



The Blyth School

Whole-school food policy

Introduction

In our 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.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity. A portion of fruit and vegetables can be estimated as about an adult handful or a glass of fruit juice or a smoothy. Only one glass of fruit juice or portion of one type of food is counted each day, i.e. 5 **different** fruits or vegetables are needed each day not 5 of the same.

We also support the notion that a little of a whole range of foods can be healthy, and that all things in moderation are fine, it is the balance that matters in the long term.

Some children with specific medical conditions will require diets higher in sugar or fat than the majority. The school will support what ever dietary needs the child has and will be guided by the health professionals working with the family.

Rationale

The Blyth School encourages a healthy lifestyle for all in it's' community. It is important that we consider all elements of our work, and the examples we give children, to ensure that we promote health awareness in all members of the school community. The school staff can provide a valuable role model to pupils and we hope that their families can support us in regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, we can bring together all elements of the school day to create an environment which supports a healthy lifestyle

Aims and Objectives

To ensure that we are giving consistent messages about food and health

To give our pupils the information they need to make healthy choices

To promote health awareness

To contribute to the healthy physical development of all members of our school community

To encourage all children to take part in the '5-A-DAY' campaign

Snacks

Children are also encouraged to eat fruit and/or vegetables at break times.

No fizzy drinks are allowed on site.

Water for all

Water is freely available throughout the school day to all members of the school community from water fountains. They are all disinfected daily. Every child is encouraged to bring their own water bottle (plain water only, not flavoured) and to refill it during the day as necessary. Children are encouraged to drink regularly throughout the day and especially so in the hotter months. Regular water opportunities are built into the school day by class teachers.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide choices within the menus each day and are bound by the contract to meet or exceed the nutritional balance and healthy options as laid down by the Government.

The caterers providing school lunches must now offer the following food groups as part of each school meal.

- Fruits and Vegetables, at least two portions daily.
- Meat, fish and non dairy protein, daily.
- Starchy foods including bread, pasta, noodles, rice, potatoes, sweet potatoes etc.
- Milk and dairy produce, daily.
- Drinks should be plain (still) water, milk, or pure fruit juice.

Manufactured meat products may only be offered once a fortnight.

Deep fried products may only be offered a maximum of twice a week.

Table salt is not to be available.

The majority of children bring packed lunch to school. We send home information about the contents of these when ever we have anything new to offer. We do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks. We also exclude nut/peanut products do to the health risks for specific children in the school. We publicise and send out leaflets from the School Meals Trust and other healthy eating organisations.

Should parents decide to send in a packed lunch from home, please note the following **recommended guidelines set out by the British Nutrition Foundation. (www.bda.uk.com)**

A child's lunch should include only the following:

- A 'good' portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad, tortilla wrap, bread sticks, chapattis, pitta pockets, fruit scone, malt loaf, fruited teacakes and rice cakes.
- Fresh fruit and vegetables, e.g. apple/orange/banana, melon slices, cherry tomatoes, carrots sticks, cucumber chunks, mini fruit chunks, dried fruits such as raisins, apricots or small tins of fruit in juice NOT syrup.
- 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.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured), yoghurt drinks, fruit or veg. smoothies.

Parents are advised to include an ice pack. Food products, prepared and stored can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The school can not provide cold facilities to store lunch boxes and cannot take legal responsibility for foods prepared at home and then brought into school.

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

- Sweets (including Winders), chocolate confectionery, although **one** chocolate covered biscuit is acceptable.
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, although low fat/low sugar varieties are fine.
- Foods containing any nuts.
- Although the British Nutritional Foundation state that no Crisps and packeted savoury snacks should be eaten because they are high in salt and fat, we feel this is unrealistic and ask that instead that parents should, at least, be limiting children to 1 or 2 packets a week, and preferably less, and that they choose the lowest fat varieties.

When eating lunch the school expects children to adhere to the following rules:

- All children are required to sit for a reasonable time, in order to eat their lunch
- Children are required to at least try to eat most of the food provided, either by the school or in their lunch box
- All remains from lunch boxes brought in from home, must be taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, or have difficulty opening yoghurts etc.
- Children are expected to behave well whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain or for a taste.
- Caterers and supervisory assistants should thank children for good behaviour, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

Food across the Curriculum

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. These are bolstered by outside experts such as a Dietician and Healthy Living events.

Gifts and Prizes

These may occasionally be sweets but we will look for other alternatives where this is possible/economically viable.

This policy will be reviewed regularly to take account of new developments.