



# **Whole School Food Policy**

## **June 2023**

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**PLEASE NOTE: the phrase 'unhealthy eating' does not appear in this policy and staff are discouraged from using this term; this is because we normally have young people with eating disorders in our cohort and these young people have in the past asked us to refrain from using this form of words at our school.**

### **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 including Breakfast Club and After School

### **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 bring their own lunch to 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 range of healthy food choices and refreshments available at parties.

### **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.

### **Breakfast Club**

Breakfast is offered to students on a number of days before school. The choices made available seek to be healthy, including fruits and carrots.

## After School

There are currently plans being discussed which would see students being offered life-skill lessons in food preparation after school, once the Futures provision relocates to Konstan building in Highgate in September 2023.

## 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 individual 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 healthy is concerned. Each must reinforce the other.

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.

### **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 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 Schools Gold Award.

**Date updated:** June 2023

**Date of next review:** June 2026

**Date approved by the Governing Body:** 15/06/23

## Appendix 1

### **Packed lunch guidelines circulated to parents and students**

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>

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