

# ATTAIN ACADEMY PARTNERSHIP



## Food Policy

For

## Bocking Primary School



June 2021

## Contents

|            |  |    |
|------------|--|----|
| 1.         | Introduction .....   | 3  |
| 2.         | Aims .....   | 3  |
| 3.         | Responsibilities .....                                     | 4  |
| 3.1        | Local Governors.....                                       | 4  |
| 3.2        | Staff.....   | 5  |
| 3.3        | Parents.....   | 5  |
| 4.         | The Curriculum.....  | 5  |
| 5.         | Food Provision within the Academy Environment .....        | 7  |
| 5.1        | Food Safety.....   | 7  |
| 5.2        | Nurturing Healthy eaters .....                             | 7  |
| 5.3        | Healthy Snack.....   | 7  |
| 5.4        | Academy Lunches.....                                       | 7  |
| 5.5        | Halal Provision and Dietary Requirements.....              | 8  |
| 5.6        | Packed Lunches.....  | 8  |
| 5.7        | After School Clubs .....                                   | 9  |
| 6.         | Drinks.....  | 10 |
| 7.         | Academy Events, Celebrations, Cake Sales and Rewards ..... | 10 |
| 8.         | Food Allergies .....                                       | 10 |
| 9.         | Sponsorship .....  | 11 |
| 10.        | Partnership with Parents and Carers .....                  | 11 |
| 11.        | Monitoring and Review.....                                 | 12 |
| 12.        | Links to other Policies .....                              | 12 |
| 13.        | Resources.....   | 12 |
| 14.        | Document Version Control .....                             | 13 |
| Appendix 1 | Summary of a Healthy Packed Lunch .....                    | 14 |

|                                    |   |                        |
|------------------------------------|---|------------------------|
| <b>Document Reference:</b>         | <b>Number:</b> BPS022                                     | <b>Version:</b> 2021-1 |
| <b>Policy Approved and Minuted</b> | <b>By:</b> Local Governing Board<br><b>Signed:</b> R Reid | <b>Date:</b> 08/07/21  |
| <b>Date of Next Review</b>         | May 2023  |                        |
| <b>Status:</b> Non-statutory       | <b>EIA:</b> N/A   |                        |

## 1. Introduction

1.1 Research has shown that good food is vital to children's health, development, concentration and academic achievement.

Recent figures have indicated that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. It's also been found that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. The benefits of good eating habits on health in the short term will be to ensure healthy weight and good dental health. In the long term however it helps protect against type 2 diabetes, heart disease and cancer.

1.2 This policy has been reviewed to take into account the following documents:

- The [School Food Plan](#) (DfE 2013): this set out to improve school food and schoolchildren's diets. The food standards contained within became mandatory from January 2015.
- [School Food in England: Departmental advice for governing bodies](#) (DfE, March 2019). In this document, governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches. Nutritional standards contained within this guidance
  - outline what can and cannot be provided during the extended school day (between the hours of 8 am and 6 pm)
  - ensure a wide variety of foods are served across the school week for a good balance of nutrients
- The [Eat Well Guide](#) (Public Health England, 2018): this showed the proportions in which different groups of food are needed in order to have a well-balanced and healthy diet.

The policy sets out to explain

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthy
- What we teach so that pupils know how to make healthy food choices

1.3 The academy recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in the school. The academy is committed to ensuring that children in our care grow into healthy adults and this policy sets out our whole school approach to this.

## 2. Aims

The main aims of our academy food policy are:

- To provide a range of health food choices throughout the school day and in line with the mandatory School Food Standards.

- To ensure that all aspects of food and nutrition in the academy promote the health and wellbeing of the whole academy.
- To ensure that all members of the academy community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in the academy reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non- teaching staff e.g. midday assistants) are aware of these.
- To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- To involve the academy community in all aspects of food in schools.
- To make healthier choices quicker, easier and better value for money.
- To ensure that all food and drinks consumed as snacks are healthy for teeth.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole academy approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.

### **3. Responsibilities**

#### **3.1 Local Governors**

Governing bodies have a key role to play in food in the academy. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the academy ethos.

The governing body is responsible for ensuring that the National School Food Standards are met.

- All food and drink provided in applicable schools must meet the national school food standards. Where food is provided by outside caterers, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.

- There should be a process in place to ensure that catering services are coordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained.
- The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

The lead governor on Health and Safety ensures the policy is being implemented.

### **3.2 Staff**

It is the responsibility of all staff, including teaching, support staff and catering staff to implement the food policy and to act as role models, 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 the Whole School Food Policy and liaise with the lunchtime meal supervisor, cooks and kitchen staff. Senior Members of staff liaise with the caterer to ensure that the food and drinks served, consistently comply with the National School Food Standards (SFS) at breakfast clubs, afterschool clubs, break, lunch and special events ([School Food Standards](#), DfE 2019).

The PSHEE Lead is liaison with the science lead is responsible for what is taught about healthy eating and the DT Lead is responsible for the cooking and nutrition curriculum.

Catering and kitchen staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive environment.

### **3.3 Parents**

The academy will work closely with parents to ensure that the messages about food and drink given in the academy are reinforced and supported at home.

The academy expects all parents who send their children to the academy to respect our healthy food policy and to support it fully through the food they give their children to bring to the academy.

## **4. The Curriculum**

4.1 The academy does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food, as part of the formal curriculum policy. For example,

- In design technology children learn about the preparation and cooking of healthy food in classes
- In geography children learn where food comes from and how it reaches the shops

- In science children learn about nutrition and the needs of a healthy body
- In mathematics children learn how to measure and calculate size and weight
- In English children have the opportunity to discuss, read and write about health-related issues, such as GM foods and why some parts of the world have a surplus of food while other parts have famine,.
- In religious education children learn how food is valued in different societies and the part food plays in religious custom and practice.,
- In physical education, children learn how the body reacts to exercise and the importance of food and drink to participation in sport and dance.
- In PSHEF children have the opportunity to reflect on food-related issues such as how food is advertised, and how treats can be enjoyed without damaging our bodies.

4.2 The academy will also promote healthy eating through the informal curriculum. For example, the academy

- Will promote healthy eating regularly in assemblies.
- Will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle.
- Will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world.
- Will fully exploit the academy site in the interest of the children's physical and emotional development through playground activities.

4.3 By ensuring appropriate schemes of work for all key stages within the curriculum and fostering a whole-academy approach to healthy eating, the academy aims:

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.

4.5 This policy will contribute towards other policies in the following way:

|   |   |
|---|---|
| Behaviour   | The academy uses non-food related rewards for positive behaviour  |
| PSHE  | Healthy food and making healthy choices is included in the curriculum   |
| Design & Technology (including cooking and nutrition) | Statutory cooking and nutrition curriculum is taught to KS1 and 2 which includes practical cooking opportunities        |
| Equality  | The academy takes account of the needs of all children, including those with disabilities, dietary needs and allergies. |

## **5. Food Provision within the Academy Environment**

### **5.1 Food Safety**

The headteacher has the responsibility to ensure that all food produced, prepared or served on the premises is safe.

Staff routinely involved in food preparation and cookery lessons attend training to update their skills, knowledge and understanding in food related issues including food hygiene. Staff preparing and serving food have Level 2 Food Safety.

### **5.2 Nurturing Healthy eaters**

There are times when some children may appear to be a ‘fussy eater’ and can be selective about what they eat, or how they eat. In order to encourage healthy eating, it is important that the approach towards fussy eating behaviour is consistent and essential that all those involved at mealtimes agree and follow the same strategies. For this reason we ensure we discuss all issues with parents/carers and come up with joint solutions, to ensure that there is a consistent approach at home and in the academy.

Strategies employed by the academy include sitting “fussy” eaters with “good” eaters, using praise and non-food rewards for good eating behaviour and not commenting on fussy eating behaviours, allowing children to serve themselves where possible, and staff sitting and eating with children at lunch times.

### **5.3 Healthy Snack**

As part of the academy’s healthy eating ethos, pupils are permitted to bring only healthy snacks low in fat, sugar and salt to the academy and on academy trips.

Children in Key Stage 2 are encouraged to bring in fruit or vegetables to eat at break times if they wish to have a snack. Crisps, sweets, and chocolates will not be allowed at break time

All children in the early Years and Key Stage 1 benefit from the National School Fruit and Vegetable scheme which entitles them to one free piece of fruit or vegetable a day.

### **5.4 Academy Lunches**

The academy aims to promote a positive lunchtime experience for its pupils and staff. The school will only serve healthy food and drink for its academy lunches. Our aim will be to provide pupils with the opportunity to eat a healthy, balanced meal, taking into account any health needs and religious and ethnic preferences.

All our academy meals are prepared in the kitchen by academy staff and will include a daily vegetarian option. Lunches will be consistent with the academy's teachings of healthy eating, including the 'at least 5 a day' message and the 'Eatwell Plate', and will be compliant with the National School Food Standards (SFS).

We encourage parents / carers and pupils to choose academy meals rather than packed lunch, where possible, which ensures pupils receive a nutritious, well-balanced hot meal every day.

Academy lunches are promoted to pupils and parents / carers at the start of the academy year and on an ongoing basis and we use feedback from pupils on how to make lunch times and the dining hall a positive environment to eat in. Parents and carers are invited in to the academy to view the dining hall and sample the food. Where possible, staff sit and eat their meals with pupils and use this to monitor and encourage healthy eating.

A copy of the weekly menu is displayed in the dining hall and published for parents / carers on the website. A copy is also on display in the reception area and staff room. We ensure that the menus are visually appealing, enabling pupils to easily choose a healthy lunch and for this reason, staff consistently encourage pupils to eat foods that they have rejected in the past.

We work with families who are eligible for free school meals to encourage them to take this up.

## **5.5 Halal Provision and Dietary Requirements**

Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged. Children with specific food allergies have health plans which are shared with all staff and displayed in the kitchen and staff room.

## **5.6 Packed Lunches**

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar.

Parents of children at the academy who bring packed lunches will be made aware of our whole academy approach to healthy eating, and will be given clear guidance about what should be included in a healthy packed lunch. The guidance recommends that a healthy packed lunch should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks.

- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais, soya products every day.
- Only water, (pure fruit juice containing no added sugar, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted).
- If a pudding is included we ask that it is fruit based, 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, fruit smoothies and fruit based crumbles.

It should not include:

- Salted snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks

The academy recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance and religious observance, and that special dietary requirements may not allow for National School Food Standards to be fully met. In these cases, parents / carers are asked to ensure that their child's packed lunch is as healthy as possible. Due to allergies, parents/carers are requested not to include any nuts or nut products e.g. peanut butter in their child's packed lunches.

Pupils are not permitted to swap or share food items from packed lunches and any food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

Pack lunches will be stored safely to avoid food safety risks. Parents / carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Foods are at risk of harmful bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

To promote healthy eating staff will regularly monitor the content of packed lunches. We will talk to parents / carers where necessary and offer advice and guidance on providing healthy packed lunches. If pupils consistently bring packed lunches that do not meet these guidelines a letter will be sent home.

## 5.7 After School Clubs

Food and drink provided by after school clubs or brought in by pupils needs to be consistent with the academy's healthy eating messages, meet the National School Food Standards for "[food other than school lunches](#)" and reflect the Eatwell Guide

## **6. Drinks**

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards.

Pupils are allowed to bring water bottles, which they can refill throughout the school day as appropriate from the water fountains located around the academy premises. Children are encouraged to drink water regularly throughout the day.

Cooled water is available to staff and visitors in the staffroom.

At lunchtime, children purchasing a school meal are offered milk or water. Children bringing a packed lunch to school may bring fruit juice, milk or squash. Fizzy drinks are not allowed. Outside of lunchtime, only water is allowed.

## **7. Academy Events, Celebrations, Cake Sales and Rewards**

The National School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However, consideration should be given as to how the food and prizes supplied at academy events is consistent with the academy ethos with regard to food.

We have a number of fundraising opportunities throughout the year and limit cake sales to no more than one per half term. We have alternative ways to fundraise such as selling food produce, selling children's art work and sponsoring children's activities.

We do not reward children with food, instead we use praise and non-food rewards such as stickers.

## **8. Food Allergies**

As part of our duty of care to all pupils we use guidance from Anaphylaxis Campaign (<https://www.anaphylaxis.org.uk/>) to take a whole school approach to allergy management. Further support and information can be found from Allergy UK ([www.allergyuk.co.uk](http://www.allergyuk.co.uk)) and Food Standards Agency (<https://www.food.gov.uk/>).

In order to minimise the risk of an allergic reaction it is important a shared responsibility between the child (if age-appropriate), family of the child, the academy, catering staff, GP and school nurse is taken. As part of this we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring. These include:

### Communication:

- We ask that parents of a child diagnosed with a food allergy by a health professional make the academy aware
- Where we know there is a risk of an allergic reaction to foods amongst the children we will seek advice and may consider asking parents not to put food products which may contain those substances in to packed lunches or any food that is brought in to the academy
- Parents / carers will be asked to meet with the catering manager to ensure they have the necessary information to cater for their child

### Individual Healthcare Plan

- The academy will work with parents to develop a management plan to accommodate their child's needs throughout the school day. The plan is communicated to all academy staff and staff are aware of and look to minimise any potential triggers.
- The child's management plan is reviewed annually or following the event of a reaction occurring (whichever is first).
- All medication is clearly labelled with the drugs name, the child's name, date of birth and the expiry date.

### Training

- All staff are appropriately trained on minimising triggers and on the management of allergies, including the use of epi-pens.
- We make pupils aware that some children suffer from allergies and educate on the health effects and impacts of allergies and how pupils can minimise triggers. This includes not allowing children to share or swap foods.

See Allergy and Anaphylaxis policy for further information on academy procedures.

The academy avoids the use of nuts or nut products in academy meals and cooking activities to avoid harm to children with nut allergies.

## **9. Sponsorship**

The academy should not take part in sporting events and other promotions sponsored by confectionary and fast food companies. This is as we believe that companies are doing this to create brand loyalty rather than to promote health.

## **10. Partnership with Parents and Carers**

We inform and involve parents and carers about healthy eating, including the food policy and packed lunch policy, through the academy website and newsletters. The partnership of home and academy is critical in shaping how children behave, particularly where health is concerned. Each helps to reinforce the other. As an academy, we always aim to lead by example and thereby provide a consistent message around healthy eating and we encourage parents and carers to do so as well.

We ask that parents and carers follow the academy's packed lunch policy (See 5.7 above) both for school lunches and for school trips. Parents and carers are also informed of the academy meals on offer through the weekly menu displayed on the academy website.

Parents and carers are given information about and encouraged to participate in the annual National Child Measurement Programme (NCMP) that measures the weight of children in Reception and Year 6. Where needed we give information to parents and carers about where they can get advice and support for achieving and maintaining a healthy weight and we make referrals to external support services in line with our referral system when necessary.

Parents and carers are made aware that we are a healthy school through the prospectus, academy website and regular newsletters and how our approach to healthy eating is in keeping with this. We also ask for feedback from parents on our food provision through parent surveys and visits to school at lunchtime. We receive feedback from children through the School Council and pupil surveys.

## **11. Monitoring and Review**

The academy gathers feedback from pupils, parents/carers and staff about healthy eating and food provided as part of an annual review. The results are used to evaluate the impact of the food policy and to further improve the academy meals and food provided throughout the academy day.

We monitor food waste and when appropriate and take relevant measures to reduce waste.

The policy will be reviewed on a regular basis and at least once every two years to take into account any local or national guidance.

The Local Governing Body will be responsible for ensuring that the policy is monitored and reviewed.

## **12. Links to other Policies**

This policy is linked to the following policies:

- Policy on the Administration of Medicines and Management of Children's illnesses
- Allergy and Anaphylaxis Policy
- Health, Safety and Welfare Policy
- Nut Aware Policy

## **13. Resources**

### **Key National Documents**

The School Food Plan and School Food Standards

<http://www.schoolfoodplan.com/standards/>

School food in England: Departmental advice for governing bodies

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/551813/School\\_food\\_in\\_England.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf)

Information on food allergens

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

and food allergen poster

<http://www.food.gov.uk/sites/default/files/fsa-dfe-eu-fic-schools-posterv2.pdf>

Government Buying Standards for food and catering services

<https://www.gov.uk/government/collections/food-buying-standards-for-the-public-sector-the-plan-toolkit>

School Fruit and Vegetable Scheme fact file

<http://www.nhs.uk/Livewell/5ADAY/Documents/SFVS%20Factfile%20for%20Schools.pdf>

Safer Food Better Business Pack

<https://www.food.gov.uk/business-industry/sfbb>

### **Supporting Information**

Change 4 Life School Zone

<https://campaignresources.phe.gov.uk/schools>

Children's Food Trust : understand your responsibilities and get expert help. Includes 'Let's Get Cooking', online learning, accreditation programme.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

Food Standards Agency

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

Food - a fact of life

(provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years).

<http://www.foodafactoflife.org.uk/>

British seasonal food chart

<http://www.whats-in-season.com/>

School Food Matters

Examples of best practice and fun ideas to get children cooking, growing and out onto a farm.

<http://www.schoolfoodmatters.com/>

## **14. Document Version Control**

| <b>Version</b> | <b>Date Issued</b> | <b>Author</b> | <b>Update Information</b> |
|----------------|--------------------|---------------|---------------------------|
| 2021-1         | June 2021          | K Ellwood     | Original issue            |
|                |                    |               |                           |

**A healthy packed lunch** should contain a mix of foods from the EatWell Plate, which shows how much should be eaten from each of the 5 food groups. No single food contains all the essential nutrients the body needs to be healthy and to function efficiently, so it is important that the content of the packed lunch is varied.

**A good packed lunch contains:**

- a starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice or noodles. These foods are good for children to fill up on.
- a good source of protein, iron and zinc, such as meat, fish, beans, nuts or eggs.
- a good source of calcium, such as milk, cheese, yoghurt or fromage frais.
- one portion of fruit and one portion of vegetable or salad to provide the other vitamins and minerals (a 100% juice drink or a piece of fresh fruit, dried fruit or tinned fruit in fruit juice; fresh vegetables such as carrot stick, salad or a vegetable soup).

**In our Academy**

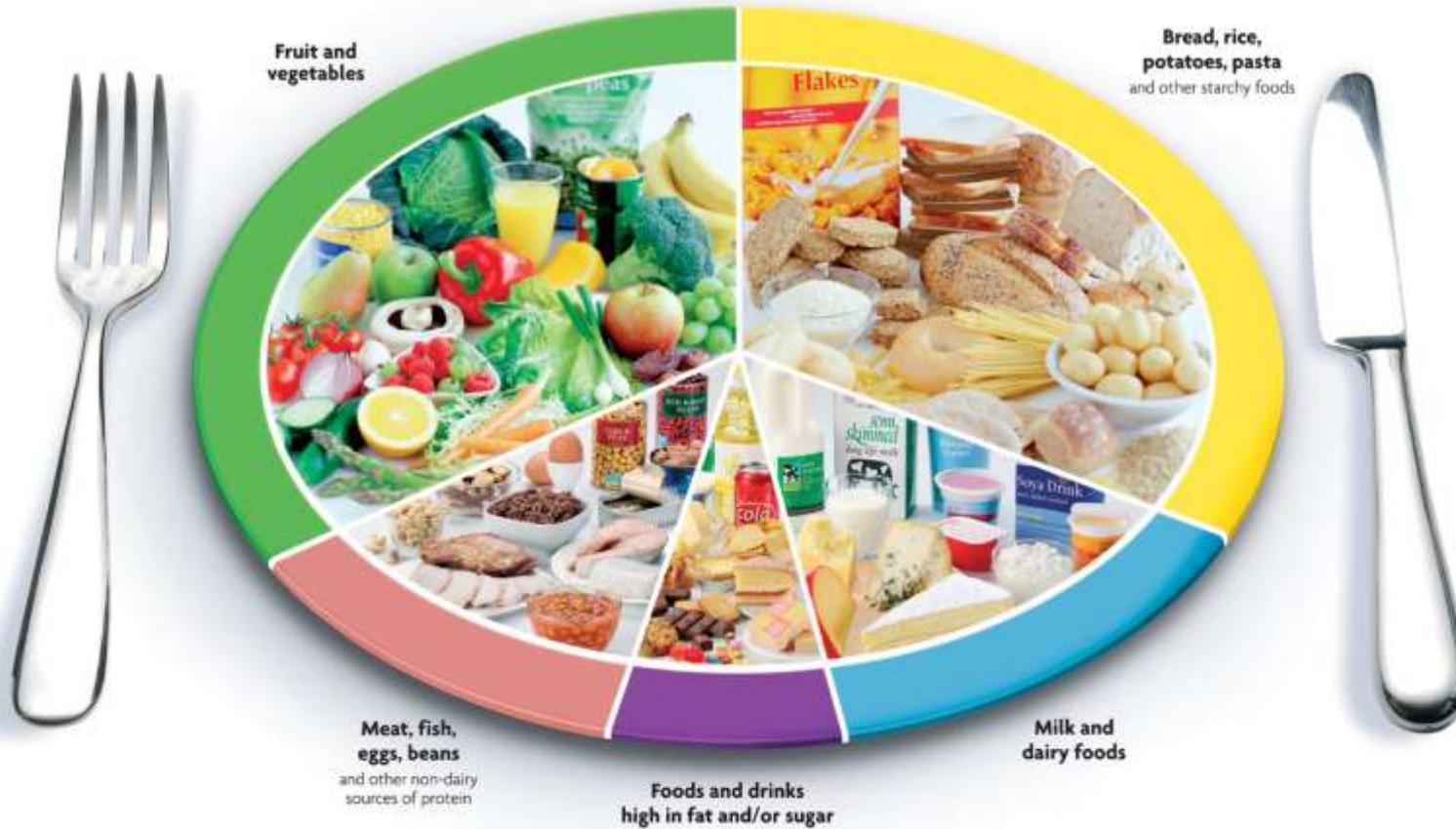
Please do not send fizzy drinks to the academy, or glass containers. Packed lunches should not contain sweets (i.e. boiled sweets, haribo, chocolate bars etc. – chocolate covered biscuits are not currently excluded).

Children are encouraged to drink water through the day. They can fill bottles from drinking water taps or water chillers in the staff room. Juice is fine as part of a packed lunch, but children are not allowed juice in their classroom bottles.

We also ask that children do not bring nuts (including peanut butter) to the school, as we have some children with serious allergies.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



© Crown copyright 2007