



# Oswald Road Primary School

## Food and Drink in School Policy

The Chair of Governors approved this policy: April 2016

**To be reviewed in 2 years: April 2018**

Headteacher: Deborah Howard  
Chair of Governors: Richard Price

## **School Drugs Policy/Appendices**

This guidance has been produced in consultation with Healthy Schools and is in line with DfE and ACPO Drug Advice for Schools, DfES Drugs: Guidance for Schools 0092/2004 and The Education Act, 2011.

### **Introduction**

We are aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food and drink on the health and behavior of children and young people. We also understand the need to improve the diets of children from a range of multi-cultural backgrounds to help with educational attainment.

### **Legal/National Requirements**

Schools are required by law to meet the School Food Regulation (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 force for primary schools in September 2008.

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.

### **Ethos and Values**

We believe that children and young people are entitled to receive both good quality healthy 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, break and lunchtimes, treats and rewards.

### **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.

### **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. We will regularly review the curriculum to ensure 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 with choices that address cultural, religious and special dietary needs and meet the national nutritional standards.

**c) Marketing**

We have strategies in place to promote healthier options such as sending lunch time menus home on a monthly basis, organising a healthy Tasty Tuck workshop once weekly during break time and the eat well plate displays around school.

**d) Quality of the environment**

We aim to provide a dining experience which is user friendly through arranging family service tables more sociably, including plates and cutlery, using monitors to offer fruit and water to each table, giving children enough time to eat their dinner, cutting queuing times by pre-ordering, giving children their first choice options, and monitoring noise levels and behavior.

**e) Breakfast**

We will encourage children to eat breakfast before attending school. When appropriate, a breakfast in line with the National Food Based Nutritional Standards will be provided.

**f) Packed Lunches**

We actively encourage parents/carers to provide pupils with a healthy, varied packed lunch each day. For example, we include healthy eating tips in the newsletter, carry out healthy eating workshops for parents and promote a cookery book containing healthy lunch ideas (Packed Lunch Policy attached in appendix 1)

**g) Break time snacking, tuck shops, rewards and treats**

We actively discourage children from consuming high fat, high sugar snacks, by offering healthier snacks and no longer using food based rewards in class. Only fruit, vegetables, bread sticks or items from the Tasty Tuck shop are permissible as break time snacks. If other items of food are brought into school as break time snacks, they will be confiscated until the end of the school day. For school events or celebrations we will promote a range of balanced options. We also only accept the use of alternative birthday treats such as book sharing.

**h) Water**

Easily accessible fresh drinking water is made available to all students throughout the day. Each child has access to a water bottle or cups at the sink. Any water bottles are to be taken home and cleaned on a weekly basis. It is important that as part of a whole school policy the governing body consider how to promote water consumption.

**i) Parents**

We will ensure that education about healthy eating is available for parents through the school newsletter and we will 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 parent workshops and homework around healthy eating to be completed with a parent.

**j) Food Allergy**

The school has considered the needs of pupils with food allergies and developed appropriate procedures. Due to the high numbers of children who have an allergy to nuts, we are a nut free school. We will ensure that affected children are not unknowingly exposed to food allergens like nuts and seeds during school hours. When teaching the food and nutrition curriculum, we will consider the needs of food allergic pupils.

**k) Referrals**

Where appropriate, the school nurse referral system is in place for underweight and overweight 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 using our link to Manchester Healthy Schools and the courses they offer. All members of staff will ensure that they do not bring in food containing nuts, model healthy eating and also place lids on cups of hot drinks for health and safety reasons.

## **Appendix 1**

### **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.

### **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 appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop food going off.

#### Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt or fromage frais.
- 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. Savoury crackers or breadsticks are a good alternative.
- Confectionary such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these as part of a balanced meal.

#### Special diets and nut allergies:

Be aware of nut allergies. We are a nut free school. The school also 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 for ensuring that packed lunches are as healthy as possible. For these reasons pupils are not permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be assessed on a daily basis by the Lunchtime Organisers and stickers will be given to those children who have a healthy packed lunch. Parents and pupils who do not adhere to the Packed Lunch Policy will receive a slip about any concerns. 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.