



DOROTHY BARLEY JUNIOR ACADEMY SCHOOL FOOD POLICY



Other related policies:

All Staff/Pupil Well-Being Policies
PE & Health Promotion Policy

Policy devised November 2018

Updated September 2019

1.0 INTRODUCTION & POLICY STATEMENT

Dorothy Barley Junior Academy is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole school approach to food and nutrition documented in this policy. We recognise the importance of children's health and their well-being outcomes and work alongside other agencies to support national and local public health priorities e.g. reducing obesity, NCMP and Healthy School initiatives.

2.0 POLICY AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.

3.0 ADDRESSING POLICY AIMS

These aims will be addressed through the following areas:

3.1 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.

3.2 The curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T).

Science – Pupils study a range of topics that provide an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children's learning about living things includes growing plants.

Design and Technology (DT) – Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught in each year group through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products.

This is supported through:

Cross Curricular Links

Physical Education (PE) - Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physically activity for both their short term and long term wellbeing.

Personal, Social and Health Education (PSHE) – Encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people.

Religious Education (RE) – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

Links may also be made with other outside organisations e.g. restaurants or supermarkets.

Specific curriculum opportunities at the school are:

As a school we take the following steps to ensure that Healthy Eating is taught across the curriculum. This includes:

- Spiritual and Cultural Week – Pupils taste different foods from different cultures.
- Healthy Eating week – Pupils are made aware of the importance of a healthy diet and physical activity.
- Food tasting linked to different topics such as China, World Food and World War One.
- Gardening club.
- Trips to outside organisations such as Tesco and Warburtons.

4.0 TEACHING ABOUT HEALTHY FOOD CHOICES

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers planning meetings.

4.1 Resources

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum in subject areas.

The range of materials used is available for review on request to the Headteacher. Books on Healthy Eating are available for pupils in the library.

4.2 Extra-curricular activities

The school aims to provide a gardening club to give additional opportunities for children with an interest in this area.

5.0. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at (Appendix1).

5.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: low sugar cereals, fruit, toast, beans, egg, milk and water. Costs are kept low to encourage good uptake and subsidised or free places are available for targeted children.

The schools breakfast club meets the School Food Standards.

5.2 School Lunches

The school aims to provide pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the Local Authority catering team and meets the School Food Standards for school lunches. Pupils are encouraged to have a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime.

Examples of our Lunch Menu can be found on the school website:

<http://www.dorothybarleyjunioracademy.co.uk/school-dinner-menu/>

5.3 A sugar smart school

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Packed lunch policy and regular audits.
- A sugar themed lesson during Healthy Eating Week making use of Change4life resources for an assembly and lesson plans.
- Promoting oral health in Science lessons.
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake.

5.4 Drinks

The School Food Standards recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water at lunch times to children that eat school meals and packed lunch. Water is poured for each child at lunchtime and can be refilled upon request.

Drinking water is freely available all day to every child. The children have plentiful water fountains. Children are encourage to being in their own water each day. Children having packed lunch must not bring carbonated drinks.

5.5 Packed Lunches

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting healthy packed lunch options and the Packed Lunch Policy (Appendix 2).

5.6 Special Events

Food provided for special events e.g. Headteacher tea party is a representative of a healthy diet and encourage pupils to make balanced choices. Food is not used as a reward system.

5.7 Use of Food as a Reward

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 are used in school.

6. PROMOTING HEALTHY EATING MESSAGES THROUGH THE SCHOOL ENVIRONMENT

All staff have a duty to support the promotion of healthy eating at school.

6.1 Role of Staff

It is the responsibility of those involved in health promotion at school to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively.
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils.
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework. Liaise with Caterers.
- Monitor teaching and learning about healthy eating.
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- Encourage positive role models amongst all staff.

6.2 Role of Parents/Carers

The school is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating education policy and practice.
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

6.3 Role of Governors

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents/carers about the food policy as required.

6.4 Quality of the Environment

The eating environment and the social aspects of meal times

Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by ...

- Monitoring noise levels
- Giving the opportunity to eat food without being rushed
- Having appropriate furniture, seating, 'real' plates and trays
- Staff supervision
- Appealing presentation
- Providing positive messages about food

7.0 SPECIAL DIETARY REQUIREMENTS

Special Diets for Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices. The catering service offers a halal option at lunch each day.

7.1 Vegetarians and Vegans

The catering services offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

7.2 Food allergy and intolerance

School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. The school does not allow nuts and staff supervise packed lunches to ensure children are not bringing nuts into school.

8.0 FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

9.0 MONITORING AND EVALUATION

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.

10.0 REVIEW

Date policy implemented: November 2018

Review Date: September 2019 in line with all other school policies

Appendix 1:



Department
for Education

School food in England

Departmental advice for governing
boards

July 2016

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Summary

About this departmental advice

This advice will help when planning and providing food in schools. It explains how legislation applies to food provided within schools in England. It outlines the role of school governing boards, and stipulates the legal requirements for food provided across the school day.

We use the term 'must' when the person in question is legally required to do something and 'should' when advice is being offered.

Expiry or review date

This departmental advice will be reviewed in January 2017.

What legislation does this departmental advice relate to?

- Sections 512, 512ZA, 512ZB, 512A and 533 of the [Education Act 1996](#), as amended
- Section 114A of the [School Standards and Framework Act 1998](#)
- 2014 No. 1603 EDUCATION, England [The requirements for School Food Regulations 2014](#)

Who is this advice for?

This advice is for governing boards of the following schools:

- Maintained primary
- Maintained secondary
- Maintained special
- Maintained nursery
- Maintained boarding
- Pupil Referral Units
- Academies that opened prior to 2010 and academies and free schools entering into a funding agreement from June 2014
- Non-Maintained special schools

Key points

- Statutory school food standards apply to local authority maintained schools, academies that opened prior to 2010 and academies and free schools in England entering into a funding agreement from June 2014. This includes maintained nurseries and nursery units attached to primary schools, pupil referral units and sixth forms that are part of secondary schools.
- These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.
- The revised standards for school food came into force on 1 January 2015 and are set out in the [Education England The requirements for School Food Regulations 2014](#).
- A [summary](#) of the standards and a [practical guide](#) are available from the School Food Plan website.
- The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.
- The regulations also set out the requirements for food and drink other than lunch provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.
- The School Food Standards apply to academies that opened prior to 2010 and academies and free schools entering into a funding agreement from June 2014. Those founded between those dates should use the national school food standards as a guide and can sign up [voluntarily](#) to show they are following the school food standards.
- The [School Food Plan website](#) draws together best practice and organisations that can support schools and the sector. The authors of the plan have developed a section of the website that brings together examples of [what works well](#) from schools, individuals and organisations.
- From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school lunch. We have published an [advice document for local authorities and schools](#).

Role and responsibilities of governors

- School governors are responsible for the provision of school food. A school lunch must be provided for pupils where a meal is requested and either the pupil is eligible for free school lunches, or it would not be unreasonable for lunches to be provided.
- Governing boards are able to decide the form that school lunches take, but must ensure that the lunches and other food and drink provided meets the school food standards.
- Although there is no requirement that lunches must be hot meals, hot lunches should be provided wherever possible to ensure that all pupils are able to eat at least one hot meal every day.
- School governing boards must provide school meals to a pupil free of charge if the pupil and/or a parent meets eligibility criteria set out within the [Education Act 1996](#) and a request is received for free meals to be provided either by the pupil or someone acting on their behalf.
- Drinking water must be provided free of charge at all times on school premises.
- Facilities to eat the food that they bring to school must be provided free of charge for pupils not taking school meals. As a minimum these facilities should include accommodation, furniture and supervision so that pupils can eat food they have brought from home in a safe and social environment.
- The school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Milk must be provided free of charge to infant and benefits-based free school meals pupils when it is offered as part of their school meal and free to benefits-based free school meals pupils at all other times. Charges can be made for all other pupils.
- Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that milk must be lower fat or lactose-reduced.
- To assist with the cost of providing milk schools can take part in the [EU School Milk Subsidy Scheme](#). There is also the [Nursery Milk Scheme](#), operated by the Department of Health, which provides free milk to children under the age of 5 at participating schools and childcare settings.
- Four to six year-old children in state-funded infant, primary and special schools throughout England are eligible to receive a free piece of fruit or vegetable every school day outside of their school lunch through the School Fruit and Vegetable Scheme (SFVS), administered by the Department of Health. More information is

available on the NHS website at: [School Fruit and Vegetable Scheme](#). There is no statutory requirement for schools to participate in this scheme.

What should the governing board do?

The governing board is responsible for ensuring that the national school food standards are met. How this is carried out will depend on the catering arrangements within the school.

- All food and drink provided in applicable schools must meet the national school food standards. Where food is provided by the local authority or a private caterer, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing board with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.
- There should be a process in place to ensure that catering services are coordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained.
- The governing board should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

Governing boards are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches.

[A checklist for headteachers](#) is available on the [School Food Plan website](#). This includes all the things that can make a big difference to take-up and food culture in schools. The checklist is designed to be pinned up in the head's office and the kitchen.

Exemptions to the school food regulations

The School Food Regulations do not apply to food provided:

- a. at parties or celebrations to mark religious or cultural occasions
- b. at fund-raising events
- c. as rewards for achievement, good behaviour or effort
- d. for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- e. on an occasional basis by parents or pupils

The School Food Regulations do not apply to confectionery, snacks, cakes or biscuits, served as part of an evening meal at maintained boarding schools before 6pm.

For maintained nurseries and nursery units attached to primary schools there is a reduced set of standards for food served at lunchtime (Schedule 5) and whole milk, rather than lower fat milk, may be provided.

Academies established between September 2010 and June 2014 are not required to adhere to the school food standards regulations. These academies should use the national school food standards as a guide and can sign up [voluntarily](#).



Department
for Education

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Appendix 2:



Dorothy Barley Packed Lunch Policy

1. Packed lunches should be brought into school in suitable named lunch boxes



2. Packed lunches should consist of a balanced variety of foods:



- A sandwich or other savoury item that provides carbohydrates and protein e.g sausage roll, snack boxes, rice or pasta pots etc.
 - Some fruit as part of their five a day.
- One savoury snack and one sweet snack. A snack can be a cake or a biscuit or a packet of crisps. As part of this they are allowed a chocolate bar but this must weigh no more than 35g. No sweets.
 - Still drinks. No glass bottles. No fizzy drinks. Screw lids are recommended.



Additional to this every child is encouraged to bring a 'sports bottle with pop up lid' of water to school each day

3. In order to reduce waste, food waste and packaging waste, and to ensure that parents are aware of their children's daily food intake, all left over food and packaging from school packed lunches must return home with the children.

To reduce the overall waste produced by school packed lunches, it is recommended by the schools Eco Team that parents endeavour to achieve the following principles:

Reduce

- Cut down on packaging and food by purchasing fresh produce items
- Avoid plastic bags
- Avoid cling film
- Avoid aluminium foil and pre pack food when ever possible



Reuse

- Reuse shopping bags
- Pack lunch in reusable containers
- Use refillable drink bottles
- Avoid single use juice cartons
- Avoid can and pouches whenever you can



Recycle

- Recycle paper bags
- Recycle plastic bottles
- Recycle plastic bag



Appendix 3:



DOROTHY BARLEY JUNIOR ACADEMY SCHOOL FOOD PLAN GUIDANCE/ACTION PLAN 2017-2019

Action	Lead person accountable for the action	Time Scale Start and End dates	Training/CPD needs
Catering staff to ensure there is a mix of familiar and new foods for the children, and that they encourage children to experiment. (recognition stickers for healthy choices)	RW PJ	Each day- stickers from Autumn 2 onwards	None
Use local and seasonal suppliers, and ensure this is advertised to the chn and parents.	RW PJ	To research Spring 1 and implement Spring 2 if possible	None
Manage children’s choices to ensure they get a balanced meal. - Ensure vegetables are put on their plates.	PJ	Whole year	None
Continue to monitor the impact of the Packed Lunch Policy - Remind parents of guidance on the website - reminders in bulletins - consistent monitoring	RW termly review with Lead Mid-Days Mid days to monitor daily	In place reviewed termly	None
Continue to ensure tap water is widely available at all times - children to bring water bottles into school, school to provide if they don’t, staff to encourage water is taken at break and lunch	Whole school	September 2018 and ongoing	None
Reduce waiting times at lunchtime by: Staggering lunch breaks	SLT PJ	In place	None
Ensure social aspects of lunch provision are improved by: - Allowing all children to sit together – do not segregate those with packed lunches.	RW Mid-days	Autumn and ongoing	None
Offer samples of the food for children and parents to taste.	RW PJ	At each Parents Evening and whole school events	None
Hold themed events – such as international food day – to get the children excited.	SLT PJ	TBC	None
Seek out partners in the community who can help with cooking and growing activities, e.g. local	RW	Spring 2019	None

restaurants, food producers, allotment growers.			
Get local chefs in to teach in the school (e.g. during Health Week)	RW	Spring 2019	None
Ensure the curriculum supports healthy choices by: -classroom rewards for children that are not sweets. -Focussed weeks and educational visits - Use cooking and growing as an exciting way to teach subjects across the curriculum – from history to maths, science to enterprise, technology to geography.	RW SLT	Ongoing	None
Ensure Breakfast Club is compliant with Food Standards by: - A serving of any spread should be limited to 1 teaspoonful. - Replace juice drink with 100% fruit juice. - Dilute 100% fruit juice by half with water. - Make available one type of fruit or vegetable every day. - Replace squash or cordial with 100% fruit juice. - Offer honey only 1 – 2 times per week. - Replace standard cheese with low fat options	RW KW SS KG	Review Autumn 2 and changes implemented Spring 1 2019	None