

Whole School Food Guidelines

October 2020

“We aim for all our children to develop a love of learning that will last them a lifetime, caring for and respecting the world around them, valuing differences and broadening moral values”

The Solent Schools, Vision, Values and Aims

Date reviewed	October 2020
Review cycle	Three years. Next review: Autumn 2023
Linked Guidelines/Policies	

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Introduction

In both schools we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.

Both schools support the '5-A-DAY' campaign to encourage children to eat five 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. A portion of fruit and vegetables can be estimated as about an adult handful or a glass of fruit juice or a smoothie. Only one glass of fruit juice or portion of one type of food is counted each day, i.e. 5 **different** fruits or vegetables are needed each day not 5 of the same.

We also support the notion that a little of a whole range of foods can be healthy, and that all things in moderation are fine, it is the balance that matters in the long term.

Some children with specific medical conditions will require diets higher in sugar or fat than the majority. The school will support whatever dietary needs the child has, wherever possible and will be guided by the health professionals working with the family.

Rationale

Solent Schools encourage a healthy lifestyle for all in their community. It is important that we consider all elements of our work, and the examples we give children, to ensure that we promote health awareness in all members of the school community. The school staff can provide a valuable role model to pupils and we hope that their families can support us in regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, we can bring together all elements of the school day to create an environment which supports a healthy lifestyle

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign

Snacks

All classes have a morning break when snacks brought from home are eaten. These snacks are confined to fruit and vegetables or a piece of hard cheese (not processed cheese such as cheese strings). At the Infant School children are also encouraged to eat fruit and/or vegetables in the afternoon as part of the National Health scheme which provides free fruit and vegetables for Infant age children daily.





Water for all

Every child is encouraged to bring their own water bottle (**plain water only**, not flavoured) and to refill it during the day as necessary. Children are encouraged to drink regularly throughout the day and especially so in the hotter months. Regular water opportunities are built into the school day by class teachers and the children have access to water throughout the day.

Milk

Children are entitled to receive free milk up until their fifth birthday. After that parents have the option whether they wish for their child to continue having milk after this time. It is a service that parents need to pay for and it is organised by an external company called Cool Milk. Parents open an account and manage this at home. School only receives the names of the children having milk on a weekly basis.

Universal School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide choices within the menus each day and are bound by the contract to meet or exceed the nutritional balance and healthy options as laid down by the Government.

The caterers providing school lunches must now offer the following food groups as part of each meal:

- Fruits and vegetables, at least two portions daily.
- Meat, fish and non-dairy protein, daily.
- Starchy foods including bread, pasta, noodles, rice, potatoes, sweet potatoes etc.
- Milk and dairy produce, daily.
- Drinks should be plain (still) water, milk, or pure fruit juice.

Manufactured meat products may only be offered once a fortnight. Deep fried products may only be offered a maximum of twice a week. Table salt is not to be available.

Since the introduction of universal free school meals at the Infant School, the majority of our children do choose to have their meal provided by the caterers, however some children choose to bring in a home packed lunch. The Solent Schools do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks. We also exclude nut/peanut products due to the health risks for specific children in the school. We publicise and send out leaflets from the School Meals Trust and other healthy eating organisations.

Due to severe allergies we ask that no nut based products are included in home packed lunches.

Should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation (www.bda.uk.com)





A child's lunch should include only the following:

- A 'good' portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad, tortilla wrap, bread sticks, chapattis, pitta pockets, fruit scone, malt loaf, fruited teacakes and rice cakes.
- Fresh fruit and vegetables, e.g. apple/orange/banana, melon slices, cherry tomatoes, carrots sticks, cucumber chunks, mini fruit chunks, dried fruits such as raisins, apricots or small tins of fruit in juice NOT syrup.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured), yoghurt drinks, fruit or vegetable smoothies.

Parents are advised to include an ice pack. Food products, prepared and stored can, after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The school cannot provide cold facilities to store lunch boxes and cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the schools request that parents do **not** include the following items in packed lunches:

- Sweets (including Winders), chocolate confectionery, although **one** chocolate covered biscuit is acceptable.
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, although low fat/low sugar varieties are fine.
- Foods containing any nuts.
- Although the British Nutritional Foundation state that no crisps and packeted savoury snacks should be eaten because they are high in salt and fat, we feel this is unrealistic and ask that instead that parents should, at least, be limiting children to 1 or 2 packets a week, and preferably less, and that they choose the lowest fat varieties.
- If it is felt that an item does not sit within these guidelines then the letters found in **Appendix 1** will be sent home.





When eating lunch, the schools expect children to adhere to the following rules:

- All children are required to sit for a reasonable time, in order to eat their lunch
- Children are required to at least try to eat most of the food provided, either by the school or in their lunch box – if staff do not feel that the pupil enjoyed the choice of school lunch the letter in **Appendix 2** will be sent home
- All remains from lunch boxes brought in from home, must be taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, or have difficulty opening yoghurts etc.
- Children are expected to behave well whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain or for a taste
- Caterers and supervisory assistants should thank children for good behaviour, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

Food across the Curriculum

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. These are bolstered by outside experts such as a Dietician and Healthy Living events.

Gifts and Prizes

These may occasionally be sweets but we will look for other alternatives where this is possible / economically viable.

For children's birthdays we are unable to give out cakes or sweets and would kindly ask if these can be saved for parties at home. This will help us in encouraging healthy choices at school.





Partnership with Parents and Carers

The partnership of home and school is crucial in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are made aware of the food guidelines in the induction process in Reception and these guidelines are available on the school website. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice, squash or milk.

During out-of-school events, the school will encourage the Friends of the Solent Schools (FSS), parents and carers to consider the food guidelines in the range of refreshments offered or for sale to the children.

Monitoring and review

The Executive Headteacher, Heads of School and PSHE Manager are responsible for supporting colleagues in the delivery of the food guidelines. The school will work with the dinner providers who are responsible for ensuring the quality of the food offered as part of the contract with the caterer.





Appendix 1



THE SOLENT SCHOOLS

SOLENT INFANT SCHOOL, EYLESISH RD, PORTSMOUTH, HANTS, PO6 1DH - POSTBOX@SOLENT-INF.PORTSMOUTH.SCH.UK - TEL: 023 9237 4973
SOLENT JUNIOR SCHOOL, SOLENT RD, PORTSMOUTH, HANTS, PO6 1HE - OFFICE@SOLENT-JUN.PORTSMOUTH.SCH.UK - TEL: 023 9237 5459

Date

Dear Parent

Childs name Class.....

Nut Based/Peanut Butter Products or Sweets/Chocolate in Lunch Boxes

It has been brought to our attention that your child had
in his/her lunch box today.

We ask that items containing any nuts /peanut butter are not brought into school due to children with nut allergies. Also that sweets or chocolate are not provided in their lunch box. This is in line with our Whole School Food Policy.

If you require more information about our Whole School Food Policy then a copy is available on our website.

Yours sincerely

The Solent Schools





Appendix 2



THE SOLENT SCHOOLS

SOLENT INFANT SCHOOL, EYELEIGH RD, PORTSMOUTH, HANTS. PO6 1DH - POSTBOX@SOLENT-INF.PORTSMOUTH.SCH.UK-TEL: 023 9237 3073
SOLENT JUNIOR SCHOOL, SOLENT RD, PORTSMOUTH, HANTS. PO6 1HG - OFFICE@SOLENT-JUN.PORTSMOUTH.SCH.UK-TEL: 023 9237 5459

Date:

Dear Parent

Child's Name Class

School lunch options

Today your child did not like their school meal choice and therefore did not eat the

We hope you find this information is of help in future when choosing the lunch option with your child.

Yours sincerely

The Solent Schools

