



Trinity

LEARNING • LOVING • LIVING

WHOLE SCHOOL HEALTHY EATING & DRINKING POLICY

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Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

- The benefits of healthy eating are substantial. Nutrition related diseases are increasing in the UK. One of the major threats to health is obesity. Schools have a key role in encouraging a healthy diet to help achieve the Public Service Agreement to halt the year on year rise in obesity among children.
- Under OFSTED's Common Inspection Framework, OFSTED now inspect how 'children and learners keep themselves healthy, including through healthy eating'. Inspectors will look at 'the food on offer and visit the canteen to see the atmosphere and culture in the dining space and the effect this has on pupil's behaviour'. Inspectors will also look at the 'breadth and balance of the curriculum, of which practical cooking is now a part'.
- There are clear benefits to the school in terms of influence on school attainment, behaviour and punctuality.
- The future health of individual can be influenced by their diet in childhood.
- Healthy eating contributes to a feeling of wellbeing.

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this healthy eating policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils and our school welfare officer.

Food Policy Aims

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food and drink choices throughout the school day.
3. To encourage the whole school community to promote the values that healthy eating can provide.

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

1. Breakfast (Primary site only)

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.

The Primary school runs a daily breakfast club at our Primary site called 'The Young Explorers' for pupils from 07.15am – 8.30am

The breakfast menu provides an assortment of cereals, porridge, toast with honey, jam & marmite. Yogurts, fromage frais, an assortment of fresh fruit, dry fruit, milk, water. Occasionally a mix of crumpets and rolls to add variety. assortment of will be available as an additional supplement for when the children are still hungry or not too keen on the choices.

More information on 'Young Explorers' can be found on their website: <https://www.theyoungexplorersclub.co.uk/breakfast-club>.

2. Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Our Reception, Year 1 and Year 2 children are part of the National School Fruit and vegetable scheme, receiving free fruit/vegetables on a daily basis. Reception also receive free milk.

If snacks are offered at other times e.g. Sporting events, school reward system or after school clubs these are healthy snacks that comply with the school policy.

Use of food as an award

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement, such as stickers, pencils, badges (and other similar items) and certificates are used in school at both sites on a regular basis.

Drinking water

Drinking water (tap) as recommended by the National Nutritional Standards for school lunches

(https://www.publichealth.hscni.net/sites/default/files/Nutritional%20standards%20for%20school%20lunches%20-%20a%20guide%20for%20implementation%2009_10.pdf)

Is available to all pupils and is free of charge.

Fresh drinking water is encouraged for both children and staff throughout the day. The children are allowed to keep their water bottles on their desks in classrooms (unless a health and safety issue e.g. during science experiments) and are encouraged to drink and refill throughout the day. In Primary children have their own water bottles which go home with them daily for parents to wash.

In the secondary site, restricted drinks include energy drinks, fizzy drinks and high sugar still drinks e.g. Rubicon/Ribena.

3. School Lunches

School meals are provided on both Primary and Secondary sites (with the exception of the breakfast club at Primary) by AIP (Alliance in Partnership) caterers who serve food at break and lunch in the dining hall in the secondary site and lunch time in the primary site. The school meals meet the mandatory requirements of the School Food Standards 2015.

AIP website for information on their part in protecting the planet can be found are:

<https://www.allianceinpartnership.co.uk/>

School meals are planned on a three-week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website

4. Packed Lunches

The school will monitor packed lunches and promote healthy options. The school will raise awareness and aim to inform parents, carers and pupils about the healthy choices available for packed lunches.

The school **does not allow** nuts or products containing nuts, fizzy or energy drinks, sweets or chocolate products in packed lunches. The packed lunch **should not** contain crisps. The packed lunch should contain a carbohydrate (e.g. sandwich with a healthy filling) and pieces of fruit or vegetables.

Packed lunches should aim to include:

- 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

Packed lunches **should not** include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts
- Energy or fizzy drinks.

Children **should** bring in water or fruit juice. (Water is available at lunchtimes in the Atrium and Refractory on the Secondary site and with at Primary the lunchtime supervisors assist Reception and Year's 1 – 6 with water). All food leftover in packed lunches will be taken home.

The lunchtime supervisors and staff will talk to the children about their packed lunches. Appropriate storage arrangements are made and parents are encouraged to include a freezer pack inside the child's lunchbox.

After school clubs

Water is made available for after school clubs. On occasions food may be provided but will meet the Food Standards for non-lunch food. A

Primary site run an after-school club called Young Explorers. More information can be found on their website: <https://www.theyoungexplorersclub.co.uk/breakfast-club>

Special Events

Religious Festivals - (Christmas, Easter) will have some special allowances; however, staff will ensure that healthy options are available and that food is of a balanced variety.

5. Special Diets for Religious and Ethnic Groups

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies by appointed members of staff and updated accordingly.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school including kitchen and the infirmary.

Vegetarians / Vegans

School caterers offer a vegetarian/vegan/Gluten free option at lunch each day,

Food and Allergy Intolerance

Individual care plans are created for pupils with food allergies. These document list symptoms and adverse reactions, together with necessary actions to be taken in an emergency and emergency contact details. School caterers are made aware of any food allergies/food intolerances and ensure there are options to suit individuals. All food presented to children have content clearly indicated. Primary children are assisted and all catering and teaching staff aware of any child's nutritional needs and restrictions.

The school food menu is also clearly displayed for the children. If any child is in doubt about any particular food item/drink they are able to ask the catering staff (secondary site) if any particular food contains something they should not consume/drink.

We are a nut free school to reflect the medical needs of our pupils.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches with them on trips, however, these lunches must adhere to the same food and drink guidance described above.

Staff Responsibilities

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Primary Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Secondary & Primary Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

Parents, carers and family members – PRIMARY PHASE ONLY

Our relationships with parents/carers are 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.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Governors

The Governing Body is responsible for ensuring that the national school food standards are met. The governor responsible for monitoring Teaching and Learning will oversee the whole school food policy by supporting and implementing it. They will give feedback to other governors at meetings.

Monitoring and Evaluation

How will we monitor and evaluate this policy?

The Headteacher and Governors/Parent Governors will monitor the effectiveness of this policy ensuring that training and resourcing are up to date.

