

HOLYWELL VILLAGE FIRST SCHOOL **Food and Health Policy**

The Governing Body of every high, middle and first school that provides school meals must ensure that any lunches provided meet with the standards prescribed in the Nutritional Standards for School Lunches (England) Current Regulations. Guidance is available from <https://www.gov.uk/government/publications/standards-for-school-food-in-england> . See also the government's Healthy Schools Programme, <https://www.healthyschools.org.uk/>. The government's nutrient based standards for school lunches became effective as of January 2015 (updated August 2021).

Rationale

Part of our core aim is to improve the health of children as future citizens advising pupils and families ways to establish and maintain lifelong healthy and environmentally sustainable eating habits. The Governing Body will ensure that food in the school and advice given to pupils promotes a healthy lifestyle.

Aims

- To ensure that pupils receive a nutritious diet at school and that all pupils have access to safe, appetising food and a supply of drinking water during the school day.
- To ensure that caterers comply with the Nutritional Standards for School Lunches (England) Current Regulations in accordance with LA (Local Authority) monitoring and existing service provider agreement.
- To improve the health of pupils, staff and families by increasing awareness of food issues including what constitutes a healthy diet.
- To ensure that food provision reflects any ethical and medical requirements of pupils and staff.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.
- To promote and raise awareness of environmentally sustainable food production methods.
- To create a whole school approach to food and health.

Objectives

To work towards the acceptance, endorsement and implementation of this policy by all stakeholders in all aspects of school life.

Statutory Roles and Responsibilities of the LA (external Provider – North Tyneside Local Authority) , Head Teacher, other staff and Governors

The LA will –

- Monitor schools' compliance with the Nutritional Standards for School Lunches (England) Regulations 2015 (updated August 2021) and their success in achieving the aims of this policy.
- Through the catering specification, eliminate unnecessary and potentially harmful food additives including genetically modified foods.
- Ensure that the providers of food services have trained personnel, quality systems and internal/external inspection programmes.

The **Head Teacher** will ensure that –

- Guidance is made available for staff based on the Nutritional Standards for School Lunches (England) Current Regulations.
- Providers of lunches conform to the Regulations.
- The agreed standard for free school meals is implemented.
- Content, cost and provision are monitored.
- Special dietary needs of children and staff are catered for.

The **Staff** are expected to promote healthy eating in accordance with school guidance.

The **Governing Body** will –

- Ensure that any catering contract or SLA meets the requirements of this policy, including the requirement for the contractor to provide information to enable it to be monitored effectively.
- Ensure that lunches meet with the standards prescribed in the Nutritional Standards for School Lunches (England) Current regulations.
- Establish standards for school meals (including free school meals) and monitor their content, cost and provision.

Methods

- Establish the organisational structure and arrangements to oversee the policy through a whole school approach.
- Integrating the aims of the policy into the curriculum in order to increase understanding.
- Encourage a healthy lifestyle throughout the day taking into account all meal and break times.
- Creating a pleasant and safe environment in which to enjoy appetising, nutritious and environmentally sustainable food.

Arrangements for Monitoring and Evaluation

- The Governing Body in conjunction with the Head Teacher will monitor the extent to which the catering providers conform to the regulations in terms of content, cost and provision, and the number of pupils receiving free school meals.
- Surveys of pupils will be undertaken, for all catering providers, at regular intervals and reported to the Governing Body, to establish whether pupils are satisfied with the quality of meals offered.
- The LA will ensure the providers of the service monitor and evaluate the service provision and provide the school with documentary evidence to this effect, highlighting any actions taken where necessary.

School Food throughout the school day including break and after school

Food will meet all school food regulations.

Cookery clubs/growing clubs linked to curriculum

School will strive to offer cookery club and gardening club (including growing) depending on the availability of personnel to offer the club.

Scheme of work - Food in schools/education

Food in school is taught through the Science Curriculum and PSHE area Health and Wellbeing. As part of our creative curriculum at least one half-termly theme per year will focus on health e.g. Healthy Holywell and Healthy Eating will be taught through this cross-curricular theme. At the end of the half-term theme

a 'Best Fit' Assessment Grid is completed by the class teacher to show the children's progress against the key learning objectives. A copy of this is also given to the PSHE co-ordinator for monitoring purposes.

Packed lunch guidance

Advice on packed lunches will be disseminated to parents via newsletters and our website.

**** We encourage children on packed lunches to bring a healthy packed lunch to school each day. Chocolate and sweets are not permitted within packed lunches except for on a Friday - where one sweet treat is permitted. Children look forward to 'treat Friday' and know this is the day when one small sweet treat is permitted.***

**** We must ask that no nuts or products containing nuts are permitted in pupils' packed lunches. This is to ensure the health and safety of pupils and/or staff who may have nut allergies.***

**** No fizzy drinks are permitted within packed lunches - simply juice or water only. This is in line with the rare occasions where children who have school lunches receive sugar-free cordial, pure fruit juice or milk as part of their pudding. Please note that packed lunches need to contain a drink separate from the child's class water bottle.***

Liaison with other services will promote healthy packed lunches e.g. workshops on preparing healthy packed lunches. School will liaise with outside agencies such as NHS to access resources to promote healthy packed lunches and websites such as

<https://www.publichealth.hscni.net/news/top-tips-healthy-packed-school-lunch>

Water provision

All pupils are actively encouraged to bring a bottle containing plain drinking water each day. The bottle is returned to be washed and refilled by parents/carers at the end of each day.

Milk provision

Milk is offered to all children at the publicised price. Milk is free for children up to the term before which they turn 5. Due to health and safety issues children are not allowed to bring their own milk unless this is for a confirmed dietary reason (see below).

Allergies/Medical Conditions

Children with allergies will be accommodated according to our policy '[SUPPORTING CHILDREN WITH MEDICAL CONDITIONS.](#)'

Engagement with parents

Where possible, parents will be actively included in our work on health through:

- Invitation to see children's work.
- Invitation to class assemblies presenting what children have learnt about food.
- Workshops on healthy lunches/healthy eating and cooking as appropriate.
- Information from public health strategies e.g. 'Change for Life' will be disseminated by school.
- Parent/Carer views will be sought via annual parental questionnaire, Parents' and Carers' Forum (Governors) and occasional surveys as required.

CPD opportunities for staff

PSHE coordinator will receive food in school training when appropriate. This will be disseminated to the rest of school staff. School lunchtime staff will receive training as offered by the local authority and if requested through performance management.

Reviewed: 27th January 2022

Date for Review: Spring 2024

Signed Headteacher: _____

Chair of Committee: _____

Date: 27th January 2022

This policy will be reviewed Spring 2024