



FOOD POLICY

FOR SCHOOLS WITHIN QUEST

**St. Peter's C. of E. Primary School, Hindley
Hindley Green Community Primary School
St. John's C. of E. Primary School, Hindley Green
St. John's C. of E. Primary School, Abram
University Collegiate School, Bolton**



September 2020
Review date September 2022

Food Policy (including Packed Lunches)

This policy was revised during the Autumn Term 2020 and should be read alongside the Trust's P.S.H.E. & C and Relationships Education policies.

Introduction

As schools within QUEST, we are committed to giving all our pupils/students consistent messages about all aspects of health, to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The schools support the '5 a day' campaign to encourage pupils/students to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas need to change to develop a more healthy approach to the issue of food in our schools:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

Our schools are healthy schools and it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils/students and their families with regard to food, water consumption and healthy eating patterns. Through effective leadership, the schools ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils/students the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school communities
- To encourage all children to take part in the '5 a day' campaign.

Before & After School Childcare

Before & After School Childcare operates on a daily basis in our schools for all children from age 5 to 11 years. The breakfasts and snacks offered are healthy and consistent with a healthy diet.

Snack

Our primary schools take advantage of the 'Cool Milk' scheme for early years children and children in HGCP nursery have morning and afternoon snacks. Milk is also available at lunchtimes. KS1 and KS2 have a morning break time. They are able to buy toast and, in some schools, a drink, or parents/carers can provide a healthy snack. In the afternoon KS1 children receive a free piece of fruit or vegetable from the School Fruit and Vegetable Scheme, which is shared with class members. KS2 children may bring or purchase fruit which they can eat at fruit time – no other snack is allowed during breaks.

At the UCS, students are able to purchase snacks and drinks at break times. they may also bring their own healthy snack and drinks to consume, but fizzy/energy drinks are not allowed.

School Lunches and Packed Lunches

In our primary schools Lunchtime Organisers ensure children wash their hands before lunch. All our school meals are cooked on the premises, by a cook employed through Dolce who have agreed to meet the required school meal standards. This includes fresh fruit, vegetables and salad each day as a choice for the children. Hot and cold options are provided, which follow the 'Balance of Good Health.'

Our primary schools fully support the Universal Infant Free School Meals and we have actively encouraged children to take up this opportunity. We encourage children to have a school meal through parent and child taster sessions and school meal managers attend new parent intake afternoons, displaying sample meals and answering questions about healthy food balance. Children who bring packed lunches are invited to have a school meal on any day of the week which they can order daily.

Many children bring a packed lunch to school. It is the responsibility of parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. The schools will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the schools cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

All pupils/students are encouraged to bring only healthy lunches to school. Guidance will be sent out regularly to parents/carers – see appendix 1. The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

At the UCS all our school meals are cooked on the premises by a cook employed through our catering provider, Radish, who have agreed to meet the required school meal standards. This includes fresh fruit, vegetables and salad each day as a choice for the students. Hot and cold options are provided which follow the 'Balance of Good Health'. Account is taken of religious dietary requirements and appropriate food provided, eg Halal.

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COVID-19 – During the COVID-19 pandemic, school meal provision in the Primary Schools has been temporarily amended to provide a menu which includes grab bags. Additional handwashing is also taking place within schools in line with Government guidance.

Water for All

Water was freely available from water fountains in some of our schools. However, this has been temporarily suspended due to COVID-19 regulations. In others, children are encouraged to bring in plain water in pop top bottle and to drink after P.E. and when the weather is hot. Children may drink their water at any time except during worship/assembly times and during science lessons at the UCS. Staff act as role models by drinking water around the school building.

Disco's / Special Events

Celebrations such as Easter, Christmas, school discos, etc. are classed as 'one off' events where food treats are acceptable. Only healthy snacks will be available at all other regular after school clubs.

Food Across the Curriculum

There are a number of opportunities across the curriculum to promote healthy eating and Trust schools use the Balance of Good Health as a model of good practice as stated by the Healthy Schools Standard.

In EYFS, KS1 and KS2 there are a number of 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 shopping, preparing and cooking food.

In the UCS there are number of opportunities for students 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 shopping, preparing and cooking food. This is covered in the PSHE, technology, science and PE curriculum.

Literacy provides opportunities to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Mathematics can offer the possibility of understanding nutritional labelling, calculating quantities for recipes, weighing and measuring ingredients and looking at packed lunches.

Science provides opportunities 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.

R.E. provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

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.

P.S.H.E. & C. 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.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. Pupils in Keys Federation schools complete the Daily Mile. School visits provide pupils with activities to enhance their physical development e.g. Y5/6 Residential Outdoor Activity visits.

Out of hours learning - Gardening Club, Sports Clubs - further enhance physical development. Any agencies coming into schools to deliver out of school clubs are aware of our policy and provide only healthy options for food and drink.

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. Our schools are well placed to try 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.

During out of school events, such as school discos, etc., the school will encourage parents and carers and the friends of the school to consider the food policy in the range of refreshments offered for sale to the children.

Role of the Directors

Directors monitor and check that the Trust policy is upheld and continually updated and can also offer guidance where a member of the Board of Directors has particular expertise in this area.

Monitoring and Review

Play Pals Before & After School Club managers and School Cooks are responsible for ensuring that the food served is in accordance with this policy.

Key Stage/Phase leaders and subject leaders are responsible for the curriculum development of the food policy.

The Principals and the P.S.H.E. & C. co-ordinators are responsible for supporting colleagues in the delivery in the food policy.

The Catering Providers, Dolce and Radish, are responsible for ensuring the quality of the food offered at lunchtimes.

The school will carry out monitoring of packed lunch provision and where there may be concerns over a pupil/student's food/nutrition intake and/or content of packed lunches, this will be dealt with timely and sensitively.

This policy will be reviewed bi-annually to take account of new developments.

This policy has been reviewed with due regard to the Equality Act 2010 and Directors are aware of its contents.

Signed by:

S. Bruton

CEO

Date: September 2020

Appendix 1 – Guidance on Packed Lunches

To grow and stay healthy, children need to eat a nutritionally well balanced diet. Schools are influential settings and can contribute significantly to improving the health and well-being of pupils and encourage healthy eating habits from an early age to improve the overall nutrition of pupils.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and meet minimum food and nutrition standards for school meals. The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning. The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Children's packed lunches should include items from the 5 main food groups;

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions eg pasta salad, sandwich.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more eg carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch eg yoghurt, fromage frais, milk.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods eg boiled egg as filling in sandwich, mixed bean salad.

Drinks

Any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should not contain the following: fizzy / sugary drinks in cartons, bottles or cans, chocolate-coated products / sweets / confectionery, chocolate spread as a filling for sandwiches, chewing gum, sugared / toffee and salted popcorn, crisps or any packet savoury snacks high in salt and fat, salted nuts, energy drinks.