

# TANNERS WOOD JMI SCHOOL



## Healthy Eating Policy

Adopted by Governing Body:	Date: September 2019	Review Date September 2021
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*“Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.” (The School Food Standards 2015)*

## **Introduction**

This policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors’ Council, (NGC) 2005).

This policy applies to all pupils, parents/carers and all members of staff.

### **We aim to:**

**Ensure that all aspects of food and nutrition, in school, promotes the health and well-being of pupils, staff and visitors in school.**

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.
- To make a positive contribution to children’s health and the Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools. These must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) and [www.schoolfoodplan.com](http://www.schoolfoodplan.com) for more information

### **Objectives:**

- Ensure that information relating to food and nutrition in all lessons is consistent and up to date.
- Encourage practical food activities in the classroom (D&T requires at least one cookery unit of study).
- Pupils to run the salad bar every day.
- Work in partnership with Cater Link who are committed to supporting the ethos and goals of The School Food Plan and the Government’s School Meals - Healthy Eating Standards.
- To consistently provide healthy food for our pupils every day of the week.
- Actively promote the eating of fruit and vegetables as a snack.
- Actively encourage the drinking of water throughout the day, but at appropriate times. All water is stored in Tanners Wood named water bottles which are required to stay in school and are cleaned regularly.

### **Guidelines**

- Year groups to regularly review food based topics in each Key Stage.
- Staff to set a good example of healthy eating wherever possible.
- Encourage children to choose a balanced meal from the food on offer from Caterlink. Each day there is a meat, vegetarian and jacket potato option. The children are also required to choose vegetables or salad to accompany their meal.
- Children to eat fruit and vegetable snacks at break/class time.
- We are a nut free school (including nut based chocolate spreads)
- Year 5 pupils to serve at the Salad Bar.

### **Food and drink in packed lunches:**

The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.

The school will work with the pupils to provide attractive and appropriate dining arrangements.

The school will work with parents to ensure that packed lunches abide by the standards listed below.

As fridge space is not available in school, parents are advised to think carefully about what they include in the packed lunch.

### **We recommend packed lunches should include:**

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or other source of non-dairy protein every day
- Oily fish, such as salmon, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- Dairy food (or non-dairy equivalent) such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water, fruit juice, sugar free squash, yoghurt or milk drinks and smoothies.

### **Packed lunches may include a limited amount of the following:**

- One salty snack such as crisps
- One confectionery item such as a chocolate bars, chocolate-coated biscuit, cereal bar, processed fruit bar. Sweets are not allowed.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Monitoring:**

- Packed lunches will be periodically reviewed by staff.
- If a child regularly brings a packed lunch that is not in line with the recommended school policy then the school will contact the parents to discuss this.
- Feedback from pupil voice interviews and the School Council will be considered.
- This policy should be reviewed regularly. The next review will be June 2019

### **Sharing the policy**

- The school will ensure that all parents/carers are aware of the policy by sharing information at parent induction meetings and via updates on the school newsletter.
- The school will use opportunities through the curriculum and enrichment days to promote this policy.
- The policy will be shared with all school staff.

- The school will continue to meet the Government's Healthy Eating standards- refer to the following website [www.gov.uk/school-meals-healthy-eating-standards](http://www.gov.uk/school-meals-healthy-eating-standards) and follows guidance from the Local Authority and the Government's initiative, The School Food Plan ([www.schoolfoodplan.com](http://www.schoolfoodplan.com)).