



Head of School: Mr P. Coiffait

School Policy

Food

Co-ordinator: Debbie Fitton

Governors adopted this policy on:

Signed by the Chair:

To be reviewed on:



Hawthorns School Food Policy

Introduction

At Hawthorns School we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PHSE policy.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child physically, 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.

This policy has been developed in conjunction with Hawthorns staff, parents, school fruit and vegetable scheme, Tameside Health Team, Oral health and nutrition services and school catering services.

Rationale

Hawthorns is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school
- To provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices and prepare healthy food
- To ensure provision and consumption of food is an enjoyable experience
- To give our pupils the help and information they need to make healthy choices
- To increase the take up of hot school meals and free school meals.
- To ensure that school food/drink provided across the school day reflects the Government food and nutrient based standards.
- To create a pleasant eating environment that encourages social interaction

Food in School

Snacks

A selection of white and brown toast and a small portion of fresh fruit/vegetables provided through the Government Fruit and Vegetable scheme are available for all children Monday – Thursday. Staff who prepare food follow strict hygiene rules and use disposable aprons and gloves. Children pay £1 a week which covers snack food and also our tuck shop every Friday. Children under 5 and those who qualify for FSM are provided with milk daily as well as children whose parents make a termly payment. Milk is kept in the fridge until needed. Children who do not have milk are offered fresh water.

School Lunches

All our school meals are prepared daily in the school kitchen by our catering supervisor and staff. They provide hot and cold options, including a daily vegetarian option, and follow strict government and Tameside guidelines which ensure they meet the standards for school lunches. Special diets – Halal/Vegan/Vegetarian are catered for and there is a daily salad bar. Senior staff liaise with the school cook to discuss menus in advance and to make changes where needed . School meal menus are promoted on the school website and in leaflets sent to parents.

Class staff follow the dining room code of conduct and support the children at the hatch and on the tables to try new foods and make healthy choices. They promote social skills and help make the dining room a pleasant social experience. Children are encouraged to take responsibility e.g cleaning the table, tidying up after themselves, helping younger children.

See –Dining Room Code of Conduct

Food Based Standards for School Lunches from 2015 (Primary)

Food group	Food-based standards for school lunches
Starchy food	One or more portions of food from this group every day
	Three or more different starchy foods each week
	One of more wholegrain varieties of starchy foods each week
	Starchy foods cooked in fat/oil no more than 2 days per week
	Bread to be available every day (no fat/oil)
Fruit & vegetables	One or more portions of salad or vegetables as an accompaniment every day
	One or more portion of fruit every day
	A dessert containing at least 50% fruit two or more times each week
	At least three different fruits / three different vegetables each week
Meat, fish, eggs, beans and other non-dairy sources of protein	One portion from this group each day
	One portion of meat or poultry on three or more days each week
	Oily fish once or more every three weeks
	Vegetarians – one portion of non-dairy protein three or more days a week
	A meat or poultry product (<i>manufactured or homemade and meeting the legal requirements</i>) no more than once a week in primary schools and twice each week in secondary schools (<i>applies across the whole school day</i>)
Milk and Dairy	One portion from this group every day
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
Foods high in fat, sugar and salt	No more than two portions of food that has been deep-fried, batter coated, breadcrumb coated, each week (applies across the whole school day)
	No more than two portions of food which include pastry each week (applies across the whole school day)
	No snacks, except nuts, seeds, vegetables and fruit – with no added salt, sugar or fat (applies across the whole school day)
	Savoury crackers or breadsticks can be served at lunch with fruit, vegetables or dairy food.
	No confectionary, chocolate and chocolate-coated products (applies across the whole school day)
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary
	Salt must not be available to add to food after it has been cooked
	Any condiments must be limited to sachets or portions of no more than 10 grams / 1 teaspoon
Healthier drinks	Free, fresh drinking water must be available at all times
	<ul style="list-style-type: none"> • Plain water (still or carbonated)
	<ul style="list-style-type: none"> • Lower fat milk or lactose reduced milk
	<ul style="list-style-type: none"> • Fruit / vegetable juice (max 150mls)
	<ul style="list-style-type: none"> • Plain soya, rice or oat drinks enriched with calcium
	<ul style="list-style-type: none"> • Plain fermented milk / yoghurt drinks
	<ul style="list-style-type: none"> • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
	<ul style="list-style-type: none"> • Combinations of fruit juice and lower fat milk or plain yoghurt, plainsoya, rice or oat drinks enriched with calcium

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| | • Cocoa and lower fat milk |
| | • Flavoured lower fat milk |
| | • Tea, coffee and hot chocolate |

Nutrient-based standards for school lunches

The nutrient-based standards for school lunches aim to make the food offered at lunchtime healthier by decreasing the fat, saturated fat, non-milk extrinsic (NME) sugar and sodium content, and increasing vitamin and mineral content. There are 14 nutrient-based standards for school lunches. These apply to an average school lunch within a one to four week menu cycle, and relate to the overall composition of food rather than on an individual basis. To calculate the average school lunch, all food and drink should be put into menu-planning and nutrient analysis software, together with portion sizes and estimated number of each item. This will include recipes for the food which has been prepared from scratch and any specific product details for brought in items. This should also include any drinks that are provided in all school food outlets at lunchtime. Bread however does not need to be included in this analysis. The premise for providing bread for pupils is to encourage them to fill up on food rich in carbohydrates, rather than in high fat or high sugar. School lunch is defined as all food and drink provided for pupils as their midday meals. If some of the food and drink provided at mid-morning break is considered to be part of the lunchtime provision, it should be included when calculating an average school lunch.

Food-based standards for school food other than lunch

These regulations set out the requirements for school food provided across the schoolday at times other than lunch to registered pupils at a local authority maintained primary, secondary, special school or pupil referral unit, whether on the school premises or not, and to any other person on the school premises. School food other than lunch also includes breakfast clubs, tuck shops, mid-morning break, vending machines, and after school clubs.

There are 11 food-based standards for food other than lunch.

Schools must provide and ensure :

- Fruit and vegetables at all school food outlets.
- Fresh drinking water at all times.
- Healthier drinks- schools must provide only permitted drinks.
- Salt – this should not be available to add to food after cooking, and is not provided at tables or service counters.

- Condiments – these are only available in sachets or individual portions of no more than 10g or 1 teaspoonful.
 - Snacks – only nuts, seeds, fruit or vegetables without added fat, salt, sugar, or honey are to be provided.
 - Savoury crackers and breadsticks can only be served with fruit, vegetables, or dairy food as part of a school meal.
 - Meat products – a meat product which is manufactured or homemade from each of the four food groups may not be provided more than once a fortnight across the school day:
- Group 1 – burger, hamburger, chopped meat, corned meat.
 - Group 2 – sausage, sausage meat, link, chipolata, and luncheon meat.
 - Group 3 – individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (Scotch) pie, pasty, sausage roll.
 - Group 4 – any other shaped or coated products e.g. nuggets, meatballs.
 - Starchy food cooked in fat or oil must not be provided on more than 3 days a week, across the school day.
 - Deep-fried food – no more than 2 deep-fried food items should be provided in a single week across the school day.

Exemptions to the school food regulations

The School Food Regulations do not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions.
- At occasional fund-raising events.
- As rewards for achievement, good behaviour or effort.
- For use in teaching in food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch.
- On an occasional basis by parents or pupils.

Allergen legislation

On December 13th 2014 the new Food Information Regulations 2014 (SI2014/1855) came into force. This placed the European Union Food Information for Consumers Regulation (EU Reg 1169/2011) into UK law. The regulations place a new requirement on those selling food in a canteen or restaurant and those wrapping loose food such as sandwiches. The EU law has listed 14 allergens that need to be identified if they are used in ingredients in a dish. From 13th December 2014, caterers will be required to provide information on the allergenic ingredients used in the food prepared by them. **This includes schools.** Class staff are aware of any allergies children have and ensure catering staff are aware of this.

Religious and Ethical Diets

Schools have a diverse population and we are aware of the needs of our staff, pupils and parents. We do know the eating requirements of the children as parents inform us of this. Our catering staff are also informed and accommodate for such specialist eating needs. Our school kitchen has the facility/capacity/time to cater for individual needs of our children. Alternative provision can be delivered if requested.

Themed meals

There are regular themed school meal days to encourage children to try new foods e.g Bonfire Night, Chinese New Year, Indian culture

Food Issues

Our school has a procedure for identifying and accessing support for pupils who are at risk e.g. failing to thrive, eating disorders, allergies, overweight, obese or dietary related conditions. Staff share concerns if they notice anything that needs addressing. However there are some children in school who will only eat certain foods – we are made aware of this by parents and discuss with them the most suitable diet ensuring they eat familiar foods but are also encouraged to try new ones occasionally.

Free School Meals (FSM)

Free School Meals can be claimed by Parents or Carers who are on a low income. All claims will be processed by the Benefits Section at Tameside Council with the target date of 3 days

What is the eligible income?

- Income Support
- JSA (income Based)
- Guarantee Credit
- ESA – IR
- Child Tax Credit (**but not working tax credit**) provided the Household income does not exceed **£16,190** as assessed by HM Revenues and Customs

How do I apply for Free School Meals?

- Any new e-claims for Housing and Council Tax Benefit will now also include the option to apply for Free School Meals
- Telephone the Council's call centre on 0161 342 8355
- Complete the on-line application form at www.tameside.gov.uk/fsm This can be completed directly by you only if you are in receipt of Income Support, Job Seekers Allowance (IB), Employment and Support Allowance(IR) or Guaranteed Credit **and** have a Housing and Council Tax Benefit reference
- In person at one of the Council's Customer Service Offices. See the website for the appointment services or for the drop in service at Ashton. You should bring your latest Benefit award notice of your qualifying benefit with you.

Universal Free School Meals

All children from Reception to Year 2 are entitled to a free school meal under the government's scheme. However, if you are in receipt of any of the above allowances making you eligible for free school meals anyway, it is important that you also claim via this route (see above). Children who are entitled to free school meals (other than through Universal Free School Meals) generate additional funding for school (Pupil Premium). If you have any queries or require assistance in applying, please contact the school office. The School meals menu is on a three week rolling programme and is changed twice a year - in April and October.

Our school has a procedure for identifying and accessing support for pupils who are at risk e.g. failing to thrive, eating disorders, allergies, overweight, obese or dietary related conditions. Staff including our School Family Link Worker swiftly raise confidential concerns if they notice anything that needs addressing.

Packed lunches

For out of school activities, a healthy balanced packed lunch is provided for pupils. This includes a drink and children also take their own water bottles.

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 is the best option. However, should parents decide to send in a packed lunch from home, we will provide regular advice on healthy foods for lunchboxes following recommended guidelines set out by the British Nutrition Foundation.

.A packed 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.
- One item containing low sugar – scone, fruit cake, plain biscuit
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)
- Children may bring soup in a flask

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

- Sweets , chocolate, etc.
- Crisps /nuts or any packet savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts

Children who bring a packed lunch sit in the dining room with their class. Packed lunches are taken to the kitchen after registration and put in the fridge until lunchtime. Children collect them from the trolley when their class go up for their dinner. They must put the contents of their lunchbox on a plate and put the box under the table whilst eating. Uneaten food is put back in the lunchbox so parents can see what has/has not been eaten. Concerns about lunchbox contents are dealt with sensitively by class staff who liaise with parents. Lunchbox guidelines are sent home at the start of each school year , reminders put on website, leaflets sent home . There are regular Health Week promotions and reminders at parents evenings. The formal curriculum also informs children of the importance of a healthy lunchbox.

Water for all

Our school acknowledges that water can have a positive effect upon health and well-being. It reduces tiredness and irritability and can help concentration. Therefore:

- Pupils and staff are encouraged to drink water regularly throughout the day.
- Water is freely available to all members of the school community.
- There is a water cooler for staff to access.
- Every child has a named water bottle which is cleaned daily.

- School will not allow the installation of any machine or system which dispenses drinks with artificial additives

Tuck Shop

There is a tuck shop every Friday morning which provides a formal teaching opportunity to recreate a shopping experience and to educate children about healthier snack foods . Foods are displayed using a traffic light system to highlight health differences. Children are encouraged to try new foods. Children are given 50p –this is taken from the £1 snack money they pay each week. Our charity fundraising days are a chance for children to bring in food donations from home to help us raise more money . Classes help to set up and serve in the tuck shop. Our food guidelines apply to all food sold- low fat, low sugar, low salt, no chocolate other than on special occasions.

Regular items in our shop include fresh fruit, scones, maltbread, fruit yogurts and cheese. We do not sell sweets. We do not have a vending machine.

Food across the curriculum

Within school there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from, such as shopping, preparing and cooking food.

- **Maths** can offer the possibility of calculating quantities of recipes, weighing and measuring ingredients
- **Science** provides opportunities to learn about the types of food available, their nutritional composition and the function of different nutrients in contributing to health.
- **RE** provides opportunities to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- **ICT** provides opportunities to research food using the internet. Pupils can design packaging and adverts to promote healthy food choices.
- **PSHE** encourages children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image
- **PE** provides discussion time about the importance of healthy eating linked to physical fitness and also emphasises the importance of drinking enough water.
- **Art and Craft** provides many opportunities to study food in detail-drawing, painting, printing with food, collage, cutting, sticking, posters.

- **Cookery** is part of our Design Technology curriculum. Each class has a weekly cookery session in the cookery room with our specialist cookery teacher. There are clear Health and Safety / Hygiene guidelines for staff and children who work with food. Pupils are given the chance to discuss and taste different foods, prepare and cook a wide variety of healthy foods and to take some home and share with their families. There is a weekly charge of £1.50 to cover cookery food.
All children have a cookery folder with recipes and skills covered. They make food for special occasions and embrace other cultures. Skills are built up slowly and children encouraged to become independent.

Health Week

Our annual health week is an opportunity for the whole school community to focus on Healthy Eating. Activities include, food tastings, creating healthy meals, promoting healthy foods, investigating sugar in foods, general health advice and support for parents and staff, oral health and focus on exercise.

Rewards, Celebrations and Events

Our school aims to give consistent messages regarding healthy eating. Healthy foods are used as rewards and they are given out appropriately according to the discretion of our staff. Our pupils, parents, staff and the wider school community are aware of the current regulations that are in place as regular leaflets, posters and information is shared.

Birthday bags given out as part of birthday celebrations may contain healthy snacks as well as gifts. We do not encourage sweets or chocolate to be given as treats but understand that on occasions this will happen. Lollies are not allowed. Parents are asked to send in healthy birthday treats for their child's class if they so wish.

Awards

We take part in local and government award schemes to help us evaluate and monitor our current practice. We currently hold the Silver NHS Food4Life Schools Award.

School Garden

Pupils are given the opportunity to understand where food comes from and how it is grown. This links to curriculum learning about food, nutrition and life-cycles. We have a small vegetable plot and a polytunnel in our school garden where children have the chance to help grow and look after the plants. Food grown is used in the kitchen or for cookery lessons.

Extra Curricular Activities

Let's Get Cooking club - Parents and Carers work with their children to prepare healthy meals at our weekly Let's Get Cooking Club run by our specialist cookery teacher.

Gardening/Growing Club - a weekly club for parents and Carers to work alongside their children looking after the school garden and growing food.

After- school clubs/ school events- all food and drink offered to children conforms to our

Partnership with Parents and Carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Information about food in school -school meals /snacks is published on the website , sent home on a regular basis and discussed at parents evenings.

Policy Consultation Monitoring and Review

This policy has been written in consultation with the whole school community as recommended by the local , Tameside , NHS guidelines and Government advice. The policy will be reviewed every two years and reflect changes in local or national guidance.

Our SLT monitor all aspects of food in school and work closely with parents staff and catering providers to ensure all standards are met.

Policy Updated - February 2017 by Mrs D Fitton SLT/Health Coordinator

To be reviewed - February 2019

