Gatton Primary School Food and Drink Policy

1. Rationale

Children and young people across the UK are consuming more than three times the maximum daily amount of sugar recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity and other comorbidities. The biggest source of sugar in children's and young people's diets is sugary drinks, followed by sugary snacks. Gatton Primary endeavours to promote healthy eating habits to encourage children to lead a healthier life.

Gatton Primary School provides an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by using a whole school approach through promoting and educating children about healthier food choices as documented in this policy. Through consultation between members of staff, governors, parents and pupils, this policy has been formulated.

2. The aims of this food and drink policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff as well as pupils and promotes inclusion (e.g. religious, medical, vegetarian and allergenic needs).
- To promote a consistent approach across the school community including pupils, staff, and parents/ carers.
- To ensure the school provides an enjoyable, pleasant and safe environment for pupils and staff to consume their food and drink.
- To encourage and teach good manners and courtesy as outlined in our behavior policy and Islamic ethos.
- To improve the quality and breadth of the curriculum and extra-curricular opportunities in cooking and nutrition.

The promotion of healthy eating, cooking and nutrition is delivered via:

- Design and Technology
- Cross curricular links in our curriculum Health Education, Science,
- Extra-curricular offers during lunch and after school

3. Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- Staff Handbook / Induction materials
- Student documentation

This policy should be read in conjunction with:

- The Behaviour policy
- Anti-Bullying Policy
- Physical Education policy
- Packed lunch policy
- Afterschool club policy
- PSHRE policy
- Trip policy
- School Meal policy and procedures

4. Food and Drink Provision Throughout the Day

4.1 *Breakfast*

Gatton primary partnered with 'Magic Breakfast' and offers a daily breakfast club to all pupils including those who are entitled to free school meals. The breakfast club runs from 7:00-8:30am and pupils that arrive late and have not had any breakfast are able to access the provision and eat in class. Our in-house catering team facilitates the breakfast club. A range of bread items, including bagels, crumpets, low sugar cereals, fruits and water or milk are provided. For more information, please visit our website https://www.gatton.wandsworth.sch.uk.

4.2 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitle all children in KS1 to one piece of fruit and/or vegetable per day. We ask children in KS2 to bring a piece of fruit or vegetables for their snack time. Crisps, chocolate, chocolate coated products, or confectionary (defined as cereal bars, processed fruit bars, non-chocolate confectionery) are not allowed.

For more information on snack guidelines for schools please refer to the Checklist for school food other than lunch. Tips for a snack under 5-year-olds visit, First Step Nutrition Trust, snack for 1-4 year olds.

The government's guidance on the Portion size and food groups features suitable snacks, for healthy snack ideas for parents visit Change4Life Healthier snacks.

4.3 School lunches

The school lunch menu meets the statutory school food standards. Lunch is served at 10:30am-13:30pm and is provided by our in-house catering team.

Our dining hall offers a clean, sociable environment that is welcoming and promotes social interaction amongst pupils and always encourages good manners. Children who have a packed lunch or school dinner sit with their peers. Staff are also encouraged to eat with pupils in the hall to promote positive role modelling.

Visit the School Meal Policy and Procedures for more information on the school meal provision, payment system, meal cancellation rules and free school meals.

4.4 ***Drinks***

Drinking palatable water is available throughout the whole day and children are encouraged to top up their bottles frequently. No fizzy or energy drinks are allowed.

The school provides milk for all Reception children. Children on the Free School Meal list can also receive free milk throughout their time in school.

4.5 ***Packed lunches***

We encourage parents to provide healthy well-balanced packed lunches as per our guidance on our school website. The packed lunch guidance is disseminated regularly via parents' newsletters throughout the year. The midday supervisors advise pupils, for example, who bring foods high in fat, sugar and salt that they are not suitable. Parents whose children persistently bring unsuitable packed lunches are contacted or approached and reminded of the school's packed lunch policy. No fizzy drinks or energy drinks are allowed.

For more information and practical tips for children aged 5 years and above visit Healthy lunchboxes - Food A Fact Of Life or Change4Life Healthier Lunchbox Recipe for under 5 please visit, Packed lunches for 1-4 year olds or How to make a perfect pre-school lunchbox

4.6 ***After school food/snack***

Currently, Gatton primary does not provide an after-school food provision. Pupils are allowed to bring in their own after-school snacks, for example, a piece of fruit or a savoury snack low in sugar, fat and salt such as homemade plain popcorn, rice cakes, savoury muffins or bagel, visit NHS Healthier snacks for more ideas. Children under the age of 5, visit snacks for 1 – 4 year olds. Please refer to the outline stated above.

5. School events

5.1 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 on trips. However, these lunches must adhere to the Gatton's packed lunch policy. (Please refer to the Packed Lunch guidance on the school website).

5.2 Special occasions

The school recognises the importance of celebrating special occasions. We discourage parents from sending in chocolates, sweets and cakes. In line with our Food and Drink Policy, occasional treats such as on the festival of Eid may be allowed.

Regular communications with parents, pupils and staff are maintained to promote special occasions, cultural events and celebrations via; weekly letter home, e-newsletter and other communications.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with a list of suggestions to ensure that we have a wide variety of food choices available. We encourage parents to use healthier ingredients including using

50% of fruit and vegetables in baked produce and use of savoury snacks with no added sugar and salt, for example, homemade popcorn. This is reinforced via the Parents Teachers Association (PTA) group and frequent communications with parents.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of healthier options is also encouraged.

5.3 Family celebrations

We do not accept sweets, cakes and biscuits as a treat to the class for personal family celebrations. We ask parents to consider donating a book to the class or a school library or to send small non-food tangible gifts such as stickers or pencils.

6. Special Dietary Requirements and Food Safety

Gatton school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. We offer halal, vegetarian and vegan options. Individual care plans are created for pupils with food allergies. Food allergy information is displayed visibly but discreetly, i.e. for lunchtime staff and kitchen staff.

Arrangements for children with dietary requirements are made by our medical lead and welfare support and the relevant staff informed. Children with severe allergies wear a lanyard detailing their allergies when they come to the dining hall.

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements and food safety:

- We have several lunchtime supervisors with First Aid training to assist pupils in the dining hall and playgrounds.
- All kitchen staff supervising food provision in school (breakfast, lunch and after school) have completed their food allergy training/Level 2 food safety and hygiene training, manual handling, fire safety, adrenaline/ anaphylactic shock training.

7. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole-school approach to health and wellbeing. It captivates and stimulates pupils' interest and enjoyment of food as well as building self-confidence. The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. Also see the Public Health England, Food teaching in Primary schools a framework of knowledge and skills to deliver high quality cooking and teaching.

The following resources are used to develop, monitor and assess learning:

- **Food teaching progression chart 5-11** https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/primary/food-teaching-progression-5-11-years/
- **Core competencies for children and young people aged 5-16 years:** A framework of skills and knowledge around food diet and PA https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/secondary/core-competences-for-children-and-young-people-aged-5-16-years/

Currently, food and nutrition is taught throughout each key stage with direct curricular links within the PSHE, PE, RE, Geography, History, English and Maths. Pupils throughout the school from Reception to Year 6 are encouraged to learn about food, cooking and nutrition through our Design and Technology curriculum with at least three practical cooking lessons per year.

The following resources are utilised:

- https://www.foodafactoflife.org.uk/
- http://www.food.gov.uk/
- http://www.nutrition.org.uk/
- https://www.gardenorganic.org.uk/expert-advice/growing-in-your-space/schools/school-gardening-resources
- https://www.treesforcities.org/our-work/schools-programme/edible-playgrounds/educational-resources

For more information on government guidelines, please refer to:

- Design & Technology - https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study
- Science – https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study
- Health Education - https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

8. Extra-Curricular Activities

As a school we offer all pupils from Reception to Year 6 opportunities to participate in extra-curricular activities e.g. after school clubs. At any time, a wide range of clubs is on offer – our programmes of clubs and activities available is revised termly, depending on the time of year. We have introduced a seasonal gardening club, which has helped pupils to learn about where food comes from and use some of these ingredients in their own recipes.

Our school offers afterschool healthy cooking activities for KS1 and KS2 children on termly basis. Please refer to our school website. If you have any queries, please speak to our After School Club Co-ordinator in the school office. The school encourages and supports the participation of extra-curricular activities by subsidising the cost for more vulnerable pupils and those entitled to free school meals.

9. Staff

The school expects staff to contribute to and support this Food and Drink policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink when in the company of pupils. Teaching staff are encouraged to eat a school lunch and sit with pupils in the dining hall.

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including certificates, dojo points, additional play, sports activities and visits.

At our school staff are encouraged to seek continuous professional development around food and nutrition as well as to promote positive whole-school food culture. Our staff takes advantage from different training opportunities including cooking and gardening teacher training offered through

Wandsworth Healthy Schools programme and other online webinars on offer through A Food a Fact of Life website.

10. Climate change consideration

Wandsworth School Food Strategy outlines key steps for schools and their catering teams to take in order to provide sustainable food services. Gatton Primary School is committed to reduce avoidable food waste in our school kitchen. We have introduced a pre-ordering system where parents and children choose the days/ week they wish to eat school meals. This helps the school prepare and cook the correct number of meals so there is less surplus food waste. At Gatton primary, we encourage our catering team to reduce a single use plastic within the kitchen where possible. The inhouse catering team provides 'climate friendly' menu choices that include plant-based dishes and meat free Mondays.

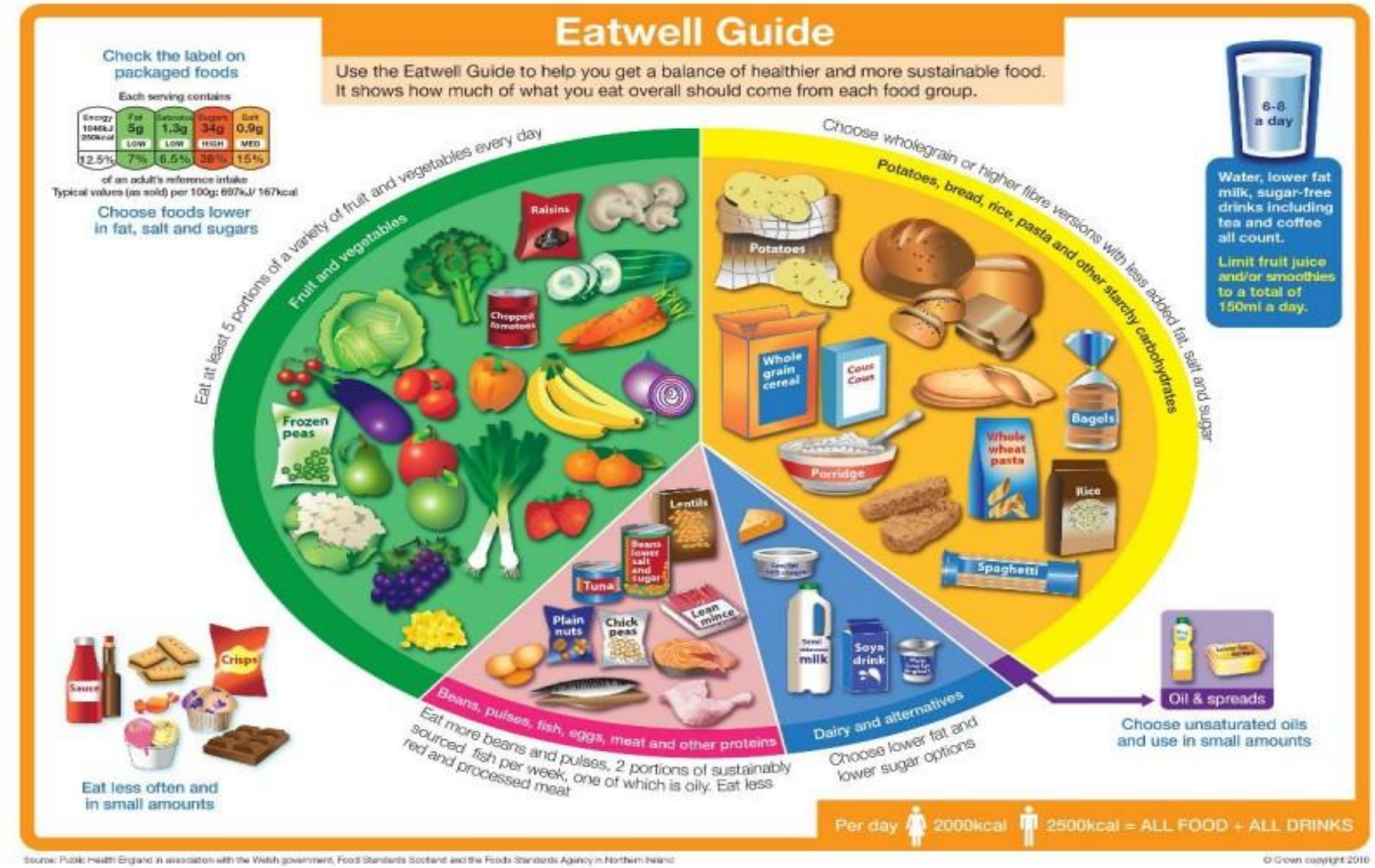
We are committed to establish effective recycling practice across the school. We will continue to educate pupils and staff to use recycling bins provided throughout the school, including correct disposal of compostable food waste by our kitchen and within our classrooms.

Our wide curriculum includes food growing projects and learning about the environment, sustainability and our individual responsibility towards taking actions to tackle climate change issues collaboratively. To enrich our D&T curriculum we use local Climate Change Resource Hub, Wandsworth

11. Monitoring and Evaluation of this policy

This policy has been developed in consultation with staff, pupils, parents/carers and governors. e.g. pupil voice mechanisms, staff and parent surveys, draft policy shared with all groups before ratification by governors.

APPENDIX 1


Eatwell Guide
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.
Check the label on packaged foods
Each serving contains
Energy 1046kJ 250kcal 12.5%
Fat 5g LOW 7%
Saturates 1.3g LOW 6.5%
Sugars 34g HIGH 38%
Salt 0.9g MED 15%
of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal
Choose foods lower in fat, salt and sugars
Eat at least 5 portions of a variety of fruit and vegetables every day
Fruit and vegetables
Raisins
Chopped tomatoes
Frozen peas
Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates
Potatoes
Whole grain cereal
Cous Cous
Porridge
Whole wheat pasta
Bagels
Rice
Spaghetti
Lentils
Beans lower salt and sugar
Tuna
Plain nuts
Chick peas
Lean mince
Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat
Dairy and alternatives
Choose lower fat and lower sugar options
Soya drink
6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.
Oil & spreads
Choose unsaturated oils and use in small amounts
Sauce
Crisps
Eat less often and in small amounts
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS
Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland
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