



# Sedgefield Primary School

Learning Together for Life

## WHOLE SCHOOL FOOD POLICY (including Packed Lunch Guidelines)

### Introduction

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

At Sedgefield Primary we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents/carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

### Aims

- Increase knowledge and awareness of a healthy diet through our PSHCE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day
- Openly engage pupils and parents/carers with food matters in school, involving them in consultation and recognising their views fully before decision making.
- Remain familiar with the national Food in Schools Programme and implement recommendations in a measured and sustainable way.

### Guidelines

Our SNAG (School Nutrition Action Group) endeavour to implement the above aims in close consultation with the School Leadership Team. The importance of a balanced diet for health is covered in Personal, Social, Health and Citizenship Education (PSHCE) and the Science curriculum.

Topics such as where food comes from, how it is grown and cultural aspects of food are covered in a range of subjects including D&T, Geography, Science, History and PSHCE. Across the year special events are held to promote this important area.

When appropriate the school's newsletter contains relevant and balanced information about food matters.

The school works closely with partner agencies to promote healthy eating and drinking. Colleagues with specialist knowledge and skills are invited to school.

Sweets are not allowed to be brought to school, however, occasional treats are permitted (e.g. birthdays, parties, etc.).

**Food is never used to reward pupils.**

### Water

All children are asked to bring to school a water bottle for use in the classroom. It should be filled with *plain water only* and can be refilled as necessary throughout the day.

### Break times

Early Years and KS1 children have free fruit each play time. KS2 children are allowed to bring in fruit/vegetables for their morning snack. No other snacks are permitted.

### Lunch times

All our school meals are provided by a contracted caterer, Taylor Shaw, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display in the dining area and is available from the school office on request. We aim for the dining area to have a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage children to try new foods. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take up the universal free school meals. Packed lunches should follow the same nutritional guidelines as school dinners and our packed lunch guidelines provide parents/carers with details of what is and is not permitted.

### Allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents/carers are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a food allergy have an individual healthcare plan. Staff are trained to recognise and manage allergic reactions.

### **Responsibility:**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices .

### **Monitoring and Evaluation**

The School Nutrition Action Group, which includes the Headteacher, holds responsibility for monitoring the implementation and impact of this policy. The Headteacher reports to the Learning Together for Life Committee of the Governing Body.

### **Conclusion**

We wish to create and maintain a school ethos and environment which encourages a healthy lifestyle for our children, staff and families. We will shape, use and develop our curriculum to achieve this. We will ensure that the food and drink available across the school day reinforces this healthy lifestyle message. We will encourage balance in food choices. We shall provide high-quality physical education and school sport and promote physical activity as part of a lifelong healthy lifestyle and to promote an understanding of the full range of issues and behaviours which impact upon lifelong health.

### **Policy Review**

This policy will be reviewed as part of the school's agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

### **Endorsement**

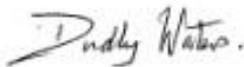
The School Governing Body, Pupils, Parent/Carer Representative and Staff endorse this policy for implementation.

Agreed by Governing Body on 18<sup>th</sup> September 2018



Signed

Headteacher



Signed

Governor

Review date September 2020

## **Appendix 1: Packed Lunch Guidelines**

### **Aim**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy and nutritious food that is similar to food served in school which is in line with The School Food Standards (introduced September 2016).

This policy applies to all children and parents/carers providing packed lunches to be consumed within school or on school trips during school hours.

### **Why was this policy formulated?**

- To make a positive contribution to children's health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by school which must adhere to national food standards set by the Government.

### **Implementation**

Children's packed lunches should be based on the 'Eatwell Guide' model which shows items the 5 main food groups: (Food Standards Agency).

#### **Bread, Rice, Potatoes, Pasta**

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions. These may include any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (ideally wholegrain varieties).

#### **Fruit and Vegetables**

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

#### **Milk and Dairy foods**

These foods provide calcium for healthy bones and teeth. 1 portion should be included. This may include milk, cheese, yoghurt, fromagefrais, or soya products.

#### **Meat, Fish, Eggs, Beans**

These foods provide protein for growth. Packed lunches should include 1 portion of these foods, which may include lean meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, etc.).

**Drinks** – any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

**Puddings** - If a pudding is included, we ask that it is fruit based at least twice a week, this is in line with the fruit-based pudding that children with school meals receive, examples are- fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit-based crumbles.

### **Foods and drinks high in fat and / or sugar**

It is widely recognised that it is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect children from becoming overweight, as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in school and we request that they are not included in packed lunches.

### **Packed lunches should not include:**

- Snacks such as full fat crisps (an occasional 'treat' of lower fat savoury snacks, e.g. baked crisps, Quavers, etc.).
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread or jam as a filling for sandwiches.
- Sugared / toffee and salted popcorn.
- Cereal bars, processed fruit bars containing high levels of sugar and/or fat
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week).
- Nuts.
- Fizzy or sugary drinks in cartons, bottles or cans.

### **Special diets and allergies**

The school recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. As some children in our school have nut allergies, we also request that nuts are not included in any packed lunches. For these reasons children are also not permitted to swap food items.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

### **Storage of Packed Lunches**

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

### **Waste and Disposal**

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents/carers can also monitor what their child has

consumed during the day and then raise any concerns over their child's food intake with the school.

### **Monitoring packed lunches**

To promote healthy eating we will regularly informally monitor the content of packed lunches as children are eating. We encourage children to place items from their packed lunch onto the dining table to avoid them hiding items and becoming secretive about the contents of their lunch. If we have concerns, we will talk to parents/carers and offer advice and guidance on bringing healthy packed lunches and finding alternatives which may appeal to 'fussy eaters'. Special circumstances will be taken into consideration, however, if children consistently bring packed lunches that do not adhere to these guidelines with no valid reason, parents/carers will be asked to either collect their child to have lunch at home, or they must stay for school lunches.