



# Longford Park School

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## WHOLE SCHOOL FOOD & HEALTHY EATING POLICY

Longford Park School

Reviewed: March 2024  
Next Review: September 2026

## **Aim**

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

## **Rationale**

This policy has been devised to show the commitment that the school has placed on developing our school as a health-promoting environment. Children need to be made aware that healthy eating and dietary issues are extremely important if they are to remain fit and healthy.

This guidance has been written to reflect the School Food Standards that were revised in January 2015. Trafford menus are created by chefs with over 75% of food produced on site utilising locally sourced, fresh products as an integral part of our service strategy. To maintain integrity, menus are designed and prepared in line with the School Food Plan.

Every Child Matters places a responsibility on schools to consider and promote all aspects of health for the children in our care. We are keen as a school to promote and develop a more active and healthier lifestyle and food is an important element of this approach. Food and drink affecting the ability of children to learn effectively. The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices. The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

- ✓ Exciting food offers, encompassing all dietary needs, to encourage young people to enjoy one of our freshly made lunches.
- ✓ A balanced nutritional meal which research has proven can enhance productivity and attainment at school
- ✓ Direct pupil involvement in the selection of products and menu development
- ✓ Offer a whole school approach to food provision and healthy eating.

## **Objectives**

To improve the health of pupils, parents and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.

To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.

To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.

To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.

To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.

To monitor menus and food choices to inform policy development and provision.

### **Guidelines**

From 1st January 2015, schools across England are legally required to ensure milk is made available during the school's core day to all pupils who want it.

In practice, this means that schools can make milk available at either mid-morning or afternoon break or at lunchtime.

For pupils entitled to Universal Infant Free School Meals, milk must be offered free to those pupils where it forms part of the school lunch.

Schools may offer only lower-fat milk (not more than 1.8% fat content, such as semi-skimmed, skimmed or 1% fat milk). Lactose reduced milk or plain soya milk can be offered for children who are lactose intolerant. Currently Trafford's contracted milk supplier offers semi-skimmed milk.

The school will ensure that the objectives of this policy are being met through the following ways:

- ✓ PSHE co-ordinator monitoring on an ongoing basis.
- ✓ Discussions with staff on both an informal basis, and in a more formal setting such as staff meetings, etc.

The school actively promotes healthier food choices during the day by:

### **Breakfast and morning snack**

#### **Foundation – Key Stage 1**

Free milk is provided for all children who want it. Wholemeal toast is available for children who want it.

The Government's free healthy fruit and vegetable scheme ensures all Key Stage 1 children are given a free fruit/vegetable snack. All allergies to fruit/vegetables are noted on school admission forms and these are catered for. Children are not allowed to bring any kinds of sweets or drinks from home and the school has no facilities for vending machines, etc. Children are reminded to wash hands and fruit if necessary before consumption.

Children are encouraged to try different fruits/vegetables.

Staff eat snacks with pupils to promote positive healthy eating messages.

A compost bin for natural refuse supports recycling. The compost available will be used in our gardening projects.

#### **Key Stage 2**

Free milk is provided for all children who want it. Wholemeal toast is available for children who want it. A fruit or vegetable snack is available for children who want it.

### **Breakfast Club**

From September 2021-July 2023, we have secured funding from ADM and The Greggs Foundation to provide an additional Breakfast Club for our pupils accessing free school meals. We offer daily toast each morning in classes. We also have a variety of other breakfast items.

### **Lunch times**

School meals and packed lunches are monitored by the Head teacher, Deputy Head Teacher and teachers/ lunchtime staff on an ongoing basis, and healthy choices are actively promoted through discussions with children themselves and listening to the views of parents and governors on this issue.

### **Break times**

All children in the school have the opportunity to have fruit every morning as part of the National Fruit Scheme. Children are not allowed to bring any kinds of sweets or drinks from home unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.) and the school has no facilities for vending machines, etc.

### **The dining environment**

Menus promoting the healthy meals for school lunches are displayed on the website and in the noticeboards at the front and rear of the school. Displays produced by the children themselves are used at regular and appropriate intervals to raise children's awareness of food and health issues.

Cooking is undertaken by pupils throughout the school as part of their DT work and chosen activities.

Water is provided freely throughout the school day. Pupils can purchase water bottles for £1 to use in their classroom.

The school works closely with partner agencies such as the school nurse to promote healthy eating and drinking.

The school involves pupils in decisions about food in school through the School Council, lessons within the curriculum and assemblies where appropriate.

### **Food across the curriculum**

Food issues are taught within school in a cross-curricular way where appropriate, and in specific lessons where required.

In Foundation Stage, Key Stage 1 and 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns. Practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food are reinforced. Links will be developed where appropriate to support the cross-curricular focus.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children 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.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food including preparation and cooking. Food safety and good hygiene procedures e.g. keeping food in a clean fridge at appropriate temperatures will be highlighted. Regular training will be provided for staff, parents, helpers and pupils to ensure good hygiene.

PSHE encourages young people 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. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

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 provides 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.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

CHANGE 4 LIFE pamphlets/resources/website are shared with parents and displayed on our notice boards.

This document is freely available to the entire school community. It has also been made available on the school website and in the prospectus.

The school involves parents in decisions about food by consulting with them where appropriate on such issues.

The governors are kept up to date with issues concerning food in school through letters and discussions in termly meetings.

Advice will be sought from relevant professionals, the Local Authority, etc. when decisions about the quality of food, provision, or related curriculum issues is being looked at.

### **Monitoring and Evaluation**

The Whole School Food & Healthy Eating Policy will be implemented after appropriate discussion with staff, children, governors and parents.

The policy will be implemented within the curriculum through assemblies, lessons and School Council discussions and initiatives.

The Head teacher and PSHCE/DT co-ordinator will oversee the food and drink provision within school, and discuss any relevant issues arising with the appropriate people. Governors will be kept up to date with issues and developments through regular meetings, and staff meetings will also allow for discussion of related matters regarding food and drink provision.

### **Conclusion**

The need to continually develop an awareness within children, staff and parents as to why it is important to lead a healthy lifestyle is very much at the forefront of today's educational agenda. Food and drink within the school setting is an integral and important part of this if we are to provide the children with the opportunity to have access to good quality food provision, and to understand why this is important in the wider health context. It is hoped that the aims, guidance and strategies that are contained within this policy provide a clear outline of the way in which Longford Park School approaches this important area.

This policy can be read alongside:

- ✓ Packed lunch policy