

Whole School Food Policy

At Tavistock we aim to be a Rights Respecting School. Children learn about the United Nations Convention on the Rights of the child which includes:

Article 24: Children have the right to good quality health care, to clean water, nutritious food and a clean environment, so that they will stay healthy.

It is on this basis that we actively promote healthy eating patterns to our children at school, and take a pro-active approach to improving the health and wellbeing of children.

This policy will cover the following:

School meals

Non-school lunch packs

Food provided at the school, other than school meals

Healthy eating, as part of the curriculum

Extra curriculum activities, such as cookery clubs, etc

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

Aim

To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school. The school will work with the caterer to meet the new school meals nutritional standards for school meals (19 May 2006) and whenever appropriate to non-school meal food provided in school. The following food groups must be provided as part of a school meal.

Fruits and vegetables -

these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)

Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)

A fruit-based dessert shall be available at least twice per week in primary schools

Meat, fish and other non-dairy sources of protein -

these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)

A food from this group should be available on a daily basis

Red meat shall be available twice per week in primary schools, and three times per week in secondary schools

Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks

For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein

Manufactured meat products

Manufactured meat products may be served occasionally as part of school lunches, provided that they:

meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers

are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and

contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.

Starchy foods (also see additional requirement on deep frying below) -

these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal

A food from this group should be available on a daily basis

Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week

On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available

In addition, bread should be available on a daily basis

Deep fried products

Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.

Milk and dairy foods -

includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard

A food from this group should be available on a daily basis.

Drinks

The only drinks available should be:

plain water (still or fizzy);

milk (skimmed or semi-skimmed);

pure fruit juices;

yoghurt or milk drinks (with less than 5% added sugar);

drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);

NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk

Water

There should be easy access to free, fresh drinking water.

Salt and condiments

Table salt should not be made available.

If made available, condiments should be available only in sachets.

Confectionery and savoury snacks

Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.

The only savoury snacks available should be nuts and seeds with no added salt or sugar.

The school and its caterer will occasionally introduce school meal themes days/weeks, such as:

Bringing in the harvest

Potato day

Bonfire night

Chinese new year

International themes

Make your own meal day with the cook

Historical themes

Farm day, etc

HC3S healthy living promotions – meals turned into activities

Taster days

Curriculum theme days

The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum

As part of the work that children do for science, and for personal, social, health and citizenship education (PSHCE), they will be taught:

The components of a healthy diet

The importance of healthy eating both now and in the future

Design a menu for school/at home lunch/Breakfast/evening meal

Food on the plate games.

Food in history and from other cultures.

Opportunities for cooking as part of enrichment activities.

The school will enlist the help of its school caterer/dietician/healthy living co-ordinator or another professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

The school will provide information on healthy foods that should be included in lunch boxes from home

The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad

Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc

A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.

Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.

A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

Sweets (including Winders), chocolate, etc.

Crisps or any packeted savoury snacks high in salt and fat

Fizzy drinks/sugary drinks

Sweet cakes, e.g. sugary cakes, doughnuts, etc.

And NEVER to include items containing nuts such as:

Sweet nut bars, etc.

Foods containing salted nuts, etc.

Packets of salted nuts

Many children have life threatening allergies related to nuts.

Parents who have difficulty following these guidelines are requested to contact the school.

The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school. The ethos of our Rights Respecting Culture will apply in the dining hall as at all other times during the school day.

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box. Parents will be informed if children are regularly not eating their lunch.

All litter and uneaten food from lunch boxes brought in from home, must be taken home at the end of the school day. In this way parents can monitor what children are eating.

Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.

Children are expected to behave whilst eating their lunches, be polite and helpful

If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.

If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain

Children are not allowed to share food with others due to the need to protect some children from items that may trigger an allergy.

Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition.

Parents can sample a school lunch at any time.

The school will reward pupils for good meal time etiquette and good behaviour

To encourage good behaviour and social interaction during the meal time:

A group of children can/will be invited each day/week to sit at a special top table in the dining hall

A variety of encouraging stickers are awarded. When appropriate.

Children who eat more school meals will benefit from HC3S' Healthy Living Promotions where meal points are turned into sports activities.

Fund raising events and birthday treats

Members of the Parent feedback group, staff and children in class and school councils have voted to allow the sale of cakes and sweets at fundraising events and the occasional sharing at the end of the day of birthday treats brought in from home by some children to continue. Children learn that balance is important and the inclusion of an occasional special treat in the diet is good for well-being. Children are always told not to eat any such gift until they have parental agreement.