

RUSKIN INFANT SCHOOL AND NURSERY



Food Policy

Revised: July 2017

Revised by: Lilly Duncan

To be Reviewed by: July 2020

This school policy reflects the consensus of opinion of the whole teaching and support staff and has the full agreement of the governing body.

1. RATIONALE

Ruskin Infant School and Nursery is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This policy guidance has been developed by a group of multi-agency partners involved in reducing childhood obesity, promoting the health and well-being of young people and the provision of catering services in schools.

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

The policy has been developed in consultation with parents, pupils and staff. It is available on the school website and is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence based findings and the 'Eatwell Guide' is the agreed model for ensuring a healthy balanced diet: <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

Standards for school food throughout the school day are in place: www.childrensfoodtrust.org.uk

Further information can also be found in the School Food Plan: www.schoolfoodplan.com

2. EQUALITY STATEMENT

Ruskin Infant School and Nursery (including Ruskin Childcare) defines itself as a school free from discrimination. We will not discriminate against a pupil or prospective pupil by treating them less favourably because of their:

- sex,
- race,
- disability,
- religion or belief,
- sexual orientation,
- gender reassignment,
- pregnancy or maternity

The school, through its policies and staff practices will also not discriminate against a pupil because they are associated with a person that displays the 'protected characteristics' as listed above.

Ruskin Infant School and Nursery defines four kinds of unlawful behaviour in relation to the Equality Act 2010, as

- direct discrimination
- indirect discrimination
- harassment
- victimisation

No unlawful behaviour will be tolerated in any way.

3. AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To ensure that food regularly provided by the school is nutritionally balance and is based on the Eatwell Guide (appendix 1)
- To ensure that packed lunches (brought in from home) reflect the standards for school meals.
- To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to the school.

4. CURRICULUM

It is essential that nutrition is embedded in the curriculum and that all teaching is consistent with the whole school food policy.

Within Key Stage 1 nutrition education fits into the following areas of the National Curriculum:

Science – Animals, including humans

Statutory Requirements

Pupils should be taught to:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. (Year One)
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air). (Year Two)
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Year Two)

Notes and guidance (non-statutory):

- Pupils should have plenty of opportunities to learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes. (Year One)
- Pupils might work scientifically by: using their observations to compare and contrast animals at first hand or through videos and photographs, describing how

they identify and group them; grouping animals according to what they eat; and using their senses to compare different textures, sounds and smells. (Year Two)

- Pupils should be introduced to the basic needs of animals for survival, as well as the importance of exercise and nutrition for humans. They should also be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs. (Year Two)
- Pupils might work scientifically by: observing, through video or first-hand observation and measurement, how different animals, including humans, grow; asking questions about what things animals need for survival and what humans need to stay healthy; and suggesting ways to find answers to their questions. (Year Two)

PHSE

- Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

Other Curriculum Links

As a school we take opportunities to promote healthy eating and food choices across the curriculum.

- English- provides pupils with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.
- Mathematics- can offer the possibility of understand nutrition labeling, calculating quantities for recipes, weighing and measuring ingredients.
- Religious Education- provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils experience different foods associated with religious festivals.
- Computing- can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Geography- provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History- can provide an insight into changes in diet and food over time.
- Physical Education- provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Extra Curricular Activities

As a school we take opportunities to promote healthy eating and food choices when working together with children and their families in the following ways:

- A cooking club that is partially funded by the Let's Get Cooking Project. This is offered to all children and includes a Parent and Child session. The recipes used are nutritionally balanced.
- Other clubs offered that develop healthy lifestyle choices include a range of physical activities and gardening.
- Parent workshops focusing on cooking and healthy eating are organised regularly, often in liaison with the Parent Support Advisor and the wider community.

5. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014. Food and nutrient based standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops, vending and after-school clubs.

Lunch Provided by the School

Food prepared by the school's appointed catering team meets The School Food Standards for School Lunches (<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-lunches-140616.pdf>). As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided for all children (under the universal free school meals for infants programme).

Healthy Options are promoted at lunchtime. Children are consulted about food choices.

Food Provided outside Lunch

Any food provided by the school outside of lunch needs to meet The School Food Standards. It also needs to meet the additional standards for School Food other than Lunch (<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>)

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Ruskin Infant School and Nursery operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the food standards.

We are advising staff members who drop their children off at breakfast club to not provide food such as 'fruit winders'.

Break time Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. We participate in the National Fruit Scheme. In the Foundation Stage children have open access to fruit or vegetables during every session and are encouraged to choose to eat it. In Key Stage 1 children are provided with the opportunity to have a piece of fruit or vegetable during each morning playtime.

School Milk

As part of the School Food Plan, all maintained primary, infant, junior and secondary schools are now legally required to make milk available for drinking during school hours. Cool Milk runs the school milk scheme and provides free milk for under-fives and subsidized milk for 5-11 year olds.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service.

Use of Food as a Reward

Food should not generally be used as a reward, as other methods of positive reinforcement are used in school. Any food provided in the school day must meet the Food Standards for Food Provided other than Lunch.

Special Occasions

The Children's Food Trust advises that the School Food Standards do not apply on occasions that are advertised clearly to parents/carers as a Special Occasion. On these occasions the school suggests that portions should be limited, and where possible, lower fat and sugar versions should be provided. Healthy options should always be available. Parents should also be informed that these foods will be offered, allowing them the opportunity to make the choice for their child to not consume them. These occasions include treat days, always good rewards and attendance awards. This will also include each year group's annual trip, such as the Year 2's trip to the seaside.

Cooking Club

The school runs a cooking club. All the recipes used are provided by the Children's Food Trust and meet the School Food Standards.

Food Not Provided by the School

The only food that parents/carers should provide is a Packed Lunch if they choose for their child not to have the lunch provided by the school. The only exception is where a

child has additional dietary needs or allergies and it has been agreed by the school that food will be provided by parents/carers (see below for section on Food Allergies, Intolerances and Special Diets).

Packed Lunches

The school encourages parents and carers to provide children with packed lunches that comply with the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'Eatwell Guide'. This will ensure children having packed lunches have a healthy balanced meal.

Children's packed lunches are encouraged to include items from the 5 main food groups;

- **Bread, Rice, Potatoes, Pasta**
- **Fruit and Vegetables**
- **Milk and Dairy foods**
- **Meat, Fish, Eggs, Beans**
- **Water or Milk**

To ensure the packed lunches follow the guidelines of the Eatwell Guide, we advise parents not to send packed lunches that contain the following;

- **No leftover fast food such as KFC.**
- **No fizzy drinks.**
- **Drinks with added sugars or sweeteners**
- **Sweets or any product containing chocolate**
- **Crisps or any savoury snacks high in salt/fat including salted nuts or savoury biscuits**
- **Cakes or biscuits that are high in added sugar/fat**

See appendix 1 for specific examples.

From discussions and consultations with parents we are advising that children can have 1 'treat' inside their lunchbox. This will be in line with the dessert option that is offered with the hot dinners provided by the school.

The school regularly provides guidance on what can be included in a packed lunch through leaflets, workshops and taster session with the hot dinners providers.

Birthday Treats and Religious Celebrations

Should parents wish to celebrate their child's birthday or another religious celebration, the school allows a child to bring in one **small** funsize treat for each child. These shall not be consumed during school hours. The school advise parents not to provide any other food or treats for the children at other times of the year such as Christmas or Easter. Other small non food treats such as stickers are encouraged if the parents wish to.

Food During Teaching

It is important for children to participate in cooking and to use food in a positive way during their learning. Teachers are encouraged to build in cooking or food exploration during their topics.

It is at the healthy school coordinator's discretion on what food or recipes are used.

Food Allergies, Intolerances and Special Diets

Schools are expected to take reasonable steps to cater for allergies and special diets as part of their school meals service. It is good practice for these requirements to be written into any contracts that are developed with caterers. Catering providers and local authorities may already have policies and procedures in place.

Discussion with parents should inform the best approach for the individual child. Whilst a school may be happy that they can provide safe lunches for the child concerned, it might well be that parents prefer the element of control they can retain in providing a packed lunch.

Where packed lunches are taken, it is important that children do not share food with one another in case the allergic child unwittingly eats something containing an allergen. The area should be clean with spillages quickly attended to, and all children should wash their hands before and after eating.

The Anaphylaxis Campaign does not require schools to have bans on specific foods such as nuts, as children should be able to develop an awareness of dealing with risks which prepares them for life outside the school environment. However, schools should try to be minimise risks, for example, by seating children eating particular foods such as peanut butter away from a child with a severe nut allergy.

SOURCES

www.schoolfoodplan.com

www.childrensfoodtrust.org.uk

www.anaphylaxis.org.uk

[https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/510363/UPDATED Eatwell guide 2016 FINAL MAR23.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/510363/UPDATED_Eatwell_guide_2016_FINAL_MAR23.pdf)

Science programmes of study: key stages 1 and 2, National curriculum in England, September 2013, Department for Education

Guidance: Personal, social, health and economic (PSHE) education, September 2013, Department for Education

Appendix 1

Bread, Rice, Potatoes, Pasta	<ul style="list-style-type: none">• Sandwiches• Wraps• Rolls• Pasta salad.• Crackers
Fruit and Vegetables	<ul style="list-style-type: none">• As a sandwich filling• Separate salad• Snacking option e.g. carrot sticks, raisins, cucumber sticks.
Milk and Dairy foods	<ul style="list-style-type: none">• Yoghurt• Cheese (cubes or sticks)
Meat, Fish, Eggs, Beans	<ul style="list-style-type: none">• As a sandwich filling such as ham, chicken, turkey, tuna, salmon, eggs.• Snacking option e.g. hard boiled egg.
Water or Milk	<ul style="list-style-type: none">• To drink
'Treats' - 1 per lunchbox	<ul style="list-style-type: none">• Chocolate spread as a sandwich filling OR• Small funsize fruit loaf/cakes bars OR• 1 biscuit OR• 1 packet of crisps OR• Funsize chocolate such as 2 fingered Kitkats OR Penguin.• Fruit Winders