

John Scurr Primary School
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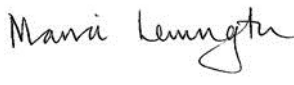
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Headteacher: Ms Maria Lewington



Whole School Food Policy

Reviewed by:	General Governing Body, HT
Date Implemented:	
Date Amended	2023
Next Review:	2025
Ratified by Governors:	2023
Governor Signature:	 

Approved by: Helen Davies **Date:** 19/7/23

Last reviewed on: July 2023

Next review due by: July 2025

<p>Aim</p>	<p>The main aims of our school food policy are:</p> <ol style="list-style-type: none"> 1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards 2. To support pupils to make healthy food choices and be better prepared to learn and achieve 3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
<p>Context</p>	<p>“Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these, half are living with obesity¹. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity².”</p> <p>Obesity prevalence is highest amongst the most deprived groups in society³. Children in the most deprived parts of the country are more than twice as likely to be obese as their peers living in the richest areas⁴. This is sowing the seeds of adult diseases and health inequalities in early childhood.</p> <p>Obesity is associated with reduced life expectancy. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, at least 12 kinds of cancer, liver and respiratory disease⁵, and obesity can impact on mental health⁶.”</p> <p>(Policy paper. Tackling obesity: empowering adults and children to live healthier lives. Published 27 July 2020, Department of Health and Social Care https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives)</p> <p>Locally, children in Tower Hamlets have high levels of excess weight (overweight or obesity). Among 4-5-year old, 20.4% have excess weight (of whom 10.9% are obese) and among 10-11 year old, 45.4% have excess weight (of whom 29.7% are obese) (NCMP data 2021/22 academic year). Both are above the average for London and England.</p>

The issue of oral health also continues in Tower Hamlets, with high levels of children aged 5 years old with experience of visually obvious dentinal decay (2021/22). Tower Hamlets has 29.6% compared to the national figure of 23.7% and 25.8% in London (Tower Hamlets Child Health Profile, Public Health England, <https://fingertips.phe.org.uk/>)

CURRICULUM PROVISION and CONTENT

**Physical
Health and
Mental
Wellbeing
(Health
Education)
– Statutory**

- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, Alcohol and Tobacco
- Health and Prevention
- Basic First Aid
- Changing Adolescent Body

By the end of primary school pupils should know:

Healthy eating

- what constitutes a **healthy diet** (including understanding calories and other nutritional content).
- the principles of **planning and preparing a range of healthy meals**.
- the characteristics of a **poor diet** and **risks** associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

By the end of secondary school pupils should know:

Healthy eating

- how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

(Guidance – Physical health and mental wellbeing (Primary and secondary) – Updated 9 July 2020

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>)

<p>Curricular and Extra-Curricular</p>	<p>Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition).</p> <p>The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.</p> <p>All food provision within the curriculum or cookery clubs will be healthy at all times.</p>
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FOOD PROVISION

<p>Breakfast club</p>	<p>Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.</p> <p>The breakfast menu includes: cereal, toast, milk and fresh fruit juice</p>
<p>Snacks</p>	<p>The school understands that healthy snacks can be an important part of the diet of young people.</p> <p>Pupils are able to bring fruit into school to eat at break-times.</p> <p>Any after school snacks must be healthy and follow the principles of this policy, whether provided by the pupil or the school.</p> <p>As a Healthy School we do not allow crisps, sweets, or chocolates.</p>
<p>School Meals</p>	<p>School meals are provided by Nourish</p> <p>School meals are planned on a 2-week cycle and as a Healthy School we have actively chosen to have fresh fruit platters, cheese and crackers and yoghurts only for our desserts.</p> <p>We encourage and promote uptake of salad, fruit and vegetables at all times to all pupils.</p>

	<p>We consult termly with pupils, staff, governors and our catering provider around menu options, choices, portion sizes and quality control. We work with our school caterer to constantly review and improve school food.</p> <p>We have worked to improve the lunchtime experience for all pupils, making every effort to reduce queues and making lunchtimes a more enjoyable and stress-free experience for pupils.</p>
<p>Packed Lunches</p>	<p>Packed lunches should aim to include:</p> <ul style="list-style-type: none"> • Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible • 1 portion of fruit and 1 portion of vegetables or salad • Dairy food such as cheese or yoghurt • Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel • Oily fish once every 3 weeks e.g. sardines or salmon <p>Packed lunches should not include:</p> <ul style="list-style-type: none"> • Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars • Sweets • Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts <p>The school provides water for all pupils at lunchtime; but pupils can also bring their water bottles to the lunch hall.</p>
<p>Water Provision</p>	<p>The school is a water only school.</p>
<p>School Trips</p>	<p>A healthy packed lunch will be provided by the school, for all children who usually have a school meal.</p>

	Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.
Specialist dietary requirements	<p>The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.</p> <p>Individual care plans are created for pupils with food allergies and relevant staff are aware of these plans.</p> <p>We are a nut free school.</p>

REWARDS AND SPECIAL OCCASIONS

Rewards	<p>The school does not allow food to be used as a reward for good behaviour or achievement.</p> <p>Other methods of positive reinforcement used in school include: Bowling trips termly for best class attendance, extra playtimes, items in the newsletter and recognition in class and assemblies with certificates and praise.</p>
Special events, celebrations and Birthdays	<p>The school recognises the importance of celebrating birthdays and special occasions.</p> <p>For birthday celebrations, every effort will be made to celebrate birthdays in a healthy way, for example by celebrating with songs and children may bring fruit in from home to share.</p>

	<p>We welcome any healthy contributions that parents who would like to send in for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.</p> <p>For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.</p>
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CONSULTATION AND PARTNERSHIPS

Parents	Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.
Staff	The school encourages staff to contribute to and support this food policy across the school day. Staff and visitors will be encouraged to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.
Resources	The Healthy Lives Healthy Eating Toolkit with resources to support all this work can be found at the THEP website.

Appendix 1 - Eatwell Guide

