



# **Sacred Heart Catholic Voluntary Academy**

## **Food Policy**

**Date: November 2020**

### **Introduction**

- The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this school food policy.
- The policy was formulated through consultation between members of staff, catering department, parents, pupils, and our school nurse.
- The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 years olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK (Appendix 1), and the Balance of Good Health (BGH) (Appendix 1)
- The new standards for school food, announced by the Government in 2006 have been incorporated into this policy. (Appendix 2) as have the 2007 regulations covering school food other than lunch (Appendix 3)

### **Food Policy Co-ordinator**

This school food policy and healthy eating strategy is co-ordinated by: Karen Taylor.

### **Food Policy Aims**

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.

These aims will be addressed through the following areas:

## **1. Equal Opportunities**

In food and nutrition education, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## **2. Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage by developing a scheme of work (appendix 4)

This is addressed through:

### **2.1 Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Through the teaching methods adopted in the classroom, and the special themed activities and range of special providers arranged for the annual Health week, we offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and where appropriate, role-play.

### **2.2 Leading by example and staff training**

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the School Nurse and Education Catering staff, receive appropriate training delivered by their respective agencies. The School Staff are provided with relevant information and guidance on the guidelines and have the opportunity to participate in healthy eating training sessions as part of the school annual Inset and Meetings cycle.

### **2.3 Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of other outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the curriculum. The status of visitors to the school is always checked, ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

## **2.4 Resources**

Resources for the teaching of nutrition education in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

## **2.5 Evaluation of pupils' learning**

### **Primary**

The healthy eating aspects of the National Curriculum are assessed through SATS.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

## **3. Food & Drink Provision Throughout School Day**

### **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.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes toast (choice of wholemeal and white bread), a fortified breakfast cereal, fresh fruit and no added sugar fruit juice. Spreading fats are used sparingly and breakfast cereals high in sugar are not provided.

### **School Meals**

Government food-based standards apply for all school lunches. These ensure certain types of more nourishing foods are served more frequently and also define foods that are no longer allowed or are restricted. For further details see Appendix 2

Food prepared by the school catering team meets Government food-based standards for school lunches and our pupil population are annually involved in suggesting changes to the menu.

### **School Fruit & Vegetable Scheme**

The school is participating in the School Fruit & Vegetable Scheme, and provides all children up to age 7 with a free piece of fruit or vegetable each school day. After the age of 7 parents can elect, for a small payment, for their child to continue to receive a piece of fruit or vegetable.

## **Use of food as a reward**

The school does not permit the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. (See Behaviour Management Policy)

## **Drinking water**

The national nutritional 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 at points around the school premises, easily accessible to the pupils. All pupils are encouraged to bring water bottles in from home and are permitted to access them throughout the day.

# **4. Food and Drink Brought into School**

## **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Young people, parents and carers are encouraged to bring healthier options to schools as snacks.

The school discourages the consumption of snacks high in fat and sugar at break-time. A leaflet is made available to parents, which contains ideas for healthy snacks and which complies with the 2007 Regulations covering food other than lunches.

## **Packed lunches brought to school by pupils**

The school encourages parents and carers to provide children with packed lunches that adhere to these standards. This is achieved by promoting healthy packed lunch options using the principles of the Balance of Good Health.

# **5. Growing Food**

The school believes that giving young people 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 provides the opportunity for pupils to get involved in growing food. This is used as an opportunity to discuss the issues about how and where food is produced, as well as the importance of fruit and vegetables as part of a healthy diet.

# **6. Special Dietary Requirements**

## **Special diets for religious and ethnic groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

## **Vegetarians and vegans**

School caterers offer a vegetarian option at lunch every day. When necessary the school would also provide a vegan option.

## **Food allergy and food intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

## **7. Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements where necessary.

## **8. The Food and Eating Environment**

A survey is conducted every year to assess the views of teachers and pupils about the eating environment within the school. Where practical, suggestions for improving the environment are implemented.

## **Monitoring and Evaluation**

Parents and pupils are invited to contribute views and suggestions regarding food in school as part of their annual questionnaire and also to confirm their support for a healthy eating in our school.

## **Appendix 1 Nutritional Guidelines**

### **1. 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

## **2. 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 2006 Food-based Standards for School Meals (overview)

	These healthier products should be on 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	Bread 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 water, pure fruit juices, milk yoghurt and milk drinks with less than 5% added sugar, 'smoothies', low calorie hot chocolate, coffee and tea. (NB Artificial sweeteners could be used only in yoghurt or milk) This means sweetened fizzy drinks that 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 and seeds with no added salt, sugar or fat are allowed.
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 occasionally, and only providing they meet standards for minimum meat content and do not contain prohibited offal.

This table summarises the NEW requirements.

See the full package of standards at: [www.teachernet.gov.uk/wholeschool/healthyliving](http://www.teachernet.gov.uk/wholeschool/healthyliving)

## Appendix 3

### Managing vending, tuckshops and other food during the school day

Since September 2007, most of the new food-based standards for lunch also apply to other food sold or served through the rest of the school day. This means that breakfast clubs, and afterschool clubs will also comply.

In combination with the food-based standards for lunch, these non-lunch standards mean that:

- No confectionary should be used in schools
- A variety of fruit and vegetables should be available in all school food outlets. This could include fresh, dried, frozen, tinned and juiced products.
- Children and young people must have access at all times to free, fresh drinking water.
- No sweetened soft drinks should be sold. The only drinks available should be water (still or sparkling), pure fruit juices, yoghurt or milk drinks (with less than 5% added sugar), drinks made from combinations of these, low calorie hot chocolate, tea and coffee.