

Kingfield Primary School
Whole School Food Policy
Spring 2018



Status:	Non-Statutory	POLICY – P029
Review Period	Bi-Annual	
Next review date:	Spring 2020	

Aims and Objectives

At Kingfield Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

Kingfield Primary School is an accredited Healthy School. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets by:

- Giving consistent messages about food and Health
- Giving our pupils the information they need to make healthy choices
- Promoting health awareness
- Giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet
- Ensuring that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience
- Supporting the provision of healthy packed lunches (in KS2) and snacks

Kingfield Primary School does **not** permit any nuts or sesame seeds onto the school site at any time.

The Curriculum

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, PSHE, PE and DT curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

School Meal Provision

It is our school policy that all children in Reception and KS1 have a healthy, hot school meal, provided as part of the Universal Free School Meals provision. Children in nursery, who stay for lunch have a healthy, hot school meal which is paid for.

Children in KS2 have the choice of purchasing a school meal or bringing a packed lunch from home.

We are committed to:

- Providing a balanced menu that is compliant with the Government's standards for school lunches.
- Ensuring that the service is accessible to all pupils and that their dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Creating a sociable dining environment and encouraging the development of good table manners.
- Monitoring and evaluating the food provision and seeking feedback from children and parents through tasting sessions.

Development of the policy on packed lunches:

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix 1).

School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches (see appendix 2), and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

Content of Packed Lunches Foods to include:-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix 1) and should include from the following:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetables
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. NO FIZZY DRINKS

Foods to avoid or limit:-

- Crisps, cakes and biscuits

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling (including Nutella)
- Nut products

Special diets and allergies

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including any nuts or nut based products, including peanut butter and Nutella.

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Facilities for packed lunches

We will:-

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and alternative drink.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops.

Provision of food and drink during the school day

- Breakfast is an important meal of the day. Our Breakfast Club includes the provision of a nutritious breakfast for pupils before the school day.
- Children are encouraged to bring a healthy snack in from home to eat at morning break. This might be fruit or vegetables. No other snacks are permitted. KS1 children are provided with a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme.
- Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school.
- All children are provided with the option of drinking milk at lunchtime.

Monitoring

The Senior Leadership Team, Catering Team, classroom staff and lunchtime staff monitor this policy on a day-to-day basis. Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governing body and the Head teacher.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (100g) contains

Energy	14	10	10	10	10
Total fat	3.0g	1.3g	3.4g	0.9g	0.2g
Saturated fat	Low	Low	Low	Low	Low
Total sugar	4%	7%	8.5%	15%	19%

Typical values per 100g per 100g, 100g, 100g, 100g, 100g
 Choose foods lower in fat, salt and sugars

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee at count.
 Limit soft drinks and smoothies to a total of 1.5 litres a day



Eat less often and in small amounts



Source: Health Research Institute with Institute of Food Standards and Food Safety, Agri-Food Innovation Hub

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS