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| **Dale Community Primary**  **and**  **Stonehill Nursery Federation**  **Nutritional Standards**  **Policy** |



**Head Teacher: Louise Foster**

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**Policy Approved by: Governors Standards Committee**

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Committee

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Committee

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Committee

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Committee

**NUTRITIONAL STANDARDS POLICY**

**Background**

There is much information available both nationally and locally on the importance of eating healthily and how this can affect learning. A healthy diet is essential for maintaining and protecting children’s health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development.

**Things to consider:**

* Progress will be measured through school surveys, feedback from pupils and PHSE Co-ordinator.
* Progress will be reported to the whole school community through staff meetings, governors meetings and newsletters. The policy will be easily available to the whole school community and appropriate feedback will be incorporated.

**Responsibility:**

Key people who are likely to be involved are:

* The PHSE Co-ordinator.
* Senior Leadership Team.
* Catering staff.
* Teaching Assistants.
* Parent Governors.
* Teaching Staff.

**Aims and Objectives:**

* To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation.
* To ensure pupils are well nourished at school, and that every pupils has access to safe, tasty, nutritious food, and a safe, easily available water supply during the school day.
* To ensure that food provisions in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
* To make the provision and consumption of food an enjoyable and safe experience.
* To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

**What we are doing:**

* Breakfast Club:

The food offered is healthy and is consistent with a healthy diet. We provide toast, low fat spread, fruit jam, low salt/low sugar fortified cereals, i.e. Weetabix, Cornflakes, Rice Krispies. Children choose from water, fruit juice, tea, hot chocolate and strawberry/chocolate/banana milkshake. Breakfast club staff are trained in food preparation and hold basic food hygiene certificates.

* NUT Allergies:

As much as possible we are a nut free zone. Parents are asked to refrain from providing food products that may contain nuts in packed lunches or as birthday treats. Photographs of children with nut allergies are displayed in their classrooms, the staffroom and the school kitchen.

* 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. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

* Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.
* During out of school events, e.g. school visits etc., the school will encourage parents to consider the Food Policy in the range of refreshments offered to children.

**School lunches and packed lunches**

We have a vegetarian kitchen as recognition that we serve a diverse community with a number of religious beliefs.

Our own catering staff who have a healthy food policy provide all our school meals. This includes the use of fresh fruit and vegetables each day as choice for the children. (Children are required to include at least one fruit or vegetable option in their choices.) They always provide a hot and cold option, both of which are nutritionally balanced.

Many children bring packed lunch to school, (*See* *Appendix 1*). We do not allow sweets, chocolate bars or fizzy drinks.

**Snacks**

All FS and KS1 classes include a morning break-time snack of fruit and milk for all children. Children are given responsibility for passing the fruit to others and for helping to clear away.

Some KS2 children have fruit and milk at playtime – no other snack is allowed during break.

**Water for all**

Water fountains are located in the corridors. All children have been provided with a bottle to store their water in. Children may drink their water at any time except during the assembly. Class teachers build regular water and brain breaks into the school day and curriculum. FS and KS1 children are also reminded to drink water at their snack time.

**Monitoring and Evaluation**

A range of both formal and informal sources of evidence will be used:

* Review of the policy in the light of improvements and changes.
* Feedback from students via school council regarding changes to the menus and set up of the school meals.
* Discussions with school council, students, staff, parents/carers and dietician.

This policy document was produced in consultation with the school community – including students, parents, school staff and governors.

**Curriculum**

In the Foundation Stage, KS1 and KS2, there are a number of cross-curricular opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food.

* Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.
* Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
* Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
* Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.
* PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

**Messages and guidelines when teaching food and nutrition in lessons**

1. Eat more fruit and vegetables (at least 5 portions a day).
2. Eat more fibre – wholemeal bread, cereals, pasta, and rice.
3. Eat less fat, sugar and salty foods.
4. To ensure a balanced diet, a variety of foods from each of the food groups should be included (The Balance of Good Health):

* Fruit and vegetables.
* Bread, cereal and potatoes.
* Milk and dairy products.
* Meat, fish and alternatives (soya, tofu, beans, peas and lentils).

1. Drink more water and less fizzy, sugary and acidic drinks.
2. Do not skip meals, especially breakfast.
3. Reduce processed foods, prepare and cook foods yourself.
4. Within the school, pupils will have the opportunity to look at food labelling and discuss additives in food.

*Appendix 1*

**PACKED LUNCH POLICY**

**Overall aim of the policy:**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

**How and why the policy was formulated:**

Refer to the Nutritional Standards policy.

* To make a positive contribution to children’s health and Healthy Schools Status.
* To encourage a happier and calmer population of children and young people.
* To promote consistency between packed lunches and food provided by schools that, from September 2006-2007 must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.
* To contribute to the self-evaluation for review by Ofsted

**National guidance:**

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food Policy in schools – a strategic policy framework for governing bodies (National Governors’ Council, (NGC) 2005).

**Where, when and to whom the policy applies:**

The policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from September 2010.

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 available at all times.
* Hot food is not allowed in packed lunch boxes.
* The school will work with the pupils to provide attractive and 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 non-perishable packed lunches and/or use insulated bags where possible to stop food going off.
* Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

**We recommend packed lunches should include:**

* At least one portion of fruit and one portion of vegetables daily.
* Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
* Oily fish, such as salmon, at least once every three weeks
* A starchy food such as any type of bread, pasta, rice, couscous, noodle, potatoes or other type of cereals every day.
* Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
* Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

**We recommend packed lunches should not include:**

* Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
* Confectionary such as chocolate bars, and sweets. Cakes and chocolate-coated biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
* Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

**Special diets and allergies:**

The school recognises that some pupils may require special diets that do not allow 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 also not permitted to swap food items. Photographs of children with nut allergies are displayed in their classrooms, the staffroom and the school kitchens.

**Assessment, evaluation and reviewing:**

Packed lunches will be regularly reviewed by staff supervising meals

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.

**Involvement of parents / carers:**

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the Packed Lunch Policy.

Foundation Stage 2 and Key Stage 1 are all entitled to free school meals.

*Appendix 2*

School Food Standards apply to all maintained schools founded before 2010 and after June 2014.

A new set of Standards came into force in January 2015 and are as follows.

**The School Food Standards**

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These food standards are intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what us on offer and recommend dishes; to reduce queuing; and to serve food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is the key – whether it is different fruits, vegetables, grains, pulses or types of meat\* and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally sourced ingredients, and talk to them about what they are eating. Go to [www.schoolfoodplan.com/www](http://www.schoolfoodplan.com/www) to find examples of what other schools are doing to encourage children to eat well.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children’s diets.

This Standard applies across the whole school day, including breakfast, morning break, lunch and after school clubs.

**Fruit and Vegetables**

* One or more portions of vegetables or salad as an accompaniment every day
* One or more portions of fresh fruit every day
* A dessert containing at least 50% fruit two or more times each week
* At least three different fruits and three different vegetables each week.

**Milk and Dairy**

* A portion of food from this group every day
* Lower fat milk must be available for drinking at least once a day during school hours.

**Meat, Fish, Eggs, Beans and other non-dairy sources of protein**

* A portion of food from this group every day
* A portion of meat or poultry on three or more days each week
* Oily fish once or more every three weeks
* For vegetarians, a portion of non-dairy protein on three or more days each week
* A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools.

**Starchy Food**

* One or more wholegrain varieties of starchy food each week
* One or more portions of food from this group every day
* Three or more starchy foods each week
* Starchy food cooked in fat or oil no more than two days each week
* Bread – with no added fat or oil – must be available every day.

**Foods high in Fat, Sugar and Salt**

* No more than two portions of food that has been deep-fried, batter-coated or breadcrumb-coated each week
* No more than two portions of food which include pastry each week
* No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat
* Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
* No confectionary, chocolate or chocolate-coated products
* Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary
* Salt must not be available to add to food after it has been cooked
* Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful.

**Food provided outside Lunch**

* Fruit and/or vegetables available in all school outlets
* No savoury crackers or breadsticks
* No cakes, biscuits, pastries or desserts (except yogurt or fruit-based desserts containing at least 50% fruit).

**Healthier Drinks**

Free, fresh drinking water must be available at all times.

The only drinks permitted are:

* Plain water (still or carbonated)
* Lower fat milk or lactose reduced milk
* Fruit or vegetable juice (max 150mls)
* Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yogurt) drinks
* Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
* Combinations of fruit juice and lower fat milk or plain yogurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk: flavoured lower fat milk, all with less than 5% added sugars or honey
* Tea, coffee, hot chocolate
* Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150 mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.

*\*Dale has a vegetarian kitchen. Where meat is recommended in a recipe/menu, a meat substitute will always be used.*