SOUTHWICK C OF E PRIMARY SCHOOL
HEALTHY FOOD POLICY

RATIONALE:
A Healthy School promotes the health and wellbeing of its pupils and staff through a well-planned taught curriculum in a physical and emotional environment that promotes learning and healthy lifestyle choices. A healthy school can improve pupil behaviour and achievement by providing a physical and social environment that is conducive to learning.

Southwick School undertakes a programme of activities designed to improve the Health and Emotional Well-Being of the school community and to reach the national standard set for Healthy Schools Status. By using a whole school approach, consulting pupils, staff and parents we hope to achieve this.

OUR AIMS

- To ensure that all aspects of food and nutrition in school promotes the healthy eating and wellbeing of pupils, staff and visitors to our school in line with national guidelines
- To give a consistent message about food and health.
- To provide a role model to pupils and their families with regard to food and healthy eating patterns.
- To give pupils the information they need to make healthy choices.
- To encourage children in the 'five a day' campaign
- To contribute to the healthy physical development of all members of the school community
- To promote healthy awareness
- To have water available to children throughout the day.

GUIDELINES - School Lunches

- School lunches comply with the nutritional standards set by Government. We provide a variety of food using good quality fresh ingredients prepared and served in an appetizing manner. Where possible, food such as meat and vegetables is sourced locally. All our school lunches are cooked on site by our catering team. If a class is studying a specific country then food from that country may be included in the menu.
- Menus are compiled termly and sent to parents for completion.
- Catering staff will be given opportunities to update or gain necessary qualifications such as food hygiene.
- We are committed to our school lunches meeting the healthy, sustainable practices listed in the aims and objectives and will review the progress as guidelines change.

Packed lunches
Many children bring in packed lunches and the school is committed to encouraging parents to provide healthier lunchboxes. To this aim discourage the inclusion of foods such as crisps, sweets & confectionary, chocolate and fizzy drinks (see appendix 1). We also ask parents to not include nuts in lunch boxes in recognition of the danger that these may cause to children with nut allergies. The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements, intolerance or religious observations. Therefore no food may be swapped or shared and any food not eaten will be taken home. We encourage parents to include any foods relating to food weeks or topics.
The school will also undertake regular surveys of the pupils through the school council to allow them to comment on the dining room environment.

Water for all

- Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. Therefore cooled water is freely available throughout the day to all members of the school community.

- Children may have access to their water at any time except during school assembly,

Snacks.

- All pupils are encouraged to bring a healthier snack such as fresh or dried fruit or vegetables from home for the morning break. Water, juice or milk may also be drunk.
- Under 5s are entitled to free milk and KS1 pupils have a piece of fruit at morning break. Milk is also available to all children via 'Cool Milk'.
- The school will actively discourage all other snacks at morning break.

Food in the curriculum

In FS2, KS1 and KS2 there are a number of opportunities for pupils to develop a knowledge and understanding of health, including healthy eating patterns and physical activity.

Subject leaders are asked to develop schemes of work that encompass objectives and activities relating to food, nutrition and healthy eating.

- Literacy - exploring poetry, persuasion, argument and narrative work e.g. writing persuading letters to persuade companies to use non-GM foods.
- Maths –understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients
- Science – Types of food available, nutritional content and function, digestion, etc
- RE – to discuss the role of certain foods in major religions of the world, especially related to festivals.
- ICT – research food issues using the internet. Designing packaging and adverts to promote healthy eating.
- DT – food technology, where food comes from, preparation and cooking.
- PSHE – to develop healthy lifestyles and to be responsible for their own health and well-being.

Outside the Curriculum

The school has a gardening club where pupils learn about growing plants and produce. Produce is used in school dinners whenever possible.

Partnership with parents and carers and pupils

The relationship 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.

Monitoring and review

A sample of parents and children are consulted on changes to the dinner menus. Uptake is closely monitored by the catering staff and adjustments made.
The catering staff is responsible for ensuring that the food served is in accordance with this policy.
Subject leaders are responsible for the curriculum content and the Headteacher and SLT are responsible for supporting colleagues in the delivery of the Food Policy.

Role of the Governors

Governors will monitor and check that the school policy is upheld and are responsible for developing the policy.

This policy should be read alongside the school's PHSE and other subject policies such as science and technology

Appendix 1 Packed Lunches

- *The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.*
- *The school will work with the pupils to provide attractive and appropriate dining room arrangements*
- *As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the 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.*

It is recommended that packed lunches should include:

- *at least one portion of fruit and one portion of vegetables every day.*
- *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, noodles, 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.*

*Packed lunches **should not** include:*

- *snacks such as crisps. Instead, include 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. (NO NUTS OF ANY KIND AS NUT ALLERGIES IN SCHOOL)*
- *confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and 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

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.