



INSPIRE NURTURE BELIEVE ACHIEVE

Working together to be the best that we can be.

Whole School Food Policy

January 2023

Approved by: Headteacher
Review: January 2025

Rationale

The policy has been formulated following consultation to develop healthy eating and drinking activities that benefit pupils, staff, parents/carers and others associated with the **Goldsborough Sicklinghall Federation**. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the **Goldsborough Sicklinghall Federation** works towards its aim of achieving Healthy School Status under the new criteria by Summer 2024.

The policy was formulated through consultation between members of staff, governors, parents/carers, pupils, and will be monitored by members of our School Council.

The principles of this policy incorporate those outlined in the School Food Plan <http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the 'eatwell plate' <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

Aims

The main aims of our school food policy are:-

- To ensure that all aspects of food and nutrition the **Goldsborough Sicklinghall Federation** promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices.
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food-based standards are implemented
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum (through PSHE, Science and Assemblies) are echoed and reinforced by the type of food and drink provided in school.
- To ensure that children understand that a balanced diet is healthy and that balanced doesn't mean not eating certain aspects. **Children should not see good / bad food only foods that provide different levels of nourishment and nutrition for the body.**

These aims will be addressed through the following areas:

1. School Food Plan

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by:

- Adopting a 'whole-school approach': integrating food into the life of the **Goldsborough Sicklinghall Federation**: treating the dining hall as the hub of the school, where children and teachers eat together (where possible); lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education

- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics and in particular encourage take up of Universal Free School Meals for all KS1 children which has been in place since September 2014

2. Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

3. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage during Science and PSHE. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines .

This is addressed through:

- **Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all key stages reflect the **Goldsborough Sicklinghall Federation's** approach to healthy eating.

- **Cooking and nutrition**

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques. The cooking curriculum is based on a series of progressive skills from Y1-Y6.

- **Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to Science and PSHE.

- **Staff training**

School staff including teachers, TAs and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. We currently cook school meals on site at Sicklinghall and deliver fresh food to Goldsborough daily. We also provide tea at After School Club that meets the requirements of the School Food Plan.

- **Visitors in the classroom**

The **Goldsborough Sicklinghall Federation** values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the **Goldsborough Sicklinghall Federation** to ensure that the contributions made by visitors to the classroom reflect our own Ethos and approach to the subject. The status of visitors to the **Goldsborough Sicklinghall Federation** is always checked ensuring that the content of the visitor's talk is suitable for the ages of

the pupils. The **Goldsborough Sicklinghall Federation** safeguarding procedures for visiting speakers is adopted.

- **Resources**

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'Eatwell Plate' where appropriate.

4. Food and Drink Provision throughout the school day

Food Standards

National Nutritional Standards for school Lunches became compulsory in 2009.

As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches will come in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; mid- morning break and after-school clubs. <http://www.schoolfoodplan.com/standards/> . Checklists for monitoring your provision are available from the Children's Food Trust <http://www.childrensfoodtrust.org.uk/>

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The **Goldsborough Sicklinghall Federation** operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the food-based standards.

The breakfast menu includes:

- Fruit Juices (max. 150ml- water may be added to increase this portion)
- Wholegrain and 'Best of Both' Breads for toast.
- Spreads, jam/marmalade for toast.
- Selected cereals and semi-skimmed milk.
- Semi-skimmed milk for drinking.
- Filtered water.
- A selection of fresh fruit.
- Plain or fruit yoghurt (not 'dessert yoghurt')

Lunch

Food prepared at **Sicklinghall** Primary School, by Dolce School Catering, meets the National Nutritional Standards for School Lunches.

Universal Free School Meals

Since September 2014, all children in Reception, Year 1 and Year 2 in state-funded schools in England have been eligible for free school lunches. The **Goldsborough Sicklinghall Federation** fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to **most** packed lunches and can lead to improved behavior in school.

Fruit Scheme (KS1 only)

The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit throughout the day. KS2 children are encouraged to bring in healthy snacks for morning break. (See School Council list of healthy snacks)

Milk

Free Milk is available for drinking for children under 5. The **Goldsborough Sicklinghall Federation** currently uses the 'Cool Milk' scheme and parents/carers are able to buy their child's daily milk via the online booking system.

Snacks

The **Goldsborough Sicklinghall Federation** understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The **Goldsborough Sicklinghall Federation** only permits snacks that contribute to a healthy balanced diet (fruit or vegetable sticks where possible) and discourages the consumption of snacks high in fat, salt and sugar.

Through their learning in PSHE, Science and the wider curriculum, the children develop their knowledge of a healthy diet and healthy lifestyle. They know, from the Healthy living plate, that sweets and treats are part of that healthy diet but demonstrate a clear understanding that they should form a small proportion of their diet.

Our **School Council** have worked with their classes to create a list of healthy snacks for break time and with their lunches. This includes:

- Rice cakes
- Cereal bars (which do not contain nuts or say 'may contain nuts')
- Fresh fruit (grapes must be cut lengthways into 4)
- Fresh vegetables
- Raisins and other dried fruit
- Cheese and crackers
- Bread sticks
- Savoury muffins
- Malt loaf
- Scotch pancake



NO CHOCOLATE

PLEASE



**NO PEANUTS
OR
NUT PRODUCTS**

Where snacks do not comply with school guidance, they will be placed in the child's bag and returned home at the end of the school day, unless they pose an allergy risk where they will be stored safely till the end of the day.

Due to allergies in school, food packaging must be checked before being sent into school to ensure that it does not say 'may contain nuts'.

Chocolate must also NOT be brought into school.

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

Drinking water

Drinking water is available to all pupils, every day, and free of charge from the water cooler in the corridor by the main entrance. All children are encouraged to bring a full water bottle to school each day.

5. Food and Drink Brought Into School

PACKED LUNCHES

Packed lunches should be healthy and nutritious and follow the standards as set out in the school food plan. There are many ideas for healthy packed lunch ideas on the following sites:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

- The **Goldsborough Sicklinghall Federation** encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Children understand that a balanced diet is healthy and that balanced doesn't mean not eating certain aspects. Children should not see good / bad food only foods that provide different levels of nourishment and nutrition for the body and proportional to the eat well plate.

6. Special Dietary Requirements

Cultural and religious diets

Many people follow diets related to their culture or religious beliefs and the **Goldsborough Sicklinghall Federation** will make every effort to provide meals for all children.

The **Goldsborough Sicklinghall Federation** has robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

Medical Diets

Individual care plans are created for pupils with medical dietary needs/requirements. These individual requirements are provided to staff members with a current photograph to be kept in every classroom for reference purposes following GDPR principles.

Due to pupils attending our school with a severe nut allergy, the **Goldsborough Sicklinghall Federation** is a **NUT FREE FEDERATION**.

Due to pupils attending our schools with a severe chocolate allergy, Sicklinghall does not permit chocolate to be brought into classrooms for snacks or the hall for packed lunches or as part of the lunch menu.

7. Food Safety




Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Appendices

- 1. Sample Menu**
- 2. School Food Standards**
- 3. Healthy Packed Lunches and snacks – NHS advice**

WrapAroundCare - Sample Menus

Food provided to pupils on school premises on a school day before 6 p.m. otherwise than as part of a school lunch must be provided in accordance with the requirements set out in Schedule 3 and Schedule 4 of the School Food Regulations 2014. Refer to the guidelines on the following page.

<p><u>Drinks</u></p> 	<p>Freshly filtered and cooled water Fruit juice (orange or apple) up to 150ml portion or topped up with water Semi-skimmed milk</p>
<p><u>Breakfast</u></p> 	<p>Wholemeal or 'Best of Both' Toast and/or muffins Spread, jam, honey or marmalade Scotch Pancakes (once per week) Wholegrain cereals (no nuts or nut based) and semi-skimmed milk Plain or fruit yoghurt</p>
<p><u>Snacks</u></p> 	<p>A selection of fresh fruit and vegetables - apples, bananas, oranges, pears, carrots, tomatoes etc.</p>
<p><u>Tea</u></p> 	<p><u>Subject to change based on availability:</u> Crudites / Hummus Wholemeal Pitta Pockets with Ham / Cheese Soup with a Toasted Wholemeal Muffin Reduced sugar and salt Beans or spaghetti on wholemeal toast</p>

Standards for school food *other than lunch*



Fruit and Vegetables

Fruit and/or vegetables available in all school food outlets

SUGGESTIONS FOR WHAT YOU CAN SERVE

Pots of sliced/chopped fresh fruit. Fruit kebabs. Vegetable sticks with dips. Salad shaker pots. Malt loaf or fruit bread



Starchy foods

Starchy food cooked in fat or oil no more than two days each week
(applies across the whole school day)

SUGGESTIONS FOR WHAT YOU CAN SERVE

Potatoes, rice, pasta and bread (although these are restricted if cooked in fat or oil). Porridge is a great breakfast food. Use fruit to sweeten if necessary. Otherwise, choose fortified breakfast cereals with higher fibre and low or medium sugar content. Avoid cereals with lots of added sugar and salt



Meat, fish, eggs, beans *and other non-dairy sources of protein*

A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools *(applies across the whole school day)*

SUGGESTIONS FOR WHAT YOU CAN SERVE

Offer a variety of sandwich/wraps/muffin fillings or toast toppings, such as eggs, houmous, sliced meat, poultry, fish, canned fish, baked beans. Or serve tortillas, fajitas, burritos, quesadillas, enchiladas, omelette, Spanish omelette or frittata



Milk and dairy

Lower fat milk must be available for drinking at least once a day during school hours

SUGGESTIONS FOR WHAT YOU CAN SERVE

Choose lower fat natural (plain) yoghurt and plain lower fat fromage frais, and add fruit to sweeten



Healthier drinks *applies across the whole school day*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice

Many of the food-based standards apply to food served throughout the school day, including breakfast, mid-morning break and after school clubs, as well as from vending machines and tuck shops. We have produced a checklist (see page 16) for schools to ensure the food and drink provision in each outlet operating in the school is compliant with the food-based standards for food other than lunch, available to download at

www.schoolfoodplan.com/standards

As with the previous standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.



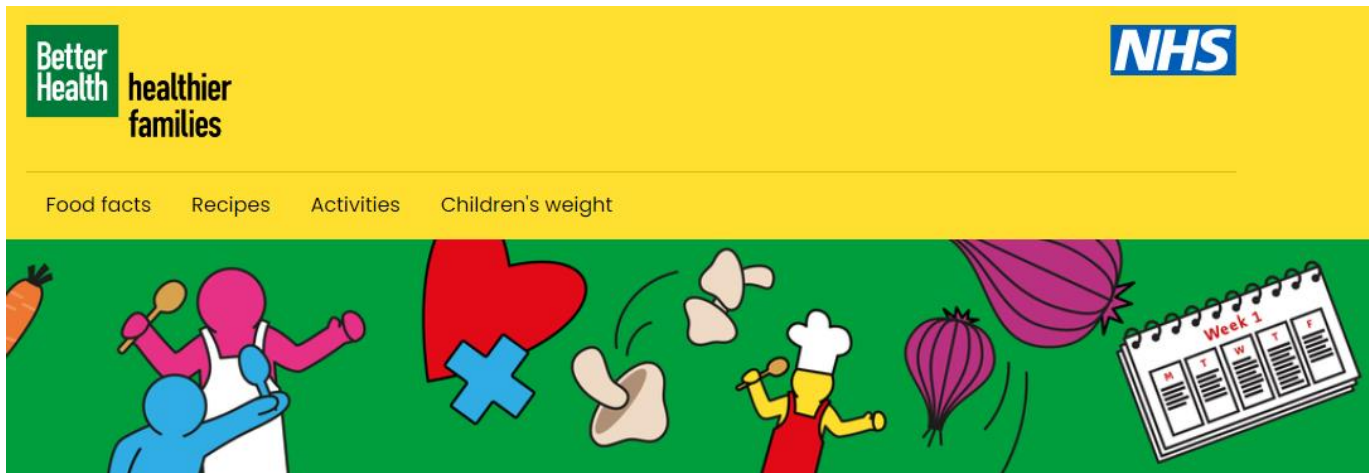
Foods high in fat, sugar and salt

- 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)*
- No savoury crackers or breadsticks
- No confectionery, chocolate and chocolate-coated products *(applies across the whole school day)*
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)
- Salt must not be available to add to food after it has been cooked
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful

SUGGESTIONS FOR WHAT YOU CAN SERVE

Remember: foods high in fat, sugar and salt are restricted or not permitted at times other than lunch

Healthy lunches and snacks



<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>