



IGNITE INNOVATE INSPIRE

School Food Policy

“Healthy citizens are the greatest asset any country can have.”

Winston Churchill

Curriculum Vision:

At Monkhouse, we believe all children will be ambitious, courageous, resilient, respectful and kind so that they fulfil their unique potential and become active members of the wider global community.

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat and their lifestyle

What School Food looks like

In the Department for Education document ‘School food in England: Departmental advice for governing bodies’ (January 2015:updated 26 March 2019) “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.” These standards outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm) and ensures a wide variety of foods are served across the school week for a good balance of nutrients.

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 and in the long term to protect against type 2 diabetes, heart disease and cancer. 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.

Monkhouse Primary 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 important we consider all elements of our 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. Our curriculum is designed to promote healthy eating and positive lifestyle choices. Children study seasonality and where food grows, along with nutritional benefits of foods. Along with the safe preparation of meals, we teach children about healthy choices, the Eatwell plate and portion sizes. In science and DT, we learn about how to keep the body healthy, what impacts on this.

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 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 all staff and volunteers involved in food preparation, other than school lunches, e.g. fundraising events and cooking in the classroom, demonstrate good food safety practices.
- 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 Safety

The Headteacher has 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. Food handling and preparation training is provided and forms part of our PHSCE curriculum.

Break Time

Break time snacks include both those brought from home, bought on the way to school or provided by school. Children in the EYFS and 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.

Children may have a break time snack from a packed lunch. We work with parents to reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards.

Lunchtime Provision

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

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

School meals

Hutchinson Catering Services is the school meal provider for Monkhouse Primary School. They are fully compliant with the School Food Standards.

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.

We 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 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. Alongside the children's school meal, all children have access to a salad bar and a range of healthy, freshly prepared products.

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. In school, we ensure that packed lunches are stored safely to avoid food safety risks. We set guidelines (in consultation with parents) and regularly communicate these to ensure packed lunches are appropriate and content is in line with the whole school approach to food in schools. We request that packed lunches are balanced and only include one sugary or fatty treat; chocolate bars and sweets are not permitted in packed lunches.

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. We encourage pupils to drink water frequently and that water bottles brought into school must be free from any juice and not contain any sugary drinks.

Food Supplied at School Events and Celebrations

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

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 and that all food and drink provided meet these 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.

The governing body 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.

Monitoring and review

The policy will be reviewed 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. The Life Skills lead regularly reviews our food policies in school, in line with any new guidance and provides information to parents and school staff when required.

Children's eating habits and packed lunches are reviewed by lunchtime supervisors and school staff; parents or carers are contacted should we have any concerns around any areas in this policy.

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
<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>