



St Nicholas Church of England (Controlled) Primary School **Whole School Food Policy: Healthy Eating and Drinking**

Rationale

At St Nicholas Church of England (Controlled) Primary School, we believe that an active lifestyle and a well-balanced diet can enhance the health of children. There are several government policies and initiatives to help improve the diet of children. For example: The Food in Schools programme, School Fruit and Vegetable Scheme, 5 A DAY, the Healthy Schools Programme and Change4life. However we recognise that the nutritional and hydration needs of our pupils vary and may not always fit the government standards. Where this is the case our main priority is to meet the specific needs of the individual child. The Whole School Food Policy enables St Nicholas to support the government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement which demonstrates how St Nicholas cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

Numerous scientific reports have outlined the case for a healthy diet that is low in fat, sugar and salt and high in fibre, with plenty of starchy foods, fruit and vegetables. The school therefore supports the '5 a day' campaign to encourage children to eat 5 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. It also encourages children to drink more water. Well-nourished and hydrated pupils are likely to be more receptive to teaching and learning.

Aims

- To ensure we are giving consistent messages about food and health
- To give our pupils and their parents and carers the information they need to make healthy choices
- To promote a school ethos and environment that encourages a healthy lifestyle
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message
- To contribute to the healthy physical development of all members of our school community
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, for example; religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.

Food Across the Curriculum

Across the school, there are a number of opportunities for pupils to develop knowledge and understanding of health issues, including healthy eating patterns and the practical skills that are needed to understand where food comes from. Outlined below are just a few of the curriculum links to other areas of learning and food and drink;

- Maths can offer the possibility of calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition and the function of different nutrients in contributing to health and how the body responds to exercise. It can also provide pupils with knowledge about the different properties of cooked and uncooked foods and opportunities to grow food.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children may experience different foods associated with religious festivals and other multicultural events.
- ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils may design packaging and adverts or posters to promote healthy choices.
- Food technology, as part of Design Technology, provides the opportunity to apply healthy eating messages through practical work with food, including preparation and cooking.
- Geography provides a focus on the natural world and changing environment, offering the chance to learn about where food comes from.

- Physical education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activities such as dance and walking.
- School visits may provide pupils with the opportunity to shop for food and experience food in other locations.

Snacks

Children need to fill the gap between breakfast and lunch with a healthy snack. The following snacks are available:

- All under 5's are entitled to free milk.
- All remaining Reception and KS1 pupils may purchase milk through the Cool Milk Scheme.
- Any child not drinking milk may have a drink of water at snack time and are encouraged to drink water throughout the day.
- All children in Key Stage 1 have access to a free piece of fruit/vegetable each day.
- Children in Key Stage 2 are encouraged to bring a healthy snack into school to eat at playtime.

Mealtime

Following the introduction of Universal Infant Free School Meals, hot meals are provided free of charge to all children from Reception to Year 2 and those who are entitled to a free meal in Key Stage 2. Hot meals can also be purchased by all other families. All such meals meet the nutritional standards required of school meals. Other pupils bring a packed lunch from home and parents are provided with information on how to prepare a healthy packed lunch. Fizzy drinks, sweets and chocolates are not allowed. Neither are peanuts, peanut butter or other nuts or nut products because of the risk to pupils who suffer from anaphylaxis. Pupils with restricted or unsuitable diets are encouraged to expand the variety of food they eat by mid-day supervisors, class teachers and teaching assistants alongside parents.

Water For All

- All classes have access to clean drinking water from the dispensers in the library or infant hall.
- Water bottles can be purchased from the office for a minimal charge every morning.
- Children are encouraged to bring a water bottle to school each day and regular water and brain breaks are built into the school day and curriculum by the class teachers.
- Children are also encouraged to drink water after playtimes and physical activities.
- Children are encouraged to have a drink at snack time during the mid-morning break.
- Staff have access to a water cooler in the staffroom and they are encouraged to act as a role model to their pupils by taking regular water breaks.
- Mid-day supervisors ensure the children have drunk the drinks provided with their meals by checking the container before allowing the children to go out to play.

Participation in National Events and Initiatives

All initiatives linked to the consumption of food or drink or concerned with increasing pupils' knowledge and understanding of food and related health issues will be judged against the school policy and if there is a benefit to the pupils the school will consider participation. Any participation will be evaluated and participation will cease if it is found to be working against the policy.

Food Handling and Preparation

Staff are actively encouraged to make use of the children's kitchen located through the infant hall if they are working with the children on a food related project. Whilst in the kitchen, all staff, parents or pupils preparing food are expected to follow stringent health instructions. They need to ensure that they have correctly followed the following steps;

- Wash hands before touching food.
- Cover all cuts with blue plasters.
- Wash hands after visiting the toilet.
- Use designated equipment for the preparation of food.
- Wipe clean all surfaces, with a clean cloth and multi-surface cleaner, which is available in the kitchen.
- Take care when handling knives and other sharp cooking utensils.
- Ensure dairy foods and cooked and raw meats are stored separately and kept covered.
- Ensure dairy foods and cooked and raw meats are prepared separately with surfaces and tools washed before each item is prepared.

Pastoral Care and Welfare Issues

A Breakfast Club is available at school through Abacus Nursery and all children are welcome to attend for a small fee. However, children who arrive at school who have not eaten breakfast may be provided with cereal and milk, and a drink or some fruit. Teachers talk to parents if it becomes apparent that children are frequently not eating breakfast.

Parents are asked to notify the school if their child suffers from any food allergy or intolerance and all staff are made aware of this information. These children's dietary requirements are clearly displayed in the staff study room, school office and the relevant classrooms. Care is taken to ensure that these children avoid any known food triggers in school. Parents of children who require special diets due to religious or other purposes are also asked to notify the school and care is taken to avoid food products which are banned in the diet of these children.

Parents of children who are entitled to a free school meal are encouraged to apply for this benefit.

Partnership with Parents and Carers

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. They are given leaflets about healthy packed lunches and the benefits of drinking water in their prospectus. We ask parents not to send in fizzy drinks and we remind them that only water (and school milk) may be drunk during the school day, except at lunchtime when children may drink juice or milk if provided by parents as part of a packed lunch.

During out of school events, which are organised by the school or the PTFA, the school will encourage parents and carers to consider its Whole School Food Policy in the range of refreshments offered for sale to the children and will always endeavour to offer a healthy option.

IEB Approved with a review in 3 years. 20 March 2015

References

www.doh.gov.uk/schoolfruitscheme The National School Fruit Scheme

www.dfes.gov.uk/schoollunches Guidance on school lunches

www.eric.org.uk/watercool.html Water is Cool campaign

(Enuresis Resource and Information Centre)

www.nutrition.org.uk/healthyschools.htm British Nutrition Foundation

www.westsussex.nhs.uk/dietandnutrition Information about obesity

www.bda.uk.com British Dietetic Association

www.wiredforhealth.gov.uk National Healthy School Standard

www.food.gov.uk Food Standards Agency

www.teachernet.gov.uk/healthyliving DfES Healthy Living Blueprint for Schools

www.foodinschools.org Interactive toolkit re. Healthy eating initiatives for schools

<http://www.nhs.uk/Change4Life/Pages/change-for-life.aspx> NHS - Change4life Campaign

Healthy Packed Lunches

Ten Top Lunchbox Tips

1. Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.
2. Cut down on the amount of butter, margarine or mayonnaise you use.
3. Pick low fat sandwich fillings such as lean meats, including ham or turkey, fish (e.g. tuna), cottage cheese, Edam, mozzarella or sliced banana.
4. As well as fresh fruit such as apples and bananas, include a handful of grapes, chopped fresh fruit salad or melon pieces, or a small box of raisins, or a mini tin of fruit in juice.
5. Rather than drinks that are very high in sugar, such as fizzy colas or 'juice drinks', go for unsweetened fruit juice, flavoured bottled water, flavoured milk and yoghurt drinks.
6. Cut down on crisps, which are high in fat, and choose plain popcorn, breadsticks or dried mixed fruit (without added sugar) instead.
7. Replace cakes, chocolates and biscuits with scones, currant buns and fruit bread.
8. Don't forget to include some vegetables such as cherry tomatoes, sticks of carrot, cucumber, celery or peppers.
9. Remember to put some salad in sandwiches and, once a week, why not go for a colourful mixed salad instead of a sandwich.
10. Try to vary what you put in your child's lunchbox. This won't just help to make their lunches more interesting, but will also give them a varied diet which is important to give children all the nutrients they need to grow and be healthy.

How can I cut down on fat?

Have more bread, such as mini pitta breads, bagels or chapattis (wholegrain or wholemeal varieties where possible).

Have less butter, margarine, mayonnaise.

Have more plain popcorn, breadsticks, dried mixed fruit (without added sugar).

Have fewer crisps.

Have more scones, currant buns, fruit bread and semi-sweet biscuits such as digestives.

Have less cakes and chocolate coated biscuits.

Have more deep based pizza, pasta or rice salad (brown or wholegrain varieties where possible).

Have less meat pies, pasties, sausage rolls, salami.

Have lower fat sandwich fillings such as lean meats, including grilled chicken, ham, beef, low fat sausage, fish (e.g. tuna), boiled egg, cottage cheese, Edam, mozzarella, reduced fat hummus or sliced banana.

Have less meat with visible fat or skin, high fat cheese.

How can I cut down on sugar?

- Rather than drinks which are high in sugar such as fizzy colas or 'juice drinks', choose unsweetened fruit juice, water, flavoured bottled water, milk, Soya and yoghurt drinks.

- Replace some cakes, chocolate and biscuits with scones, currant buns and fruit bread.

- Instead of sweets and chocolates, give children fresh or dried fruit to snack on, or try vegetables such as cherry tomatoes, sticks of carrot, cucumber, celery or peppers.

- You could try picking a day a week for sweet treats, rather than giving sweets every day.

How can I cut down on salt?

- Cut down on snacks that are high in salt such as crisps.

- Replace salty snacks with unsalted or lower salt varieties or choose fresh or dried fruit instead.

- Watch out for heavily salted foods such as bacon, cheese and smoked fish. It's not a good idea to give these to your child too often.

- Go easy with sauces and pickles because they are usually very high in salt.

How can I keep my child's food fresh?

1. If you make sandwiches the night before, wrap them up and keep them in the fridge overnight.

2. If you include a carton of fruit juice, keep it in the freezer until the morning before it will be drunk.

Then put it directly in the lunch box – it should have thawed by lunchtime and kept the rest of the food cool.

3. Use a small, insulated cool bag.

What foods should I avoid?

- Fizzy drinks in cans and bottles – use fruit juice or water instead;
- Processed foods such as Fruit Winders or Kraft Cheese Dips – use pieces of real fruit or small pieces of cheese instead;
- Foods sweetened artificially – use naturally sweet foods such as fresh and dried fruit;
- Foods containing artificial colourings and flavourings (e-numbers)

Quick Ideas to keep on the Fridge

Sandwiches:

- Chicken, lettuce and tomato
- Grated cheese and carrot
- Cheese and cucumber
- Tuna and sweet corn
- Mashed banana
- Hummus and cress
- Cottage cheese, grated carrot and grated apple
- Mashed hard boiled egg and sardine (in oil)
- Low fat soft cheese with banana, strawberries, kiwi or dried fruit such as apricots or dates

Fruit and vegetables

- Satsumas, tangerines or clementines (peeled and wrapped for younger children)
- Small bananas, Cherries, Plums or seedless grapes
- Apples (can be cut into pieces for younger children and brushed with lemon juice to avoid browning)
- Dried fruit such as apricots, dates or raisins
- Fruit salad (apples, satsumas, pears, pineapple chunks, kiwi fruit and grapes work well together – avoid bananas as they go brown)
- Canned fruit transferred to a pot (use fruit stored in natural juices rather than syrup)
- Cherry tomatoes
- Carrot or Celery sticks
- Cucumber chunks
- Baby sweet corn
- Grated carrot and raisin salad

Drink

- Water or fruit juice (avoid sugary or fizzy drinks)

Salads

- Pasta, couscous or rice with beans, diced vegetables, sweet corn, tuna, raisins or cubes of cheese

Sweet ideas

- Scones, Malt loaf or Teacakes
- A flapjack or cereal bar
- Yoghurt, Soya dessert, fromage frais or rice pudding

Savoury ideas

- Rice cakes or Bread sticks
- A boiled egg
- Cheese and crackers

10 frequently asked questions about drinking water

1. Why should we drink water?

- Lack of water will eventually lead to dehydration;
- 75% of the body is water, most of it inside our cells;
- Water outside our cells dries up first and this affects our brain cells;
- The brain controls many functions and therefore many functions are affected by lack of water;
- We need to drink water all year round, not just in the summer when the weather is hot.

2. What are the symptoms of lack of water?

Drinking enough water during the school or working day is something the majority of adults and pupils do not do. The symptoms and health problems associated with dehydration are many and complex, but there are a few which are familiar:

- Light-headedness
- Poor concentration
- Irritability
- Clumsiness
- Tiredness
- Headaches
- Poor mental performance
- Impaired physical performance
- Less tolerant of temperatures – feeling cold in the winter, hot in the summer
- Abdominal discomfort
- Dry mouth/bad breath
- Dry eyes
- Loss of appetite
- Strong, dark urine and eventually
- Feeling thirsty

3. What is the effect of drinking sufficient water?

The effect of drinking the recommended amount of water each day can be considerable and positive. Behaviour and achievement can both be improved if teachers and pupils are not dehydrated and there is much evidence to prove links between learning and drinking enough water. Drinking water regularly will help:

- Improve mental performance
- Increase concentration and attention span
- Reduce tiredness and irritability
- Improve general health
- Promote healthy skin and fresh breath

4. Which health problems arise from lack of water?

- Urinary tract infections including cystitis and kidney stones
- Cardiovascular disease
- Constipation
- Poor bladder control/enuresis (bedwetting)
- Some cancers such as bowel cancer
- Acute appendicitis
- Dehydration

5. How much water should we drink?

- The average 4 – 6 year old should drink 85 ml of water per kg of body weight – a 22kg five year old requires 1.5 litres of fluid a day, preferably water or milk.
- The average 7 – 10 year old should drink 75 ml of water per kg of body weight – a 30 kg 10 year old requires 1.75 litres.
- The average adult should drink 1.5 litres adjusted for weight – the heavier you are the more water you should drink.
- People should avoid taking in more than six litres of water in less than an hour as this can cause water intoxication leading to nausea and confusion.

If it is assumed that children will have fluid both before and after school then in school they only need to drink the equivalent of two small glasses of water. They may need extra water at lunchtime or after PE.

6. Is drinking milk the same as drinking water?

Milk is classed as a food not a liquid. It is better than not drinking anything because it does have water in it, however, children drinking milk should also be offered water to drink.

7. How should we drink water?

Little and often rather than a glass at a time.

8. What about frequency of visits to the toilet?

If water is drunk little and often then the body absorbs it and uses it leading to less need for visits to the toilet. However if water is drunk in quantity with big intervals in between then there will be a sudden need to visit the toilet.

9. Will drinking more water during the day lead to bedwetting?

The more opportunity children have to gain bladder control by drinking frequently during the day the less likelihood there is of bedwetting. A larger intake of water can lead to bedwetting ceasing rather than cutting down on drinks prior to going to bed – little and often as described above is best.

10. What can the school and parents do to promote the drinking of water?

Parents: Send children to school with a fresh bottle of water each day. Support the school policy on drinking water by encouraging water drinking at home.

School: Ensure children are provided with sufficient water breaks and opportunities to refill their water bottles. Ensure children drink at lunchtimes. Promote the drinking of water through the curriculum and newsletters to parents. Provide cheap, clear water bottles for sale to parents.