



SCHOOL FOOD POLICY

HEATON SCHOOL

2018-19

TO BE REVIEWED SEPTEMBER 2019

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Heaton School Policy Record

**School Food Policy Agreed at:
Resources Committee 20/11/18**

Signed and Approved by:

Headteacher ----- (Signature)

----- (Name)

----- (Date)

Chair of Committee----- (Signature)

----- (Name)

----- (Date)

To Be Reviewed: September 2019

Designated person: J Curtis, Headteacher

School Food Policy

Updated January 2016

Introduction

This model policy has been produced to provide schools with a template and guidance to support them in the development of a school food policy.

In the Department for Education document 'School food in England: Departmental advice for governing bodies' (January 2015) "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."

This policy should be developed through wide consultation and implemented, monitored and evaluated for impact. It is also essential that schools are aware of and are meeting the current national School Food Standards.

This policy guidance has been reviewed to take into account and comply with the mandatory national School Food Standards (January 2015). These standards:

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

(See appendix 1 for details.)

The work the school does in relation to school food will contribute to the Ofsted framework. In particular:

- are pupils supported to make healthy and informed lifestyle choices?
- does the school provide a positive lunchtime dining environment?

Context

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

We know that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. We know that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health:

- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer.

Plus if we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

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Consultation

Once proposals have been developed and information has been collected a consultation is required to ensure support for the plans to write a policy. As part of the consultation a case should be made for implementing a whole school food policy. In the consultation document an overall aim should be set out, for example:

“We aim to give pupils in our care consistent messages that will encourage the development of informed healthy lifestyle choices that will benefit both themselves and the environment. We will do this by ensuring that healthy food and drink is provided at all times of the day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum and with the support of the whole school.

The governing body recognises its responsibility in setting a strategic framework for the school’s food policy and for monitoring its implementation”.

Example School Food Policy Template

School Name _____

Date of Policy _____ **Review date** _____

Lead Person _____

This policy:

- is a key element in our school’s self-evaluation to support Ofsted inspections (see appendix 2);
- has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit the whole school community;

Future developments and amendments to the policy will be communicated clearly and consistently to pupils, staff and parents.

Full implementation of this policy should be achieved by and it should be reviewed every two years or following any Government policy changes.

Rationale (example)

(Name of the school) recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil’s ability to learn effectively in school. It is

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important that (name of school) consider all elements of work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

Aims (schools may use or adapt the following examples of aims)

- To ensure that all food and drink served is **in line with the Government's mandatory standards**, is varied, is served in appropriate portion sizes, looks good and tastes good.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school 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.
(You could sign Feeding Stockport's Food Charter – see appendix 3)
- To make every reasonable effort to ensure that food provision in the school 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 school 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. breakfast clubs, after school clubs, fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole school 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.

Food provision in our school

Food Safety

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All Food Safety information including the training power point, briefing notes and information poster can be found on the Learning Leads website in the Food Safety section.

Headteachers have a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

Activities involving food, for which the school has responsibility, may include: breakfast or after school clubs, tuck shops and cooking clubs. If you provide food for children (even just a drink and biscuit) then you are considered to be a food business under food safety law and, as such, you have a responsibility to ensure that the food is safe to eat.

If you are running an out of hours school club which serves food, you have responsibilities under food safety law. Schools must comply with the legal requirements under The Food Safety and Hygiene (ENGLAND) Regulations 2013. This legislation states that you must be able to show what you do to sell food that is safe to eat and have this written down. The Food Standards Agency 'Safer Food Better Business' Pack helps you to do this. Working through this pack and training your staff in the safe methods will help you to comply with food hygiene regulations. For further information and to download a copy of the Safer Food Better Business Pack, please follow link:

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

Issues to consider:

- Are all staff, including those running any before or after school clubs, are aware of the Safer Food Better Business pack?
- Is this communicated clearly to the wider school community?
- Is food safety information displayed wherever food activities take place? *(Use the 4 food safety posters available to download from Learning Leads)*
- Are the Food Safety information postcards for parents distributed to new intake parents and, where appropriate, placed in lunch boxes?
- Is the 'Hands up for Hygiene' resource used to promote good hand washing techniques?

Breakfast Club

Background

Children & Young People who do not have breakfast may have low blood sugar and can be dehydrated which can affect concentration and energy levels. Research shows that breakfast eaters are also less likely to be overweight. The clubs promote better attendance, punctuality and an opportunity for children to eat a nutrient rich meal

Aim of the Breakfast Club *for example:*

To provide a healthy breakfast in a positive social environment for those who wish to attend.

Issues to consider:

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- When does the Breakfast club operate and who runs it?
- Who is it available to?
- What is the cost?
- Does the food offered meet the Government's School Food Standards? (See appendix 1) Note that what is served at lunchtime may restrict what can be served at breakfast club for some food items.
- Does the breakfast club follow the Stockport Quality Standards for Breakfast Clubs and is it signed up to the Stockport Breakfast Club Charter?

Break Time

Background

Break time snacks include both those brought from home, bought on the way to school or provided by school, or your catering provider. Children in Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day.

As many children & young people consume large quantities of snacks every day, providing an environment to making healthier choices easier choices could have a huge impact on health. Working with parents will help to reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards.

Aims for example:

- To ensure that all food provided by the school or catering provider at break time meets the national standards for school food other than lunch.
- To ensure that snacks and drinks brought from home or provided by the school are 'tooth friendly' i.e. do not contain added sugar.

Issues to consider:

- Ensure all policies relating to food allergy (**See Medical Needs policy**) are in place and comply with the **food allergy rules (check name)** and that staff are aware of pupils with food allergies.
- Any food or drink with added sugar should only be consumed at mealtimes.
- Snack size should be limited to avoiding spoiling pupils' appetites for main meals and consuming excess calories.

Tuck Shop

- If your school runs a tuck shop at break time please state its purpose e.g. to provide a source of healthy food and drink at break time and to educate children about healthier snacks and give pupils responsibility through running it.
- Add also how it's financed and how the school ensures that the food meets the standards.

Vending machines (for schools to whom it applies)

Background

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The standards regulate and restrict the selling of confectionary, savoury snacks and sugary drinks in schools. This will have substantial effect on vending machines.

Aims for example:

- To ensure that vending machines are in line with the regulations and the whole school food policy
- To provide healthier options at all times.

Issues to consider are:

- Listing what they contain what times they are switched on and where they are sited.

Lunchtime Provision

Promoting a positive lunchtime experience

Background

Dining environments should be a pleasant, social and cultural experience. Happy dining environments help to promote a positive lunchtime experience.

Aims for example:

- To provide a dining environment that is a desirable place to eat
- To ensure there is enough space to sit and eat a meal feeling refreshed and relaxed ready for learning in the afternoon.

Issues to consider:

- Is menu information appealing, suitable descriptive and prominently displayed?
- Does menu information include where the food comes from (food provenance)?
- How are arrangements managed to reduce queue length and time?
- Can children choose where to sit?
- Consider décor, furnishings, crockery and noise levels to create a pleasant environment.

School meals

Background

Aims for example

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eatwell Plate' and compliant with the School Food Standards.

Issues to consider:

- How do you promote school meals and monitor the uptake (including children & young people who are eligible for free school meals)?

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- How are healthier options promoted or encouraged, e.g. are vegetables always given automatically?
- How do meals vary and how are pupil's comments and choices considered?
- How are cultural religious and special dietary needs addressed?
- Ensure that the food served complies with the School Food Standards. (See appendix 1).
- Recipes and menus should be available for those requiring special diets and good allergen management should be adopted. (See www.food.gov.uk/allergy).
- Is food served in appropriate sized portions?

Halal provision and dietary requirements:

Lunchtime provision should be compliant with religious guidance. Where Halal meat is not provided there is always a suitable vegetarian option available. The vegetarian option, if eaten regularly, should ensure that a pupil will not be nutritionally disadvantaged. Foods should be authentic and certified as appropriate. Kitchen staff should ensure that Halal foods don't have their integrity compromised when labelling, handling and serving.

Packed lunches

Background

It is a common misconception that a packed lunch brought from home is healthier and 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.

Aim for example

- To set guidelines (in consultation with parents) regarding the content of packed lunches in line with the whole school approach to food in schools.
- To ensure that packed lunches are stored safely to avoid food safety risks.

Issues to consider:

- How are parents and pupils encouraged to have healthier options in lunchboxes?
- Can children & young people who eat packed lunches sit with those that have a school meal?
- Are parents and pupils given food safety advice regarding lunchboxes, e.g. to include a cold pack, use an insulated lunch bag?
- How are lunchboxes stored? i.e. away from radiators and direct sunlight?
- What happens on school trips?
- Ensure the healthy lunchbox leaflet is available to support parents in making healthy choices when preparing packed lunches. (See Learning Leads website).
- Ensure that pupils do not bring hot soup or other hot liquids to school due to the health and safety risk.

Drinks

Background

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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. (See appendix 1).

Aim for example:

- To encourage pupils to drink water frequently.
- To ensure that drinks that are unsafe for teeth are not consumed between meals.

Issues to consider:

- Water and milk are the only safe drinks for teeth.
- Do the children & young people have their own clear water bottles/cups etc?
- When and where can they be refilled?
- Where are the water dispensers sited? (This should not be in the toilets).
- Can water be drunk at the desks? (Not allowed at computers or in labs.)
- Are bottles taken home or left on premises? If left on the premises who cleans them and how?
- Does the staff model this practice?
- Is bottled water sold from vending machines?

After School Clubs

Background

All food offered by school (both on and off the premises) before 6pm must meet the national School Food Standards. (See appendix 1).

Aims for example:

To ensure that food offered, whether in house or by sub contractors, meets the national School Food Standards.

Issues to consider:

- Wider policies regarding funding, staffing, insurance, health and safety, food hygiene and dietary needs.

Food in the Curriculum

Background for example:

The Headteacher has a responsibility for preparing the curriculum policy. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation.

Aims for example:

- 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.

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- To ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
- To ensure opportunities within the whole school curriculum promote and raise awareness of the following topics- healthy weight, breastfeeding, oral health.

Issues to consider:

- Exploit opportunities within the existing curriculum to discuss and work with food.
- Use the “eat well plate”.
- Food has great potential for cross-curricular work.
- How does the school provide training to make sure staff are confident when working with food activities in the classroom and can demonstrate good food hygiene practices?
- Formal food education via the Design & Technology Curriculum.
- Topics in the PSHE and Science curriculum could also be appropriate.
- Use of cross curricular activities such as health weeks and special days / events.
- Schemes of work for all key stages reflect the whole-school approach to healthy eating.
- Utilise practical opportunities for developing food growing, handling, preparation and cooking.

Food Supplied at School Events and Celebrations

Background

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 school events is consistent with the school ethos with regard to food.

Aim for example

- To ensure that healthy food and drink options are available at all school events, including parties, celebrations and fund-raising events.

Issues to consider:

- Are fruit and water provided at sports events and competitions?
- Do prizes for competitions, raffles and tombolas reflect the school food policy?
- Are there healthy options at fundraising events such as schools fairs and school discos?

Growing Clubs and Cookery Clubs

Growing Clubs Concern that children & young people have become distanced from nature has increased in recent years, with few making the connection between the food they see in the supermarket and the land that produces it.

Cookery clubs offer the opportunity for children & young people to learn and practice practical food skills. This often builds on what pupils learn in the curriculum. A club can form part of a school’s ethos, promoting health and wellbeing. The way in which the club operates depends greatly on the circumstances of the school.

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It may involve parents and their children cooking together, learning basic food skills, applying food hygiene and healthy eating messages and enjoying cooking and eating the food they make.

If a school has a growing club or cookery club then issues to consider for the policy are:

- Who is responsible?
- When are they run?
- Who are they open to?
- Is there a cost?
- Children & young people returning home safely when the club finishes

Rewards

Background

Pupil achievement should be celebrated and rewarded when appropriate, but foods or drinks high in sugar, such as sweets or squash, should not be being given as a reward. Using food as a reward can encourage children to eat when they are not hungry or to snack inappropriately between meals. It may also lead to a lifetime habit of eating for comfort or rewarding themselves with food.

Aim *for example*

- To use appropriate rewards, but never food or drink, for achievement in school. (See school behavior policy).

Sponsorship

The school 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.

Role of Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school 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 the local authority or a private caterer, 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.

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- 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.

A named Governor should have responsibility for ensuring that the school policy is adopted by the whole school community and reviewed bi-annually.

Links to other policies

Other existing school policies may link to various aspects of the food policy. List relevant ones here e.g. Medical needs/ Health & Safety.

Monitoring and review

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed

Schools may wish to include specific criteria against which to assess the impact of their work on healthy eating and indicate how they will collect the information. This may include:

- Increase in take up of school lunches
- Increase in take up of school meals by those entitled to free school meals
- Use of the salad bar
- Vending machine and tuck shop sales
- Breakfast Clubs – number of pupils attending, food sold is in line with standards
- Pupil and parent satisfaction surveys
- Pupils understanding of healthy eating messages such as 5 a day, Eatwell Plate, 'Me Size Meals'
- Audit of packed lunches
- Career development of catering staff and midday assistants
- Issues specific to the school

Resources to support policy development

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/393122/School_food_in_England_2015.pdf

Information on food allergens

www.food.gov.uk/allergy

and food allergen poster

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<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 factfile

<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/>

Photos of meals served in other schools

<https://www.pinterest.com/foodfoundation/a-golden-age-for-school-food/>

Give Up Loving Pop

Campaign to raise awareness of the health harms associated with over consumption of sugary drinks

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

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