

WHOLE SCHOOL FOOD POLICY.

Introduction

As part of the Healthy Schools Policy a “Whole School Food Policy” has been developed. Research into the health and well-being of school children has shown that a coordinated approach needs to be taken. The school supports the “5 a day” campaign to encourage children 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.

Oldfield Primary School aims to encourage healthy lifestyle choices. This document sets out the school’s policy regarding food with the aims and objectives being to:

- Provide education to pupils and their families with regard to food and healthy eating patterns.
- Promote health awareness and dental care in all members of the school community
- Contribute to the healthy physical development of all members of our school community.
- Encourage all children to partake in the 5 a day campaign.
- Limit consumption of foods high in sugar, salt and fat and encourage healthier choices.
- Give consistent messages about food and health.

The policy statements are as follows: -

Snacks

- To encourage children to bring a piece of fruit or vegetable or a healthy snack as a snack for break times. Please see Appendix 2 attached.
- To participate in the government initiative to provide all EYFS and KS1 with free fruit and vegetables, which are eaten in the afternoon break.

School Lunches and Lunchboxes

All school lunches are provided by a contracted caterer (arranged by LA). The caterer must have a healthy food policy as part of their tender which includes fresh fruit and vegetables each day. A choice of hot meals must be available providing nutritional balance and healthy options. Due to Government legislation, school lunch is free for children from Early Years up to and including Year 2 at present.

School meals are planned on a 3-week cycle and always contain a meat/fish and vegetarian option. The school meals menu can be found on our school website.

- Children may bring a packed lunch to school and are encouraged to ensure the contents are in line with the whole school food policy. Information for parents and children on healthy lunchbox suggestions is provided in accordance with DfE guidelines.

Packed Lunches

As part of the school’s whole school food policy, the packed lunch element has been developed using guidance from the Children’s Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and/or 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g., sardines or salmon

In addition to the above, packed lunches may include one of the following

- Healthy crisps or crisp type snacks
- Chocolate covered bars, biscuits, mini cakes and yoghurts/desserts

Packed lunches should not include:

- Nuts of any kind. Including Nutella chocolate spread
- Sweets
- Fizzy drinks

The school provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink. However, parents can provide a carton of flavoured water or fruit juice within the packed lunch box.

School Trips

A packed lunch will be provided by the school for all children in EYFS and KS1. Children are welcome to bring their own lunches on trips, however, these lunches must adhere to the same food and drink guidance.

Birthdays and Celebrations

Whilst we recognise that birthdays and celebrations are an important part of child's life, we have a number of children who have allergies or are unable to eat certain foods for religious reasons.

We therefore ask that if parents want to bring sweets etc., to celebrate a child's birthday that they are distributed by the parent at home time in the playground and taken home to eat.

Water

- All new pupils are provided with a water bottle when they start at the school.
- Water is freely available throughout the school day to all members of the school community. Please refer to the Oldfield Water Policy (Appendix 1)

Food Across the Curriculum.

- To develop knowledge and understand health as part of curriculum activities in every year group. This includes healthy eating patterns and practical skills that are needed to understand where food comes from e.g., shopping, preparing, cooking and school visits. It is included in the following subjects;
- Mathematics, English, Science, DT. History, Geography, PSHE, and Computing.
- Physical activity in PE reinforces the beneficial impact of sport, exercise, dance and walking.

Involving Parents and Carers

- The partnership of school and home is critical in shaping how our children develop, grow and behave. Parents and carers are regularly updated regarding our healthy school policies through school and class newsletters.
- Parents and children's views are sought via questionnaires.
- We ask parents not to send in fizzy drinks or sweets and remind them that only water may be drunk during the school day.
- During all school OSA events, the parents and carers will be encouraged to consider the Whole School Food Policy in the range of refreshments offered to children, especially when on the premises.

Breakfast Club

The food offered is consistent with the school policy, School Food Trust non-lunch standards.

After School Clubs

Oldfield encourages after school activities and clubs to be aware of the whole school food policy.

Participation in National Events and Initiatives

- Oldfield Primary is involved in the School Fruit and Vegetables scheme and Food Awareness Week.

Special Dietary Requirements

- Procedures are in place for children with allergies, dietary related conditions, and epi- pens etc. Food containing nuts is not allowed in school.
- The school does everything possible to accommodate pupils' specialist dietary requirements, including children with SEND, vegetarian, medical, allergies, intolerances, religious or cultural practices.

Role of the Governors

- Governors monitor and check that the school policies are upheld and can also offer guidance where a member of the body has particular expertise e.g., food, health, physical activity.



Eatwell Guide - whole
School Food Policy 20

Appendix 1**Water Policy**

Water is freely available throughout the school day to all members of the school community. This is considered important for a number of reasons:

- Water is vital for normal bodily functions.
- Very few children drink the recommended and minimum 6 to 8 child-sized glasses a day.
- Research has shown that children drink less during a school day than at weekends.
- Water is essential for protein formation and functions in nerve ends of brain.
- It increases oxygen up-take by haemoglobin

Why Children don't drink enough, or at all in school

- They are not in the habit of drinking regularly
- They may not readily recognise the thirst signal
- They prefer to play during break time
- School water may not taste nice e.g., tepid, poor taste
- Water facilities are inconveniently located and insufficient for the number of pupils
- Sinks/water fountains may not have been cleaned regularly and are therefore unhygienic and can be off putting to children
- During lunch time, the water provided from the jugs may be unpalatable
- It is difficult to get a sufficient drink from a traditional water fountain
- Some children restrict fluids as they fear not being allowed to go to the toilet

As a result, it is not uncommon for children to go all day without anything to drink at all, and those who do drink often have less than they need

If children do not drink enough water, they can quickly become dehydrated. Children's fluid requirements are proportionally higher than adults

Dehydration

Simple day-to-day dehydration can cause a variety of symptoms

- Thirst
- Headaches
- Fatigue
- Irritability
- Poor concentration 5% dehydration = 30% loss of concentration
- Impaired mental performance
- Impaired physical and sports performance

Dehydration is also associated with health problems

- Constipation
- Urinary tract infections
- Bedwetting, daytime wetting and soiling problems
- Kidney problems including kidney stones and disease
- Some cancers

Oldfield school makes water available at all times in the following ways:

- Each child is given a water bottle when they start at the school which has their name on (permanent pen)
- Class teachers will establish a code of behaviour for how the children use their water bottles in school
- The bottle is left on the desk,
- Children fill their own water bottles, when necessary, as children need to take ownership of them
- Bottles are taken home everyday washed and refilled
- If a bottle is lost, a new one can be purchased along with replacement lids
- Children who bring a packed lunch to school are able to bring a non-fizzy drink. We request that this is not in can or bottle form. A named flask or carton is preferable.
- At lunchtime, water is freely available

Common Concerns

- Bottles have sports caps hopefully non-spill
- The children will probably need to go to the toilet more often than normal. However, the bladder soon adjusts to cope with the larger intake of water. This usually happens within a few weeks
- Guzzling - training the children to sip the water. They shouldn't drink the whole bottle in 10 minutes. They need to regularly sip.

All identified cold water drinking outlets around school are suitable for refilling water bottles by staff/children.

Appendix 2

HEALTHY SNACKS

Children are allowed to bring in a piece of FRUIT, VEGETABLE, or healthy snack to eat at morning break. This snack is not meant to be a substitute for breakfast. Breakfast remains one of the most important meals of the day. Missing out on breakfast can mean a child finds it extremely difficult to function and learn during the morning.

In order that this policy does not encroach on teaching time, please ensure the following: -

1. A snack means a piece of raw fruit, vegetable, or healthy snack (see example list below).
2. The snack or its box/bag is named.
3. The snack is not left in the child's lunch box. We DO NOT allow children to go to their packed lunch box at break times.
4. If you provide your child with a snack such as an orange, it is helpful if this is peeled and segmented, (grapes should be cut in half for EYFS children), as this makes it much easier particularly for the younger children to eat. Nuts should not be given as a snack or in lunchboxes due to children with nut allergies are in the school.
5. Whilst a child is eating their snack they will not be allowed to run around.
6. Your child must know that he/she places the rubbish in one of the bins provided and does not throw it on the ground as litter.

DRINKS

At present the school ruling is: -

1. There are identified cold water drinking outlets around the school.
- 2.
3. Every class provides a place for children to store their own named bottle of water.
4. Children who bring a packed lunch to school are able to bring a non-fizzy drink. We request that this is not in a can or in a glass bottle. A named flask or carton is preferable.
5. At lunchtime, water is freely available.
6. In EYFS, all children are entitled to free milk until the age of 5. Parents must register their children to receive free milk on entry to school. Once 5, children can continue to receive milk on a daily basis but parents must pay for this unless in receipt of FSM or PP.

We encourage **all** children to bring a named bottle of water to school every day.

Additional Notes in Healthy Snacks

Children, especially young children need to eat regularly at home and at school. Nutritious snacks between meals are an important part of the day.

Sugar can damage teeth if eaten too often throughout the day and large amounts of salt can also cause long term health problems such as high blood pressure. Sugar free, low salt snacks are therefore recommended.

To summarise:

- Fruit and vegetables are needed for healthy growth and development
- Fruit and vegetables help prevent chronic diseases such as cancer and heart disease
- On average children are only eating half the recommended five portions of fruit and vegetables a day
- The National School Fruit Scheme encourages 4- to 6-year-olds to eat fruit at break times, it makes sense to continue this encouragement throughout the school
- Some children eat no fruit at all
- Frequent intakes of sugary foods and drinks promotes tooth decay. Milk, water, fruit and vegetables do not damage teeth.
- Fruit and vegetables leave less litter in the playground

Here is a list of examples for sugar free, low-fat snacks which you could give your child at home or for school as a snack: -

Type of food	Examples
Fruit and vegetables	All types
Dairy foods	Cubes of cheese, cheese strings, plain yoghurt with added fresh fruit
Plain biscuits	Water biscuits, crackers, breadsticks, crispbreads, Cornish wafers, oat cakes, pretzels, savoury biscuits, melba toast - with unsaturated fat spread if desired
Sandwiches or rolls	Lean ham, turkey, chicken, tuna, salmon, cheese, egg, salad, vegetables
Bread or toast	Toasted fingers, chappati, pitta bread, potato cakes, muffins, bagels, malt loaf, croissant, waffle
Rice Cakes	
Savoury scones	- with unsaturated fat spread if desire
Slice of Pizza	
Plain Popcorn	Home made
Dips	Houmous,
Yoghurts	Flavoured drinkable, pouches or tubes