



# Whole School Food Policy

## June 2020

### Contents

**Aims and Objective**

**Responsibility**

**Developing Healthy Eating in the Curriculum**

**Food throughout the School Day**

**The Whole School Community**

**Incentives**

**Awards**

**Appendices**

### Aims and Objectives

- To raise awareness of all aspects of food and nutrition
- To ensure that we give pupils and parents the information they need to make healthy choices
- To ensure that food provision in the school reflects the medical and ethical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message
- To include the whole school community in the promotion of healthy eating

### Responsibility

The Healthy Schools Coordinator / PSHE Subject Leader is responsible for developing and monitoring the whole school food policy (WSFP). This is done in consultation with the Head teacher and the lunchtime meals supervisor. However all the staff are required to help implement the food policy.

### Developing healthy eating in the curriculum

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus
- Maths can offer the possibility of understanding nutrition labeling, calculating quantities for recipes, weighing and measuring

- Science provides an opportunity to learn about types of food available, nutrition, digestion, how the body responds to exercise.
- ICT gives children the opportunity to research food issues using the internet. Pupils can use word processing and publishing packages to promote healthy food choices
- PSHE encourages children to take responsibility for their own health and well being, teaches them how to develop a healthy lifestyle and addresses issues such as healthy eating and body image
- Physical Education encourages children to understand the impact of exercise and a balanced diet.

## Food throughout the school day

### **Snacks**

All children have opportunity to have fresh filtered water and a range of fresh fruit at break times and at lunchtimes. Pupils are encouraged to bring in fruit to eat.

Depending on the medical health needs of the child, specific snacks are negotiated on an individual basis with the staff.

### **School meals**

Pupils are encouraged to make their own lunch at the Hive using the knowledge they are taught by staff with regard to healthy meals. The help and advice of the Specialist Health Improvement Practitioner for Camden is sought to help improve pupils' choice of lunch options and their uptake of the fruit which is continuously on offer in the classroom. The Health Improvement Practitioner also teaches specialist lessons to pupils on the theme of healthy eating.

At the Royal Free Hospital School, we have to be particularly aware of specific pupil's health needs. For example, children with allergies, bowel problems, or eating disorders. Where pupils have a specific eating and drinking plan, this must be read and followed by the member of staff helping the pupil to eat their lunch. All appropriate staff receive training in safe practices to support pupils when they are eating.

### **Events**

When planning the refreshments offered to pupils during special events, the school staff and parents consider the guidance given in the Food policy. Pupils sometimes celebrate their birthdays at school. Staff need to monitor that there is a variety of healthy food choices and refreshments offered at parties and special events and how much of the party or event food the pupils are eating, limiting them as appropriate. See also appendix 1.

### **Nut and other allergies**

As much as possible we are a nut free environment. As the pupils in our school may be attending because they have allergies we endeavour to ensure the child is not at risk. Parents of all pupils are asked to refrain from bringing in food products that may contain nuts, in packed lunches or as birthday treats.

## The whole school community

### **Children**

Pupils are encouraged to be healthy and learn about making positive choices about the food provided.

### **Staff**

Where pupils have difficulties with food, staff work as a team to plan strategies to encourage and enable the pupil to have a more positive relationship with food.

### **Partnership with parent(s)/carer(s)**

The partnership between home and school is critical in shaping how children and young people behave, particularly where being health is concerned. Each must reinforce the other. This is not always easy but our school, being situated within a hospital, is well placed to lead by example.

Parents and carers are updated on our policies regarding e.g. drinks and packed lunches, through school newsletters. We ask parents not to send in fizzy drinks, chocolates and sweets.

### **Monitoring and evaluating**

The pupils express their opinions through Pupil Voice sessions with the Headteacher and other staff. At these sessions pupils are able to offer their opinion on current policies with regard to food. Data is used to evaluate the impact of the whole school food policy.

**This policy will contribute towards other policies in the following way -**

<b>Policy</b>	<b>Effect of Food policy</b>
Behaviour	Use non-food or healthy food rewards Reward positive behaviour relating to food and drink
PSHE	Healthy choices encouraged in the curriculum
Science	Healthy eating and nutrition is part of the Science policy
Inclusion, Equal Opportunities, Disability Discrimination Act, Race Equality, Disability Equality, Religious Equality	Children with disabilities are adequately catered for in the Hospital canteen and at other times when food is available. Relevant religious and cultural food requirements are catered for

### **Incentives**

We are committed to finding affordable and genuine incentives to encourage our pupils to eat healthily. We plan to research and provide new incentives over time.

### **Awards**

The school holds Healthy School Gold Award.

**Date updated: June 2020**

**Date of next review: June 2023**

**Date approved by the Governing Body: 11/6/2020**

## Appendix 1

### **Packed lunch guidelines**

According to a Food Standard's Agency study, "9 out of 10 packed lunches contain foods high in sugar, salt and saturates and fewer than half contain fruit".

To support parents, the NHS has provided advice for 'Healthier Lunchboxes' at the web link:

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

The Royal Free Hospital Children's School asks that the following rules for packed lunches are followed -

- No fizzy drinks, sweets, solid chocolate bars

The following guidance is sent out to parents in the newsletter regarding what their children can bring in their packed lunch.

<b>Lunch box checklist</b>	<b>Some suggestions....</b>
<b>A good portion of starchy food</b>	Thick wholemeal bread, chapatti and roti, pitta pocket or wrap, pasta, couscous, potato or rice salad. Slice of deep based pizza topped with meat, fish or vegetables
<b>Plenty of fruit and vegetables</b>	Salad in sandwiches or rolls, an apple, satsuma, dried apricots, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks in natural juice or small box of raisins
<b>A portion of milk or dairy food</b>	Individual cheese portion, pot of yoghurt or fromage frais
<b>A portion of lean meat, fish or alternative</b>	Ham, chicken, beef, tuna, salmon, turkey, egg, hummus, or bean/lentil salad
<b>A drink</b>	Water

When deciding what to put in your child's lunch box, it is a good idea to use the 'School Meals – Healthy Standards' as a guide.

<https://www.gov.uk/school-meals-healthy-eating-standards>

## Appendix 2

### **Guidelines for healthy celebrations, birthdays and cake sales**

#### **Introduction**

These guidelines have been developed as a practical guide to support schools to provide healthier food and activities for celebrations and events. To ensure that the food and activities offered at celebrations and events reflects the healthy ethos and environment and the whole school food policy.

#### **Alternative ways to celebrate birthdays**

Special occasions are often celebrated with foods that are high in fat, sugar and salt with little nutritional value. When there are a lot of children in a class, there can be many celebrations and birthdays, meaning children could be eating foods high in fat, sugar or salt frequently.

Here are alternative ways to mark birthdays and celebrations:

- Bring the class together and sing happy birthday
- Making and giving birthday cards
- Blowing out candles on a class imitation cake
- Giving out non-food related treats for the child

Not all celebrations need to be celebrated with food. Non-food based activities are just as fun and can teach children about different religions and cultural celebrations without compromising health.

#### **Food ideas for celebrations**

If celebrating an event with food ensure that a range of healthy options are offered and always offer fruits and/or vegetables and plain water.

#### **Cold finger foods**

- Fruit platter, cut up fresh fruit pieces such as pineapple, melon, berries, apples and pears – serve with plain yoghurt dip or on their own.
- Fruit Kebabs, fun to make with children, try making mini kebabs on tooth picks
- Vegetable platter with hummus or Tzatziki
- Bread sticks
- Pitta crisps
- Rice cakes
- Homemade plain popcorn
- Oat cakes
- Pretzels
- Savoury scones
- Cheese cubes
- Cottage cheese, add fresh herbs and spice/garlic for flavour
- Guacamole
- Hummus
- Tzakziki

## Alternatives to popular party food

Popular party food	Healthier alternatives
Crisps and hot chips	<ul style="list-style-type: none"><li>• Pitta crisps</li><li>• Popcorn</li><li>• Unsalted tortilla chips</li><li>• Homemade oven baked wedges</li></ul>
Hot dogs and buns	<ul style="list-style-type: none"><li>• Roasted or BBQ chicken thighs or drumsticks</li><li>• Vegetable skewers</li><li>• Vegetable and meat kebabs</li><li>• Homemade burgers with salad</li></ul>
Cakes, pastries and sweets	<ul style="list-style-type: none"><li>• Fresh fruit with plain yoghurt or ricotta dip</li><li>• Fruit kebabs</li><li>• Scones/muffins/crumpets with spread</li><li>• Savoury muffins</li></ul>
Ice lollies	Try freezing fresh fruit on a kebab stick or a tooth pick, good fruits to try are: <ul style="list-style-type: none"><li>• Orange</li><li>• Pineapple</li><li>• Watermelon</li><li>• Melon</li></ul>

## Celebration events

- Celebrate events with non-food related activities
- If your celebration takes place during the day and does not form part of a meal, only offer savoury foods. If sweet food is offered ensure it is part of a meal, low in sugar and contains some fruits or vegetables.
- Ensure at least one third of the food that is offered is fruit, vegetables or salad (this reflects the eatwell plate)
- Ensure recipes are low in fat, sugar and salt
- Ensure water is always available. Sugary drinks such as squashes and fizzy drinks should not be offered. If juice is provided ensure that it is served as part of a meal as this is better for oral health

## Cake sales

Cake sales are often used in schools to raise money and here are some ideas to ensure they are as healthy as possible and reflect the school's commitment to promoting health and providing consistent healthy messages.

- Hold cake sales for special events only, and not more than one per half term
- Hold cake sales after school and not during the school day
- Ensure a variety of food is sold, not just cakes, to reflect healthy eating principles and the school's food policy
- Ensure that stalls include items of fruit or vegetables
- Encourage food to be school or home prepared rather than shop bought
- Encourage pupils / parents to make healthier options, which are lower in fat, salt and sugar, you could hold a competition for the healthiest recipe.

- Consider alternative fundraising events, hold a smoothie making event or sell plain popcorn, jump for rope

### **Getting the message out there**

It is important that parents and carers, children and staff understand the reasons why the school encourages healthy celebrations and birthday.

The easiest way to do this is to include information on how the school celebrates birthdays and special occasions in the whole school food policy and consult widely when developing the food policy.

Once the policy has been agreed it can be displayed on the Parent's notice board and on the school website

For more information and support on: **Healthy Eating** Mike Mortlock