this point.

**7. Implementation**

This section of the policy could be linked to the Generic PSHE policy at this point.

**8. Monitoring, Assessment and Review**

This section of the policy could be linked to the Generic PSHE policy at this point.

**9. Breaches of Policy**

This section of the policy could be linked to the Generic PSHE policy at this point.

**10. Relationship with other policies**

The Physical activity policy should link closely with this policy as could the schools P.E. Policy

**11. Date and Review of Policy**

The governors agreed this policy on ..... and it will be reviewed in partnership with staff, parents / carers and students again in ..... unless there are changes to National or Local Guidance.

## Appendix 2

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

#### Healthy Schools

<http://www.healthyschools.gov.uk/Default.aspx>

#### Packed Lunches

<http://www.healthylunch.org.uk/users/index.php?login>

#### Food Standards Agency - Tips for a healthy lunchbox

<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchboxtips>

<http://www.educationleeds.co.uk/SchoolMeals/> and search for the packed Lunch Toolkit.

#### The School Food Trust

<http://www.schoolfoodtrust.org.uk/index.asp>

#### The British Nutrition Foundation

<http://www.nutrition.org.uk/home.asp?siteId=43&sectionId=s>

#### The Food Standards Agency

<http://www.food.gov.uk/>

#### Healthy Schools

<http://www.healthyschools.gov.uk/Default.aspx>

#### From the School Food Trust

##### Case studies are available on the School Food Trust website

[www.schoolfoodtrust.org.uk/casestudies](http://www.schoolfoodtrust.org.uk/casestudies)

'A fresh look at the school meal experience' details a comprehensive set of ideas and advice

[www.schoolfoodtrust.org.uk/resources/mealexperience](http://www.schoolfoodtrust.org.uk/resources/mealexperience)

'A fresh look at vending in schools' booklet

[www.schoolfoodtrust.org.uk/resources/vending](http://www.schoolfoodtrust.org.uk/resources/vending)

##### Packed Lunch information

[www.schoolfoodtrust.org.uk/packedlunches](http://www.schoolfoodtrust.org.uk/packedlunches)

A list resources from the school food trust can be found here:

[www.schoolfoodtrust.org.uk/resources](http://www.schoolfoodtrust.org.uk/resources)

SFT Prototype run by Merton Parent's group.

[www.schoolfoodtrust.org.uk/prototypes/parentengagement](http://www.schoolfoodtrust.org.uk/prototypes/parentengagement)

#### Resources from other sources

Health Education Trust (HET) guide on setting up a SNAG group

[www.healthedtrust.com/pages/snag.htm](http://www.healthedtrust.com/pages/snag.htm)

**National Governors Association (NGA) Governors Food Policy Document**

[www.tmmuk.com/ngc/document.asp?id=19](http://www.tmmuk.com/ngc/document.asp?id=19)

**Schools Councils** [www.schoolcouncils.org](http://www.schoolcouncils.org)

**Citizenship Pieces** [www.citizenship-pieces.org.uk/schoolscouncils/argument.htm](http://www.citizenship-pieces.org.uk/schoolscouncils/argument.htm)

**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.teachernet.gov.uk/docbank/index.cfm?id=11831](http://www.teachernet.gov.uk/docbank/index.cfm?id=11831)

**Healthier catering advice from Food Standards Agency**

[www.food.gov.uk/healthiereating/healthycatering](http://www.food.gov.uk/healthiereating/healthycatering)

**School meals and healthy eating: a CPAG briefing, October 1999**

[www.cpag.org.uk/cro/Briefings/1099schmeals.htm](http://www.cpag.org.uk/cro/Briefings/1099schmeals.htm)

**Support Work In Schools Training**

<http://www.tda.gov.uk/support/qualificationsandtraining/swis.aspx>

