



# WHOLE SCHOOL FOOD POLICY

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# Whole School Food Policy

At Downsview we recognise the importance of a healthy diet in supporting a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution in improving young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. Educating children on the benefits of healthy eating and regular exercise can bring about both immediate and long-term improvements to their quality of life.

We aim to ensure that healthier food and drink choices are promoted throughout the school day, by taking account of individual needs (e.g. cultural, ethical, medial), noting nutritional values and by conveying healthy eating messages in the curriculum.

A healthy diet is essential for maintaining and protecting children's health, ensuring they perform to their very best during the school day (both academically and physically) and for their general growth and development.

Our aim is to help children establish a healthy lifestyle which, we hope, will continue into adulthood. Proper nutrition is essential for good health and effective learning.

The benefits of Healthy Eating include:

- Helping young people develop, grow and do well in school
- Preventing childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia
- Helping to prevent health problems later in life, including heart disease and cancer
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult
- Sitting down to a meal with other children is an important part of a child's social education

Consequences of Unhealthy Eating include:

- Hungry children are more likely to have behavioural, emotional and academic problems at school
- Research suggests that not having breakfast can affect children's intellectual performance
- Poor eating habits and inactivity are the root cause of obesity. The percentage of young people who are overweight has almost doubled in the last twenty years
- Developing eating disorders - eating disorders are extremely common among young people
- 76% of teachers believe overweight school children are bullied more than any other group.

## **Aim and Objectives**

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole school' approach to nutrition.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals, which are appropriate for our particular children.
- Deliver a pleasant and sociable dining experience which enhances the social development of each pupil.

### **Nutritional aims:**

- Encourage pupils to choose a variety of foods to ensure a balanced intake in line with [Food a Fact of Life](#) guidance.
- Encourage foods which are rich in vitamins, iron and calcium
- Encourage starchy foods as a source of energy
- Encourage the consumption of milk and water
- Discourage sugary drinks and snacks between meals

### **This policy explains:**

- Responsibilities of the staff
- Working with parents/carers
- How we promote healthy eating
- How we help our pupils eat healthily
- What we teach, so that pupils have the knowledge to make healthy food choices
- Our approach to improving pupils' health and wellbeing through healthy eating.

### **Responsibility**

It is the responsibility of all staff, including teachers, support staff and the catering team to be proactive in implementing the Whole School Food Policy and to act as role models by demonstrating positive attitudes to healthy eating and developing pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime staff, school chef, kitchen staff and food contractor.
- The subject leaders of PSHCE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through the school's PSHCE, DT and enrichment planning.
- The lead governor on health and safety ensures the policy is implemented.
- The school caterers (Pabulum Ltd) and kitchen staff are responsible for providing high quality food which complies with the [national nutritional standards](#) for school food and contributing to a welcoming and positive eating environment.
- A copy of the school menu is shared with parents and posted on the school website.

This school policy takes account of national guidance produced by the School Food Plan, and Better Health.

### **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Therefore, we inform and involve parents and carers about healthy eating through Class Dojo, special events or interventions, the school website and newsletters. Parents and carers are also updated on our policies through school newsletters and on the school website.

We ask that parents/carers do not send in food or drink items which conflict with our Whole School Food Policy and provide regular reminders that only water or milk can be consumed during the school day. During off-site activities, such as school trips and visits, the school will encourage parents/carers to provide packed lunches which are in keeping with this Policy.

### **Water**

Research indicates that school children do not drink enough water during the school day and that this can affect their concentration and behaviour.

The school recognises that children concentrate better, are healthier and more comfortable if they are not dehydrated, and the best way of ensuring adequate fluid intake is to provide access to water as needed. All children are encouraged to bring a bottle of water to school each day. This is kept in an accessible place according to the rules of each particular class.

We have water fountains in the playgrounds and children are encouraged to drink water regularly throughout the day and have water bottles in class. Each Downsview pupil is provided with a complimentary water bottle on admission to the school. Cooled water is available to staff and visitors in the staff room.

### **School Break**

Subsidised milk for EYFS, or water should be drunk during the day. Fizzy drinks and fruit juices are not allowed to be consumed in school, these drinks are not permitted during break times or at any other time during the school day.

Children in Nursery, Reception and KS1 are supplied with a piece of fruit at break time. In KS2, parents are asked to supply their child with a healthy snack which may consist of: **fresh** fruit or vegetable portions, natural or fruit yoghurt, cheese or a breakfast bar, which is not high in sugar. Other snacks such as crisps, pancakes, croissants etc. **will not** be allowed to be consumed at break time.

We rely on our parents/carers to provide an appropriate healthy snack following the above guidelines. It is important that any snacks sent to school are **fresh**, as many processed or dried snacks have a high sugar content.

If a child is found to be eating an inappropriate snack, they will be asked to hand the item to an adult so that it can be sent home at the end of the school day.

### **Downsview is a Nut Free School, we have a number of children who suffer from a severe nut allergy.**

Please do not supply any nut based snacks or products including spreads such as nut butters and chocolate & nut combinations.

### **Packed Lunches**

Packed lunches should include some fruit and/or vegetables e.g. a piece of fresh fruit, dried fruit, cherry tomato, raw carrot, cucumber wedge. We would always encourage children to drink water as a first choice however, non-carbonated zero sugar squashes are acceptable. Sugary drinks and chocolate snacks are **not** allowed to be consumed at lunch time. All uneaten food and wrappers are kept in the lunch box so parents can monitor what their child has eaten.

Our Lunchtime Assistants monitor the content of packed lunches. If pupils are noted to consistently bring unhealthy packed lunches, then parents will be contacted to discuss healthier options.

**Sweets, chewing gum and fizzy drinks are not allowed in school. If these items are brought into school, children will be asked to hand them to an adult so that they can be returned to their parent/carer.**

### **School meals**

For many children, the lunchtime meal is the main meal of the day. It is important that meals served are nutritionally balanced. Under-nutrition, even in its milder forms, can have detrimental effects on cognitive development, behaviour, concentration and school performance.

The subtle message that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we can promote healthier eating habits.

### **Pupils with Special Dietary & Medical Needs**

On enrolling your child at school, and as a part of the admissions procedure, parents/carers are required to complete a form detailing any special dietary or medical needs their child may have. Such requirements/needs are discussed with the parents/carers, members of staff responsible for the child and the caterers. Records of pupils' special dietary and medical needs and how these are to be met are stored on the school's management information system.

Pupils with medical dietary needs and cultural dietary preferences are identified by the catering staff through the use of a computerised catering till, which highlights pupils' individual needs/choices at the till point.

### **The Eating Environment**

A welcoming eating environment is provided which is appropriate to the needs of primary aged pupils.

This is enhanced by the following:

- Children queue up in year groups and in an orderly manner
- Children are usually allowed to sit in their friendship groups
- Behaviour and noise levels are monitored and managed by staff

### **Curriculum, Teaching and Learning**

Healthy eating and the exploration of diet and health are covered throughout the Curriculum across the school. Through Physical Education, Science and the Jigsaw PSHCE curriculum, the children are encouraged to think about diet, health and personal development. This is supported by visits, assemblies and other whole school events.

We ensure that pupils are taught about the nutritional value of food from Nursery up to Year 6, in line with the National Curriculum, developing their understanding in food related issues, including food hygiene and safety.

### **Rewards and Special Occasions**

- If children would like to celebrate their birthday with the class, then they are encouraged to donate a book or a game for the children to share and enjoy throughout the year.
- It is not common practice but on the rare occasion that a teacher would like to have a celebration with their class, then they may provide them with a variety of snacks (healthy options will be available as well).

### **Physical Exercise**

Exercise plays an important role in the promotion of a healthy lifestyle. It not only brings physical benefits but psychological ones too. Research has shown that physical exercise can help combat depression and raise self-esteem. All children are encouraged to actively participate in Physical Education and swimming lessons which generally take place weekly in Year 4. The school also offers a variety of extracurricular activities including dance, football, multisport etc. for children to join.

### **Extended School Club Aim (Breakfast and After school)**

The welfare and development of the children is at the heart of our Extended School Day. Our aim in extending the school day is to provide good quality, affordable before and after school childcare to support our working parents, including a range of breakfast choices and hot meal options at the end of the school day. Children attending the school's wraparound services are provided with a healthy and varied diet across the extended school day, in keeping with School Food Standards.

The club offers a calm, safe, pleasant environment for children to eat a healthy breakfast and dinner as well as time to socialise with other children and adults.

Breakfast and After School meal provision aims to:

- Improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- Provide a relaxed environment in which the children can develop their social interaction amongst children of varying ages.
- Improve links between home and school by encouraging parents to let us know about their child's food preferences and dislikes so that we can endeavour to meet these, wherever possible.

### **Summary**

A good variety and healthy balance of foods as recommended by the Balance of Good Health– 'Everything in moderation':

1. A good portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel
2. Fruit and vegetable choices such as orange juice, fresh or dried fruit
3. A portion of milk or dairy food e.g. semi skimmed milk on cereals or low fat yogurt
4. A choice of drinks e.g. water, juice, and semi skimmed milk
5. An opportunity to have exercise outside when the weather permits