

**Stepney Greencoat Primary School
Whole School Food Policy**

January 2018



To be reviewed January 2019



UN Conventions on the Rights of the Child

Healthy Eating Policy

We are a Right Respecting School and this policy supports the following articles from the *UN Convention on the Rights of a Child*

Article 27 (adequate standard of living)

Every child has the right to a standard of living that is good enough to meet their physical, social and mental needs. Governments must help families who cannot afford to provide this.

Article 6 (survival and development)

Every child has the right to life. Governments must do all they can to ensure that children survive and grow up healthy.

Article 3 (best interests of the child)

The best interests of the child must be a top priority in all actions concerning children.

Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Whole School Food Policy for Stepney Greencoat Primary School

The guidance for this policy has been developed in line with the School Food Trust statutory food standards and their guidance and recommendations around packed lunches. The School Food Trust is a national charity and specialist advisor to the government on school meals, children’s food and related skills. They outline the statutory Nutrient Standards for schools meals and the statutory Food Standards which apply to food in school throughout the school day.

School Name: Stepney Greencoat Primary School

Consultation that has taken place:

Date policy was approved:

Review date: January 2019

Person(s) responsible for overseeing Healthy Eating: Emily Wright

Person(s) writing this policy: Emily Wright

Aim:	<ul style="list-style-type: none"> • To ensure all aspects of food & nutrition in school promote the health & well being of pupils, staff & visitors to the school. • To promote healthy eating habits that lead to lifelong health & wellbeing.
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Rationale:	<ul style="list-style-type: none"> • A balanced healthy, nutritious diet is important for the development of a child’s physical state, as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills
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Objectives:	<ul style="list-style-type: none"> • To improve the health of pupils, staff & families by helping to influence their eating habits through increasing knowledge & awareness of food issues, including what constitutes healthy eating. • To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious food, and safe, easily available water supply during the school day. • To ensure the food provision in the school reflects the ethical, cultural & medical requirements of staff & pupils, e.g. religious, vegetarian & allergenic needs. • To make the provision & consumption of food an enjoyable & safe experience in a pleasurable and comfortable environment. • To monitor menus and food choices to inform policy development and provision.
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PROVISION

Type of provision	Details of provision
Breakfast club	<ul style="list-style-type: none"> • We have a breakfast club serving, toast, cereal, spreads and milk. • Food intake is monitored by the Breakfast Club Supervisors. <p>No sugar or additionally sweetened items are served at our Breakfast Club.</p>
Snacks (incl. fruit tuck shop)	<ul style="list-style-type: none"> • We have a Fruit Tuck shop for Years 3 - 6 • Fruit and vegetables are provided as snacks for Reception and Year 1 and Year 2 <p>We do not serve crisps, sweets or chocolates.</p>
School Meals	<ul style="list-style-type: none"> • We consult with the Catering staff. • We consult with pupils. • We monitor school meals and uptake via our MI system and through Midday Meals Supervisors. • Our Midday Meals Supervisors are trained to make the school lunch experience the best it can be.
Packed Lunches	<p>Children's packed lunches should contain the following:</p> <ul style="list-style-type: none"> • Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, rice, potatoes, couscous; choose wholegrain where possible (at least once a week) • 1 portion of fruit and 1 portion of vegetable or salad • Dairy food such as cheese, yoghurt, semi-skimmed milk • Meat, fish, or another source of non-dairy protein such as eggs, beans and pulses, hummus, falafel • Oily fish once a week <p>We have a water only policy.</p> <p>Water is provided for all children in school whether they have school or packed lunches.</p> <p>We discourage:</p> <ul style="list-style-type: none"> • Crisps • Confectionery such as chocolate bars, chocolate biscuits, cakes or sweets <p>Healthier alternatives to these may be:</p> <ul style="list-style-type: none"> • fruit, vegetables, plain rice cakes, a hot cross bun, plain breadsticks, malt loaf, a

	<p>fruit scone, custard or rice pudding as alternatives to confectionery.</p> <ul style="list-style-type: none"> • We provide packed lunch guidance to parents in a written format. • Packed lunches are monitored by the Midday Meals Supervisors. • Healthy packed lunches are rewarded by stickers. • If packed lunches do not meet the requirements, a note is issued to parents to remind them of the policy. • We consult with pupils to ensure the importance of a healthy packed lunch via whole school 'Healthy Eating Assemblies' and through the school councillors.
After School Clubs	<ul style="list-style-type: none"> • We provide healthy snacks (toast and fruit) for paid for after school clubs • Parents are asked to provide a healthy snack for their child if they are attending a free club.
Water Provision	<ul style="list-style-type: none"> • Children have access to drinking water all day. • We encourage children to bring water to school and they may drink from water fountains accessible by all children.

<p>Early Years Food <i>(based on recommendations from the Children's Food Trust Guidance 2012)</i></p>	<ul style="list-style-type: none"> • We are part of the Tower Hamlets Healthy Early Years Accreditation. • Fruit and vegetables are provided to Reception and Year 1. • Water is available throughout the day. • EYFS children eat lunch in the school hall (first sitting). They are supervised by the Midday Meals Supervisors. • We consult with catering providers about Early Years food and meeting the Children's Food Trust guidelines?
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Specialist dietary requirements	<ul style="list-style-type: none"> • We record pupil's specialist dietary requirements (allergies, intolerances, cultural or religious requirements) on their admission to school. • This information is shared with relevant staff via a comprehensive list. (this information is visible but also discreet and not in view of the whole school) • Any child with a special dietary requirement wears a lanyard at mealtimes outlining the issue. • We have a no nut policy (this includes peanut butter).
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CURRICULUM

Curriculum	<ul style="list-style-type: none"> • Food and nutrition covered in Science and PSHE. • We use the Eatwell Plate as a model for teaching healthy eating throughout the school. <p>Please see appendix 1 for the Eatwell Plate</p> <ul style="list-style-type: none"> • Children have the chance to learn practical food skills eg, planning, budgeting, preparing and cooking food during Enterprise Week.
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REWARDS AND SPECIAL OCCASIONS

Rewards	<ul style="list-style-type: none"> • The school does not use sweets, chocolate or any other unhealthy food as a reward, a treat or a prize.
Special events, celebrations and birthdays	<ul style="list-style-type: none"> • We allow children to bring food in from home to celebrate birthdays. This must not be shared during school time, but taken home to be eaten under the supervision of parents. • They should only bring individually wrapped treats. Parents are informed of this via class teachers and the newsletter.

- The school provides healthy snacks for the Class Christmas Parties.

CONSULTATION AND PARTNERSHIPS

	Things to consider
Children	<ul style="list-style-type: none"> • We actively consult with pupils around healthy eating issues. • Pupils were consulted in the writing of this policy. • The policy is available in a format that children can read and understand (the Eatwell Plate).
Parents	<ul style="list-style-type: none"> • We run Healthy Eating Workshops for parents and carers. • Parents and Governors are invited to have school meals from time to time. • Parents are involved in developing the ethos of the school as a healthy school via healthy eating workshops and coffee mornings. • Parents are consulted about school food at special coffee mornings. • Parents were consulted in the writing of this policy. • The Food Policy is available in school for anyone to read, as well as on the school website.
Staff	<ul style="list-style-type: none"> • Staff are encouraged to sit with pupils to provide positive influences around healthy eating. • Staff were consulted in the writing of this policy. • Training around healthy eating is provided to staff.
Governors	<ul style="list-style-type: none"> • Governors are consulted about healthy eating issues at coffee mornings and Governor's meetings. • Governors were consulted in the writing of this policy.
External Agencies	<ul style="list-style-type: none"> • We use Tower Hamlets Council to support our work around healthy eating.

MONITORING OF POLICY

This policy will be monitored annually.

We will ensure that this policy is implemented across the school by constant monitoring.

Appendix 1 – Eatwell Plate



Source: Public Health England in association with the Home Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown copyright 2018