



ODST
Oxford Diocesan
Schools Trust

Bampton CE Primary School and Nursery

Learning together with Respect, Friendship and Perseverance



School Vision Statement

We endeavour to enable all individuals in our school community to learn together, grow in respect, tolerance and understanding of the world in which we live and embrace Christian values, to be the best that we can be.

Title of Policy	Whole School Food Policy
Date Adopted by the Governing Body	May 2021
Review Date	May 2024
Signed by the Chair of Governors	

Rationale

This policy has been developed with stakeholders, our school catering company and health professionals in response to the growing national concerns about children's health and well-being linked to their diet. This policy is written to support current government food guidelines and will be reviewed regularly or if national guidance changes.

Aims

To support parents and carers in providing a healthy and well-balanced diet for their children.

To link positively with our curriculum policy to promote healthy lifestyles and support children in making healthy choices

To support a reduction in the amount of sugar and saturated fat children are consuming in line with national advice.

Responsibilities

Governors

The governing body are responsible for establishing, agreeing and regularly reviewing this policy.

Headteacher

The headteacher is responsible for ensuring the policy is implemented consistently across the school and monitoring the impact of the policy, including ensuring the school maintains the criteria set out in the Healthy Smiles programme.

Staff

All staff are responsible for ensuring they follow this policy and that expectations set out are maintained in their classroom and across the school. Parents must be made aware of any food treats/rewards that are offered in school as part of a class celebration or reward. Where possible all rewards/treats should be non-food based. Staff must ensure they are aware of any medical information regarding the children in their class.

Parents and Carers

Parents and carers are expected to support this policy and follow the guidelines. We would encourage all parents and carers to ensure their child has a healthy and fulfilling breakfast before coming to school. Parents must ensure they complete the medical form issued on their child's admission to school and return to the school office. If a child is having school meals parents/carers must complete an allergen form and give it to the catering company in advance. Parents and carers are responsible for ensuring the school office and the catering company are informed of any changes to the medical form.

Children

Children are expected to follow the guidelines set out in this policy. Children must not share food with others unless they have permission from a member of staff.

Guidelines

Allergens

To reduce the possibility of a severe allergic reaction the school is established as a NUT FREE ZONE, this includes the staffroom. Staff, volunteers, parents/carers and pupils are not permitted to bring in food made with whole nuts (including nut butters).

When cooking as part of a curriculum or extra-curricular project staff must check about possible allergies before undertaking the project. Parents must inform the school catering company and the school office of any medical conditions or allergies and ensure this information is updated as necessary. Children are not permitted to share food unless authorised by a member of staff.

School Meals

Children from Reception through to year 2 are entitled to free school meals under the government Universal Free School Meals scheme. The school catering company have to plan a menu choice adhering to strict government guidelines regarding the nutritional balance over a week relating to the amount of carbohydrates, sugar and saturated fat in the choices offered. The catering company are not allowed to use chocolate so any chocolate puddings are made using cocoa. The school catering company can cater for all dietary requirements and are keen to work with parents/carers to support their children in taking up the option of a cooked school meal at lunch time. Opting to take up the free meals is a great way for parents and carers to ensure their child has a healthy lunch and tries a variety of foods.

Packed lunch

In key stage two some children may be entitled to free school meals depending on financial circumstances (if in doubt please contact the school office) but otherwise the choice is to buy a cooked school meal or send in a lunch box. The catering company have worked with the school, including representatives of the school council to establish some guidance for parents, carers and children on how to achieve a healthy balanced diet through packed lunches over a week. (Please see appendix A for more details.)

Drinks

Keeping hydrated is important for our health and well-being. Recommendation by the British Nutrition Foundation states:

Drinking water is a good choice for children throughout the day, and especially after physical activity and in hot weather. It hydrates without providing extra energy or risking harm to teeth.

Milk is also a good choice as it contains lots of essential nutrients such as protein, B vitamins and calcium, as well as being a source of water.

(information taken from their website- further information in Appendix B)

Therefore, in school, children should have a named water bottle filled daily with fresh drinking water. Children are able to refill this bottle at school. Children will be encouraged to drink from their bottle regularly, particularly at break times and lunchtimes or after PE. Milk is available at snack time in nursery and at lunchtime for the rest of the school. If children are having a packed lunch they may bring a smoothie, fruit juice or no added sugar squash drink for lunch time as this has less impact on their teeth when taken with a meal.

Children will not be permitted to sip other drinks through the day from their water bottle and fizzy drinks are not allowed at any time.

Mid -Morning Snack

Children in nursery Reception and key stage one (years 1 & 2) are offered pieces of fruit or vegetables at snack time which is provided free under the government 5-a-Day scheme. Children in key stage two may bring their own snack for this time but it must be fruit or vegetables in their original state. For example:

- Any fruit (banana/orange/apple/pear/strawberries/grapes/melon etc.) chopped or whole
- Any vegetables (carrots/cucumber/tomatoes/celery/peppers etc.) chopped or whole

Please note for younger children it is advisable to cut grapes and cherry tomatoes in half to avoid choking risks.

Snacks for extra- curricular clubs

Children who are participating in one of our physical extra- curricular clubs may wish to bring a snack to boost energy levels before exercising. In these situations, a healthy snack would include; dried fruit, a banana, energy bar or muesli bar, as these convert to energy quickly and provide a healthy energy boost.

Children participating in non-physical clubs do not need to bring additional snacks. Children should take their water bottles to all clubs so they can keep hydrated.

Breakfast and Afterschool Clubs

Breakfast is an important start to the day and therefore children who are arriving early at school and are booked in to breakfast club (not drop in sessions) will be provided with a healthy breakfast. Care will be taken to provide low sugar and low saturated fat options. Afterschool Club will provide children with a light snack and again care will be taken to provide low sugar and low saturated fat options. Children staying for the full session may bring their own dinner to be served during the club time. Milk and water will be provided for drinking and no added sugar squash will only be available with a meal.

Birthday Celebrations

We enjoy celebrating children's birthdays in school during our special Friday assembly and in class with friends and peers but in order to support families who do not wish their children to be eating sweets or cakes afterschool and to support other dietary issues, including allergies, we will no longer support the distribution of sweets or cakes to classes for birthday celebrations.

Treats and rewards

There will be opportunities for children to have treats in school and after school, such as through the cake sales, FOBS events and special whole school or class celebrations. These events will be monitored for allergens and parents/carers will know what and why their children will be eating in school. Cake sales after school provide opportunities for treats to be bought and eaten at the parent/carers discretion.

Appendix A

Policy for Packed Lunches (brought in from home)

This additional policy guidance has been developed by a group of Children and the school involved in reducing childhood obesity, promoting the health and well-being of young people and the provision of catering services in Bampton CE Primary school.

Additional guidance and advice on providing healthy packed lunches is available from a number of sources including the School Food Trust www.schoolfoodtrust.org.uk

As part of the Government's approach to reducing childhood obesity A Cross Government Strategy for England, *Healthy Weight, Healthy Lives* was launched in January 2008. This strategy outlines an expectation on all schools.

To promote a culture of healthy eating the government now expects all schools – in consultation with parents, pupils and staff to adopt whole school food policies. In particular, schools will be expected to:

Develop healthy packed lunch policies, so that those not yet taking up school lunches are also eating healthier

Bampton CE Primary School and its children have developed this guidance document for parents.

Introduction

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.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

Aim

To provide support and guidance for parents and carers to ensure that packed lunches (brought in from home) reflect the new standards for school meals.

Rationale: Schools are required to positively promote the health and well-being of its pupils. Work around healthy eating is a high priority.

- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.

- The contents of lunchboxes in some schools can be extremely unhealthy, recent audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Objectives

- To improve the nutritional quality of packed lunches in Bampton school and the eating habits of children at lunchtimes
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well-being in later life.
- To ensure that food brought into Bampton school (packed lunches) reflects and meets food standards for School Food.

Implementation

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

Children's packed lunches should include items from the 5 main food groups;

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g. pasta salad, sandwich.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.

Drinks – any drinks provided in lunch boxes **should only** include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Please support your school by not including these items in a packed lunch:

Foods and drinks high in fat and / or sugar

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.

Restricted items

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not** contain the following:

- Fizzy / sugary drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Crisps or any packet savoury snacks high in salt and fat Salted nuts
- Energy drinks

Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Promotion of Healthy Packed Lunches

There will be on going promotion of the need to provide healthy packed lunches through:

- Pupil, parent / carers newsletters
- School prospectus / brochure Whole School / Packed Lunch Policy
- Health weeks / healthy eating activities
- Curriculum content
- Parents evenings / parent consultations

Discussion through School Nutrition Action Group (SNAG)
School website
Reward schemes
Workshops for parents
School involvement in National Healthy Schools Programme
'Pack A Punch In Your Lunch' guide to healthy packed lunches.

Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

Bampton CE Primary School will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, Bampton school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

Bampton CE Primary School will provide an appropriate area where pupils who choose to bring packed lunches can eat.

Monitoring and Evaluation

Bampton CE Primary School will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with sensitively.

OFSTED are required to report on how the school promotes the personal development and wellbeing of all pupils – this may include food provision including packed lunches brought into school.

Policy Review

These additional policy guidelines will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

Appendix B

Taken from British Nutrition Foundation website

Hydration for children

Hydration in Children (aged 4-13*)

Infants and young children have a higher proportion of body water than adults. They are also less heat tolerant and more susceptible to dehydration, especially when being physically active and in hot climates. Encouraging children to drink fluids regularly is particularly important in this context as children can be so involved in what they are doing that they forget to drink. Patterns of drinking behaviour appear to be established early in childhood, so it is important that young children get used to drinking water and a range of other appropriate drinks in order to maintain hydration.

It is important that children drink regularly throughout the day to stay properly hydrated. However, drinking fluid is not necessarily seen as a priority by children and may also be viewed as boring and inconvenient. Teachers, parents/guardians and care providers need to make sure that there are opportunities for drinking throughout the day and that children are encouraged to make use of these opportunities.

*adolescents of 14 years and older are considered by the European Food Safety Authority (EFSA) as adults with respect to adequate water intake so this guide is aimed at children aged 4-13 years

How much do children need?

The amount of fluid a child needs depends on many factors including their age, their gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of fluid per day (on top of the water provided by food in their diet). Younger children need relatively smaller drinks (e.g. 120–150 ml serving) and older children need larger drinks (e.g. 250–300 ml serving).

What are the most appropriate drinks for children?

When choosing drinks for children, it is important to be aware that although they all provide water, and some also contain essential vitamins and minerals, they may also provide sugar and therefore energy (calories/kilojoules). Energy in drinks contributes to our daily energy intake in the same way as food. Getting too much energy from drinks over time could cause weight gain. In addition, drinking sugar-sweetened drinks too often can potentially lead to tooth decay, especially if consumed frequently between meals or if teeth are not brushed regularly with fluoride toothpaste. Dental guidelines recommend consuming sugar-containing food and drinks on no more than four occasions per day. It is also important to be aware that some drinks are acidic (e.g. fruit juice, squash and some carbonated drinks) and that this may cause dental erosion (damage to tooth enamel) if they are drunk often. Some drinks such as tea, coffee and some soft drinks may also contain caffeine which is a mild stimulant. Too much caffeine can make children irritable and keep them awake at night if consumed in the evening, so it is advisable not to give children caffeine-containing drinks at this time.

Drinking water is a good choice for children throughout the day, and especially after physical activity and in hot weather. It hydrates without providing extra energy or risking harm to teeth.

Milk is also a good choice as it contains lots of essential nutrients such as protein, B vitamins and calcium, as well as being a source of water. It also contains saturated fat so it is a good idea for children to choose semi-skimmed milk (less than 2% fat), 1% fat or skimmed (less than 0.1% fat)

milks (skimmed milk should not be given to under 5s). Soya drinks and other non-dairy alternatives are lower in saturated fat but also lower in some vitamins and minerals, and it is a good idea to choose those that have been fortified, especially with calcium. Some versions are sweetened so should be drunk less often. Milky drinks containing sugar such as milkshakes, hot chocolate and malted drinks can provide water and nutrients and are often more popular with children than plain milk. They should be drunk in moderation and without adding extra sugar where possible, and can be made up at home using low calorie versions and reduced fat milks.

Fruit juices provide water plus some vitamins and minerals. One 150ml glass of 100% fruit juice counts as one portion of a child's 5 A DAY, so when buying fruit juices check the labels and choose 100% fruit juice (some juice drinks can contain as little as 5% fruit juice and a lot of added sugar). The sugar naturally present in fruit juice still adds energy to the diet and juices can also be acidic, so can harm teeth if drunk too frequently. It is better for teeth to dilute fruit juice with water and to drink fruit juice only at meal times

Smoothies provide water, nutrients, and may also contain pureed fruit or vegetables, which adds fibre. Smoothies that contain at least 150ml of fruit juice and 80g crushed or pulped fruit/vegetable count as two portions of a child's 5 A DAY. However, smoothies can contain more sugar (and therefore calories) than fruit juice and can be acidic, so could potentially harm teeth if drunk often. It is better for teeth to drink smoothies only at meal times.

Low calorie soft drinks provide water without providing much energy or many nutrients (although some may have vitamins and minerals added). They can be acidic and can erode dental enamel if consumed frequently. Be aware that some low calorie soft drinks may contain caffeine.

Soft drinks containing sugar such as some carbonated drinks and squashes provide water but they can be high in energy and the sugar can potentially cause tooth decay if they are consumed frequently, especially between meals. They may also be acidic, so frequent consumption can increase the risk of dental erosion. It's a good idea to limit consumption of standard sugar-containing soft drinks and to choose lower sugar or sugar-free (low calorie) versions instead, or dilute fruit juice with plain or carbonated water. Be aware that some soft drinks may contain caffeine.

Tea and coffee contain caffeine, which is a stimulant. Caffeine is naturally present in coffee and in smaller amounts in tea. Coffee is probably best avoided by younger children, but weak tea is okay in moderation (1-2 cups/day). It is better for children to drink decaffeinated versions of tea and coffee and to encourage the consumption of these beverages with milk but with no added sugar.

Practical tips to keep active children hydrated

- Ensure children have a drink before school i.e. with breakfast, and before and during playtime.
- Parents, teachers and guardians should offer drinks regularly, especially in hot environments.
- Always have drinks that children enjoy available. Water, milk, juice, low sugar soft-drinks and other fluids can all help meet a child's hydration needs.
- Remember that many foods have a high water content and can also contribute to fluid intake. i.e. fruit, vegetables, yogurt.
- Always pack a water bottle in a school bag or lunchbox for children heading off to school/outings/other activities.