

Barnby Dun Primary School

Food Policy

Nutritional Background to this Policy

The nutritional principles of this policy are based on the findings of the

- National Diet and Nutrition Survey of 4 to 18 years olds;
- 1991 Dietary Reference Values for Food Energy and Nutrients for the UK (Appendix 1),
- The Low Income Diet and Nutrition Survey (Appendix 1)
- The Balance of Good Health (BGH) Eatwell Plate (Appendix 3)
- The new standards for school food, announced by the Government in 2006 and revised in 2007, have been incorporated into this policy as have the 2007 regulations covering school food other than lunch

Overall aim of the policy

This policy has been formulated to enable Barnby Dun Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

The school recognises the important connection between a healthy, balanced diet and a pupil's ability to learn effectively and achieve high standards in school.

The school knows from research that children and young people need a great deal of help and guidance to eat healthily at school, not just in their learning but also by exposing them to good food environments.

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so we support a whole school approach where pupils receive consistent messages about healthy eating across the formal curriculum, food provisions, school practices and staff acting as role models.

Aims and Objectives

- The school aims to ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- The school aims to provide clarity about the schools policy on food brought into school e.g. packed lunches.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils and staff.
- To provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.

- The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.
- The school is committed to achieving the standards required to renew the New National Healthy Schools Status (NHSS). This Food Policy demonstrates our commitment to achieve the standards relating to Food in the achievement of NHSS.

Initiatives to promote Healthy Eating (How we are going to meet our objectives)

In order to achieve the above-mentioned aim, the school will undertake to following:

1. Food and Drink Provision throughout the School Day

Where possible all food provided by the school is procured locally. Doncaster County Council Schools Catering service source food stuffs locally in order to ensure that it is high quality, fresh food and to help reduce the carbon footprint. For example – we have Pork from Marr Grange Farm, Yorkshire beef, British chicken fillets, 'high welfare' eggs from Yorkshire, freshly baked and local bread, vegetables from Yorkshire and Lincolnshire and new sauces from King Asia of Doncaster. This information is promoted to parents on the menu which is sent out.

Breakfast

- Breakfast is an important meal that should provide 25% of a pupil's energy requirements and contribute significantly to their vitamin and mineral intake. Pupils are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

School Meals

- From 2006 new food-based standards apply for school lunches. These ensure certain types of more nourishing foods are served more frequently and also define foods which are no longer allowed or are restricted. For further details see Appendix 2.
- Work with school caterer to ensure the food prepared by the school catering team meets the new food-based standards for school lunches.
- Publicise menu information to parents and carers. This information should be available in the school newsletter from time to time, on the school website, on school notice boards, and on request at the school office. The school hall has a dedicated notice board for the eatwell plate (see appendix 3).
- Promote healthy meal choices at lunchtime through positive recognition.
- Demonstrate a commitment to encouraging parents to provide healthier lunchboxes for children at Barnby Dun Primary. To support this, the school will provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the importance of a balanced and varied diet.
- Actively discourage some packed lunch foods, e.g. crisps, sweets & confectionary, chocolate bars, and fizzy drinks.
- Provide a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. The school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour
- Encourage all children to eat the food they have been provided with.
- Ensure equal treatment of children having School Dinners and Packed Lunches, in terms of provision and supervision.
- Provide water jugs, containing clean water, and cups on every table.
- Encourage children to wash their hands before eating.

Break Time

- The school participates in the School Fruit & Vegetable Scheme and ensures that every pupil is provided with a fresh piece of fruit or vegetable each school day (in line with DMBC policy) and actively promotes its consumption.

Drinking Water

- The national nutritional standards and standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge.
- The school agrees with this recommendation and provides a free supply of drinking water. On entry to the school every pupil is provided with plastic water bottle which they are responsible for daily cleaning. Further bottles can be purchased from the school Caretaker. Regular water and brain breaks will be scheduled throughout the school day. Children will be regularly reminded to drink water at break times.

2. Curriculum

Learning Opportunities

- Review its formal curriculum on a regular basis to ensure that information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Develop a formal food curriculum to ensure consistent messages and development of skills.
- Where appropriate link curriculum areas with lunch, providing 'themed lunch times' to enrich the curriculum and pupils experiences e.g. Arts week - food and hall decorations linked to India etc.
- Ensure all teachers and staff promote healthy eating messages and have access to appropriate training.

Rewards and Celebrations

- We recognise that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in success and celebration. Any food given to children as a reward for achievement should be limited and form part of a balanced, healthy diet. It is recommended that other forms of reward are also given.
- Parties or celebrations to mark religious or cultural occasions and fund raising events are exempt from the standards, but organisers do consider healthier alternatives where possible.

Out of hours learning

All food and drink provided by local authorities or school governing bodies to pupils off school premises, during a school day (up to 6pm), including school trips must meet the Government standards for non-meal foods, so we ensure that this is the case. The only exception is for food provided on a residential school trip where the provider of the accommodation (not the local authority or governing body) also provides the food, although we do discuss this with them.

Food beyond the Curriculum

The school believes that giving children the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition.

- The school will continue to develop the Gardening Club providing opportunity for pupils to get involved in growing, harvesting and cooking food. We have a vegetable garden where salad, herbs, vegetables and fruit are grown and cared for by the children. When grown, fruit and vegetables are either sent home with children or used in school for cookery lessons.

Partnership with parents and carers and pupils

- Parents, carers and pupils will be regularly updated on the Food Policy through school and class newsletters, and where appropriate consulted with on a regular basis.
- During out of school events, e.g. school discos etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.
- Each year parents and carers are invited in to eat lunch with their child and sample the food provided. Afterwards questionnaires are sent out to ascertain the views of parents, carers and pupils with regard to the food provided and the eating environment. Where practical, suggestions for improving the environment are implemented.

Monitoring and Evaluation

Policy approved and adopted: November 2009

The policy will be reviewed annually. Due for review: November 2010

Appendix 1: Nutritional Guidelines

National Diet and Nutrition Survey of 4 to 18 Year Olds

Young people require a varied and balanced diet to maintain health and promote proper growth and development. A good diet in childhood can also help prevent ill health in later life. The National Diet and Nutrition Survey of 4 to 18 years olds found that although the majority of young people in the UK are getting all the nutrients they require, they are not eating a balanced diet. White bread, savoury snacks (including crisps), chips, biscuits, potatoes (boiled, mashed, jacket) and chocolate were the most popular foods consumed. Soft drinks were consumed by 98% of participants. On average, sugar provided 16% of food energy, which exceeded the recommended average intake of 11%.

On average, children in the survey ate less than half the recommended amount of fruit and vegetables. Only 47% of boys and 59% of girls ate raw and salad vegetables (excluding tomatoes) and only 40% of boys and girls ate cooked leafy green vegetables. Citrus fruit consumption was particularly low, with 76% of boys and 72% of girls not eating any citrus fruits. Also the intake of saturated fats from pastries and cakes was higher than the recommended average intake.

These findings suggest that young people could benefit from consuming less food and drinks high in sugar and fat, and more fruit and vegetables and bread, other cereals and potatoes.

National Diet and Nutrition Survey: Young People Aged 4 - 18 years. MAFF/ Department of Health (2000) London The Stationary Office

Low Income Diet and Nutrition Survey

This survey provides strong, nationally representative evidence on the eating habits, nourishment and nutrition-related health of people on low income. Generally, those on low income were less likely to eat wholemeal bread and vegetables. They tended to drink more soft drinks (not diet) and more processed meats, whole milk and sugar. Children were more likely to eat sausages, coated chicken or turkey, burgers and kebabs.

National Survey on Low Income Diet and Nutrition/ Commissioned by the Food Standards Agency 2007. www.food.gov.uk/science/dietarysurveys/lidnsbranch

Dietary Reference Values for Food Energy and Nutrients for the UK

These values described in the 1991 report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy, are estimates of how much of individual nutrients people require including children.

The healthy eating principles which this policy uses, help to ensure that pupils are eating a diet that provides the recommended amount of the different nutrients required for health.

Dietary Reference Values for food energy and nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food. Department of Health (1991) London, HMSO.

Appendix 2: The 2007 Food-based Standards for School Meals

The school has compliance with this through the school meals service.

	These healthier products should be on your menus
More Fruit and Vegetables	Not less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit.
More Oily Fish	Oily fish such as mackerel or salmon should be served at least once every three weeks.
Bread	A type of bread with no added fat or oil should be available at lunch every day.
Drinking Water	Free, fresh drinking water should be available at all times.
Healthier Drinks	The only drinks served should be plain water, still or sparkling, pure fruit or vegetable juices, plain yoghurt and skimmed or semi-skimmed milk, plain soya, rice or oat drinks enriched with calcium, smoothies, low calorie hot chocolate, coffee and tea. This means sweetened fizzy drinks which have little nutritional value are no longer allowed.

	These foods are now restricted or no longer allowed
No confectionary	Confectionary such as chocolate bars, chocolate-coated biscuits and sweets should not be available for lunch.
No savoury snacks	Savoury snacks such as crisps should not be available for lunch. Only nuts, seeds vegetables and fruit, with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be provided at lunchtime as part of a meal when served with fruit, vegetables or dairy food.
NO salt condiments – restricted	Salt should not be available at lunch. Condiments, such as ketchup and mayonnaise should only be available in sachets.
Deep-Fried Foods Restricted	Meals should not contain more than two deep-fried foods, such as chips and batter-coated products, in a single week.
Manufactured Meat Products – Restricted	These products, such as chicken nuggets, burgers and sausage rolls, may only be served on a very restricted basis, and only providing they meet standards for minimum meat content and do not contain prohibited offal. See Government guidelines on non-meal foods details.

This table summarises the NEW requirements.

See the full package of standards at: www.teachernet.gov.uk/wholeschool/healthyliving

Appendix 3: The Eatwell Plate

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

