



# Food & Healthy Eating Policy

## (Healthy Schools)

Policy Creation & Review	
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## **Ellen Wilkinson Primary School FOOD POLICY**

As part of our commitment to Healthy Schools, Ellen Wilkinson is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This is achieved by the whole school approach to food and nutrition documented in this policy

### **1. Aims**

- Ensuring that all aspects of food and nutrition work in the school to promote the health and well-being of pupils, staff and visitors to the school
- Promoting healthy eating habits that will lead to lifelong health and well-being
- A recognition of the fact that healthier children learn more effectively
- A desire to impact on health-related issues relating to children, for example childhood obesity
- All packed lunches brought from home and consumed in school (or on school visits) provide the pupil with healthy and nutritious food similar to food served in school, which is regulated by national standards
- Recognise and encourage the importance of sharing food in bringing our community together and supporting the social and emotional development of children
- Support our commitment in other areas of Healthy Schools including but not limited to mental health, RSHE and PE & physical activity.

### **2. Legislation and guidance**

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the requirements for School Food Regulations 2014 is mandatory for all maintained schools including academies and free schools. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

- The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.
- Natasha's Law 1 October 2021 - which applies to prepacked for direct sale' (PPDS) items. This would include school provided packed lunches for visits.
- Eat Well Guide

### **3. Policy development**

The procedures and commitments within this policy were co-created with stakeholders including:

- Pupils (through Class Councils and Junior Governing body)
- Healthy Schools Lead
- School Cook
- Catering Company (Juniper)
- Lunch supervision staff
- Parents (consulted through questionnaires and school newsletter)
- Mental Health & Wellbeing Group
- Healthy Schools Link Governor
- Headteacher

## 4. Curriculum

We ensure that food and nutrition is taught at an appropriate level throughout each year group and key stage. Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role play. These decisions are made in teacher's planning meetings.

Our curriculum offer includes:

- Food and nutrition is an explicit unit in every year group in the Design Technology curriculum.
- It is also an explicit element of the PSHE curriculum through the 'Healthy Me' units.
- This is explored further in some areas for the wider curriculum which look at where our food comes from and fair trade issues.
- Assemblies throughout the year showing examples of good practice, the order in which their food should be eaten, the importance of a balanced diet and ensuring you eat enough food.

## 5. Food and Drink Provision Throughout the School Day

### 5.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes:

- Fresh fruit
- A selection of cereals including low sugar, low salt, high fibre alternatives.
- A variety of different types of bread for toast including bagels
- Low fat spread, reduced sugar jam for toppings
- Milk
- Fresh Water
- Yoghurt

### 5.2 Drinking Water

All children are encouraged to bring in water bottles daily. There is access to drinking water to refill these throughout the school day through the water filter system in each area and the water fountains in the playground. Drinking water is also supplied in jugs in the lunch hall.

### 5.3 Snacks

A variety of fruit is provided daily to children in years Reception to Year 2. All children can bring drinking water (not juice or fizzy alternatives) and a piece of fruit from home. No other snacks are permitted.

### 5.4 Lunch (eating environment)

We believe that lunchtimes should be a positive experience for children and that this is an important time for our community to come together, supporting the emotional and social development of our pupils.

To support this the following has been put into place

- Care is taken to ensure food is presented as appealingly as possible.
- Tables are made more inviting through table cloths and decoration bowls.
- School lunch and packed lunch sit together so friends are not divided due to their lunch choice
- Requesting and passing of items such as cutlery and water jugs is encouraged.
- Talking at a reasonable volume is encouraged.
- Correct table manners and use of cutlery is expected and supported.
- Year 6 ambassadors support younger children if they require assistance in any way and also use stickers to encourage healthy choices and children who have finished their meal.
- Children are expected to ask for permission to leave the tables and are expected to clear their own plates and cutlery away.
- Lunchtime staff ensure that tables are clean for the next sitting.

### 5.5 Lunch (school provided food)

Food is prepared on site by our caterers (Juniper) and meets the national school food standards. They ensure high quality ingredients are used and that these are sourced locally as much as possible. The majority of dishes are made on site. All staff involved in food preparation and service are appropriately trained.

There is a three week rotating menu offer that gets changed every 6 months and that has been created by our caterers in the first instance to ensure that children have a balanced nutritional meal each day. Pupils (through the Junior Governing Body) and staff representatives work with members of the SLT, the school cook and the catering company to then review and develop this menu further so it meets the needs of the school community..

On each day there are 3 choices of hot meal with vegetable side dishes as well as a range of sandwiches, bagels and/or baguettes if children would prefer a cold option. Children have access to a salad bar with a range of different options. Children are provided with a dessert or if they prefer they can have fresh fruit or a yoghurt.

Lunchtime staff encourage pupils to choose a balanced selection from the menu. The serving staff will explain the food composition to pupils on request.

### 5.6 Lunch (free school lunches)

In September 2014 the Government introduced universal free school meals for all children from reception to year 2. In addition, Newham currently operates an Eat for Free approach for all children in KS2 to support the fight against food poverty.

We do however encourage all parents to apply for Free School Meals so that this support transfers with their child into secondary school (where there is no Newham entitlement) and so that they can also access other services at little or no cost. If parents register for free school meals they also get access to free food and activity programmes during the school holidays.

To apply please visit <https://www.newham.gov.uk/schools-education/free-school-meals/2>

If you need any help with this please contact the main office.

### 5.7 Lunch (packed lunch)

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

Parents are encouraged to ensure pupils come to school with a healthy packed lunch. Lunch time staff are all involved with monitoring healthy packed lunches and parents are informed of what ideas to include to ensure a healthy packed lunch. No chocolate bars, crisp and fizzy drinks are allowed. Instead pupils can eat health bars and corn snacks. Fresh water is available on all lunch tables.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day. oily fish, such as salmon, at least once every three weeks.
- starchy food such as any type of bread (white or whole grain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day. a dairy food such as milk, cheese, yoghurt, fromage fraise or custard every day.
- a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal

Packed lunches should not include:

- salty snacks such as crisps - instead include nuts, seeds, vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free

## **6. Food allergies and special dietary requirements**

The school will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Ways in which we do this are listed below:

- There are halal, non halal and vegetarian options for school lunch each day.
- We are aware of food allergies and intolerances within our school community and these children have a dietary plan to ensure our caterers prepare and serve food accordingly and that school staff are aware so that activities (such as cooking lessons in Design Technology) can be amended accordingly.
- We ensure that we list the ingredients on food that is pre-packaged on our premises (as is outlined in the Food Information (Amendment) (England) Regulations 2019.)
- We support individuals with diabetes, by working closely with our catering partners to ensure the nutritional levels of their food are carefully calculated and adjusted to support maintenance of their blood sugar levels
- We are a nut free school.
- We will ensure that parents are informed of any food or cooking activities within the curriculum that may impact on their child so reasonable adjustments can be made.

If your dietary requirement is not met by any of the actions above please contact the main office on 020 7511 9414 to discuss this.

## **7. Fasting Policy**

For a variety of reasons, at certain times some individuals or communities may choose to have a period of

fasting. At EWPS this is predominantly (but not exclusively) during the month of Ramadan. We have based our guidance on that provided by the Standing Advisory Council on Religious Education (SACRE) who has consulted with a range of faith groups in this regard.

Although fasting for the entire month only becomes obligatory at the age of puberty, we recognise that some younger age pupils at EWPS may wish to fast on certain days of Ramadan or for the whole month. However, the younger the age, the more difficult it is for children to fast without their physical stamina and concentration levels being affected.

Therefore only children in years 5 & 6 who have reached puberty will be allowed to fast whilst at school. We would ask that younger children who wish to fast should avoid doing so during school days and be encouraged to fast only at weekends when they can spend time with their families.

Please note that all children will still need to be taking part in all aspects of the curriculum including PE.

### 7.1 Procedure

If you wish for your child to fast please follow the steps below.

- All parents must inform the school in writing if they wish their child to fast .(either by a written note to the class teacher or via email [info@ellenwilkinson.newham.sch.uk](mailto:info@ellenwilkinson.newham.sch.uk) )
- If a child says that they are fasting, but the school has not received a permission slip from their parent, this will be discussed with them in a respectful manner; however the child will not be allowed to miss lunch until written permission has been received.
- The school will inform parents immediately if their child becomes unwell.
- The school and parents agree to work in partnership to make reasonable adjustments if it becomes clear that a child is physically, academically, mentally or emotionally adversely affected by fasting.
- We ask parents of children who are fasting to ensure they are having well balanced meals (including water) when breaking and closing fast.

## 8. Partnership With Parents And Carers

The partnership of home and school is critical in shaping how children and young people behave, particularly in developing and adopting healthy eating habits that will lead to lifelong health and well-being. The following actions support this:

- Parents are kept informed of menu development through our school newsletter, website and email.
- Menus are displayed outside the kitchen and at the playground site entrances.
- We hold parent taster events during parents evening so that they have the opportunity to sample school dinners and surveys are used to gather feedback.
- A specific question about quality of food is added to the Governors annual parental survey.
- Parents and carers are regularly updated on our water and packed-lunch expectation through newsletters and the website
- Guidance is provided on what constitutes a healthy lunch box through the Healthy Lunchbox Ideas leaflet (Appendix 3)

### 8.1 Celebrations and events

At EWPS we recognise the significance of sharing food to celebrate events and as a way to bring our community together. However we also have the responsibility to ensure that we promote healthy eating lifestyles and that fact that certain

foods must be eaten in moderation. It is therefore with the intention of balancing these two priorities that the following stance has been agreed.

- Children may bring in a small amount of wrapped sweets to share with their class at points of celebration.
- Sweet selections must not contain any form of nuts.
- These can be handed out to children as they exit the classroom at the end of the day
- It is then at the discretion of the person who collects them whether they are allowed to eat them at this point, or to take them home.
- No cake please.

It is to be noted that the School Food Regulations do not apply to food provided by the school at the events below, although we will continue to give due regard to promoting healthy choices

- parties or celebrations to mark religious or cultural occasions
- fund-raising events
- use in teaching food preparation and cookery skills
- occasional basis by parents or pupils

## 9. Training

All staff who are involved in the preparation or serving of food will be trained accordingly including in requirements of food hygiene.

Where children have a specific dietary requirement or health need this will form part of their care plan and related staff will be advised of this and what to do in the case of emergency contact or consumption. This includes but is not limited to the use of an epi-pen.

## 10. Monitoring arrangements

This policy will be reviewed and developed via the stakeholder group named in section 3 as provision is developed. It will be approved by the Governors Curriculum Committee on behalf of the Governing Body in light of this and at least every three years.

## 11. Links to other policies

This policy links to the following policies:

- ☐ Mental Health & Wellbeing
- ☐ PE & Active Lifestyles
- ☐ RSHE
- ☐ Inclusion
- ☐ Curriculum
- ☐ Equality information and objectives
- ☐ Inclusion
- ☐ Health & Safety

# The School Food Standards

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key - whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all: from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com/www](http://www.schoolfoodplan.com/www) to find examples of what other schools are doing to encourage children to eat well.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



### Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



### Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated each week\*

No more than two portions of food which include pastry each week\*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat\*

Savory crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products\*

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked\*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*



### Milk and dairy

A portion of food from this group every day

Lower fat milk must be available for drinking at least once a day during school hours



### Meat, fish, eggs, beans

and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade), and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*

### Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets

- No savory crackers and breadsticks

- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



### Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week\*

Bread - with no added fat or oil - must be available every day



### Healthier drinks\*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)

- Lower fat milk or lactose reduced milk

- Fruit or vegetable juice (max 150ml)

- Plain soya, rice or oat drinks enriched with calcium: plain fermented milk (e.g. yoghurt) drinks

- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)

- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium: cocoa and lower fat milk; flavored lower fat milk, all with less than 5-10 added sugars or

- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45-10 fruit or vegetable juice

## Appendix 2 - Eatwell Guide

### Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



## Appendix 3 - Healthy Lunchbox Ideas

### What to pack in a healthy packed lunch...

#### A portion of starchy food



Base the packed lunch on starchy foods such as bread, bagels, pitta, chapattis, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (e.g. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

#### At least one portion of fruit and vegetables

Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5-A-DAY and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.



#### A portion of dairy or alternatives

Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soya are fortified with calcium.



#### A drink

Make sure your child has a drink at lunchtime to help keep them hydrated – water and milk are good choices.

#### A portion of beans, pulses, meat, fish, eggs, or other non-dairy sources of protein

Add some foods such as sliced meat (e.g. chicken, ham, turkey, beef), fish (e.g. tuna, mackerel), cooked eggs, meat alternatives (e.g. tofu, Quorn pieces), beans or pulses (e.g. hummus, mixed beans, lentils). These provide protein which is needed for growth and repair.



### Top tips for lunchboxes!

- Use one slice of white bread and one slice of wholemeal bread to make checkerboard sandwiches
- Make colourful fruit kebabs
- Use a sandwich cutter to make fun sandwich shapes
- Vary the types of bread used (e.g. bagels, wraps, pitta)
- DIY lunchboxes – lunch can be more exciting if they can put their own together (e.g. components of wraps)
- Children love dipping – why not try vegetable sticks or pitta bread as dippers and hummus, mackerel pate, tzatziki or baba ganoush as dips
- Use leftovers to save on prep time (e.g. leftover pasta, noodles, cooked meats) – make sure they are cooled and stored properly
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it

### Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bags or tin foil
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day

Leaflet developed by Manchester Healthy Schools ([www.manchesterhealthyschools.nhs.uk](http://www.manchesterhealthyschools.nhs.uk)). For further information on packed lunches, please contact your School Nurse.



### The healthy lunchbox guide



Ideas for choosing a balanced packed lunch!



# Lunch box ideas...



## Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Banana
- Handful of raisins
- Carton of semi-skimmed milk

## Packed lunch 2

- Egg, cress and cucumber seeded roll
- Rice pudding
- Satsuma
- Bottle of water



## Packed lunch 3

- Mackerel and potato salad (peppered mackerel, new potatoes, watercress, pepper, cucumber, chives, low fat mayonnaise)
- Fromage fraise
- Raspberries
- Bottle of water



## Packed lunch 4

- Frittata (eggs, cheese, peas, peppers, sweetcorn)
- Slice of crusty brown bread with low fat spread
- Small tub of seeds, sultanas and chopped dried apricots
- Bottle of water



## Packed lunch 5

- Pitta bread, falafel, tzatziki (yogurt and cucumber dip), lettuce and tomato
- Small pear
- Handful of plain popcorn
- Bottle of water



## Packed lunch 6

- Wholemeal bagel with ham and soft cheese
- Pot of cherry tomatoes
- Frozen cherries mixed with fromage fraise
- Bottle of water



All images are suggestions only.

## Packed lunch 7

- Hummus
- Carrot and pepper sticks
- Wholemeal pitta bread
- Strawberries
- Yogurt
- Bottle of water



## Packed lunch 8

- Chicken, cream cheese and grated carrot wrap
- Fruit kebabs
- Sugar free jelly
- Carton of semi-skimmed milk



## Packed lunch 9

- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
- Small tub of grated cheese
- Canned peaches in natural juice
- Low fat custard
- Bottle of water



## Packed lunch 10

- Vegetable cous cous (roasted courgette, peppers, onions, chickpeas, cubed cheese)
- Canned pineapple in juice
- Soya yogurt
- Bottle of water



**Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?**

- Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

- Free school meals are also provided to families who receive qualifying incomes such as income support, universal credit. More information is available from the Manchester City Council website or from your school.
- Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and varied over the week.

**FACT** Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.