

COTHERSTONE PRIMARY SCHOOL



POLICY DOCUMENT

WHOLE SCHOOL FOOD POLICY

Date Revised: May 2020

Date for Review: May 2023

Signed: *C A Matthewman*

Cotherstone's Whole School Food Policy

Cotherstone's school food policy sets out the school's formal commitment to serving healthy food. It links this to education and life skills in order to promote optimal health, to develop social skills and to ensure maximum educational attainment of all students.

The staff and governors seek to ensure that all aspects of food and nutrition at Cotherstone Primary promote the health and wellbeing of pupils, staff and visitors to the school, supporting individual needs (cultural, ethical and medical) as appropriate.

Mission Statement

We will continue to work to improve the health of the whole school community in order to equip pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment.

We will provide high quality food education and food in school to help ensure food messages are consistent during the school day.

Leadership

Making our school top of the class for food

At Cotherstone Primary we are committed to the prioritisation of family health and sustainable food and farming practice.

We will support this by doing the following:

- Ask the whole school community for its views on food issues.
- Work with the whole school community to put together and review the school food policy and action plan.
- Keep everyone informed about food issues in school that change.
- Build confidence in school food and maintain our high record of children who have school meals, wherever possible.
- Ensure staff have up to date knowledge, skills and resources and relevant qualifications to educate pupils about food.

Sharing and Caring

Making sure we enjoy food and meet new people

At Cotherstone Primary we aim to create an enjoyable and sociable dining experience for pupils in school, and a lively food culture at school and in the wider community.

We do this by:

- providing an enjoyable lunchtime environment and experience and regularly reviewing our practice and examining ways in which we can improve it;
- involving parents and guardians in sharing information about healthy food experiences in and out of school;
- working with brands or businesses that support healthy food and comply with Government food standards;
- involving the whole school community in growing and cooking projects and food events to help promote healthy and sustainable food;
- sharing the lessons we learn on food issues with other schools and community groups

Packed Lunches

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 nutritious.

Aim

To ensure that packed lunches comply with the whole school food policy in providing a nutritious meal that complies with current government guidelines.

Rationale:

- Schools are required to positively promote the health and wellbeing of its pupils.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- The contents of lunchboxes in some schools can be extremely unhealthy; recent audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- 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.

Objectives

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and wellbeing in later life.
- To ensure that food brought into school (packed lunches) reflects and meets current food standards for School Food.

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage 1.
- Lunches should contain a balance of protein, fruit and vegetables starchy food and dairy following current healthy living guidelines.
- Foods high in sugar should be restricted

- Chocolate, sweets, and fizzy drinks are not allowed in packed lunches.
- Drinks high in sugar should be avoided.
- Unhealthy food may be removed by staff and returned to the child at the end of the day.
- Crisps are allowed as a treat on Fridays.

To ensure consistency and to keep packed lunches in line with food standards for school meals, we advise that packed lunches should not contain the following:

Fizzy / sugary drinks in cartons, bottles or cans

Chocolate products / sweets / confectionary

Chocolate spread or jam as a filling for sandwiches

Chewing gum

Sugared / toffee and salted popcorn

Only occasionally crisps or any packet savoury snacks high in salt and fat

Waste and Disposal

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.

Packed Lunch Containers

It is the responsibility of the 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. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

The school will provide an appropriate area where pupils who choose to bring packed lunches can eat.

Monitoring and Evaluation

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

OFSTED are required to report on how the school promotes the personal development and wellbeing of all pupils – this may include food provision including packed lunches brought into school.

The Local Authority will work with the school to review packed lunch provision and will provide advice and support to members of the school community.