



## Holly Park School

### Food Policy

As a Rights Respecting School we are committed to promoting a healthy diet and to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours while encouraging them to take responsibility for the choices they make.

#### **Link to the UN Rights of the Child**

##### **Article 24**

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

The school encourages children to eat a variety of 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.

##### **RATIONALE - Why have a whole school food policy?**

In the last 30 years there has been a dramatic increase nationally in adult diseases such as diabetes and heart disease and an increase in adult obesity. These are related to a poor diet as a result of dietary imbalance. We are now beginning to see children developing symptoms of these diseases whilst still in childhood.

We also know that if children's diets are inadequate or provide insufficient fluid their performance at school will be affected due to difficulty in concentration and being more likely to be absent from school through ill health.

As a result of these increasing concerns healthy eating has become a core part of the National Healthy Schools Scheme and in order to fulfil this, healthy schools will be required to have a whole school food policy. This will ensure that the school meets the standards for the NHSS, offers consistent messages relating to nutrition that are appropriate to the school and is able to communicate these to the whole school community.

It is important that we consider all elements of our practice to ensure that we promote health awareness for all members of the school community. We aim to provide a valuable role model to pupils and their families with regard to food, the growing/farming/cooking of food produce and healthy-eating patterns and behaviours. Through effective leadership, the school ethos and the curriculum, all school staff can create an environment that 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- teach them about food groups and encourage them to eat a variety of food
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To teach children about the nutritional value of food
- To teach pupils where food comes from and how it is grown

This whole school food policy takes account of the requirements of the Government published School Food Plan, for standards of school food January 2015. See [www.schoolfoodplan.com/plan](http://www.schoolfoodplan.com/plan). For details of the school food nutritional standards, also refer to [www.childrensfoodtrust.org.uk/schools/the-standards](http://www.childrensfoodtrust.org.uk/schools/the-standards).

## **Contextual Statement**

Holly Park is a two form community school with a nursery attached. We are significantly larger than the national average. The school is a popular choice within the local community. Our Free School Meal percentage is now just below the national average at 25.3%. Holly Park School serves a community which is diverse in its cultural, social and economic constitution. Children at the school come from different ethnic backgrounds, different religions, different socio-economic backgrounds and speak different languages.

At the time of writing this policy Holly Park School:

- has hot meal provision.
- has no vending machines
- allows children to bring in a healthy mid-morning snack e.g fruit, vegetables or a plain carbohydrate e.g plain rice crackers, crackers
- KSI children are offered milk daily
- does not have a tuck shop
- does have breakfast provision
- provides cooking experiences within the school curriculum.
- offers children the opportunity to grow vegetables in the school allotment.
- has easy access to free, clean, palatable drinking water for pupils
- Allows children to bring water bottles to school

## **Foundation Stage and Key Stage 1**

All our under 5s are entitled to free milk. All EYFS and KSI classes have a snack of cut and washed fruit or vegetables

## **School lunches and packed lunches**

All our school meals are currently provided by a contract with Olive dining. Fruit and vegetables are available each day as a choice for the children. They provide a meal which pays due regard to nutritional balance and healthy options. There is a daily salad bar which offers a wide choice of cold salad items including cucumber, tomatoes, sweetcorn, lettuce, coleslaw, beetroot, pasta and rice salads or potato salads. There is a vegetarian and non-vegetarian option. The School Kitchen Manager/ Area Manager has been invited to attend School Council meetings in order to discuss preferences with our pupils.

Each KSI pupil is entitled to a free school meal and in Key Stage 2 the cost of a daily meal from the school kitchen needs to be paid for via our online payment system, unless children are in receipt of a free school meal.

Food waste from the school kitchen was recycled via the local council, however at present the council have suspended this service.

## **Packed Lunches**

The Government's food-based standards for school lunches do not apply to food and drink that has been brought in from outside school. However, our overall aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards. Holly Park endeavours to ensure that pupils' packed lunches are healthy and nutritious as we recognise the importance of a nutritious, balanced diet for pupils' health and well-being. The school will work with the pupils and families to encourage healthier choices. Pupils will take home packed lunch waste so parents and guardians can observe what has been eaten. On occasions, packed lunches may be monitored for their content.

In considering the content of packed lunches, we refer to the template policy from the Children's Food Trust

The school will provide appropriate facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.

The school will work with parents to encourage packed lunches to meet the standards listed below.

As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible. KS2 Packed lunches are stored outside in the lunch bag shelter to avoid the lunches becoming over heated in the hot classroom environments of the Junior building.

For the majority of the school year, the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

## **Packed lunches should include:**

- at least one portion of fruit and one portion of vegetables every day.

- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- a dairy food such as cheese, plain yoghurt (not flavoured) or fromage frais every day.

#### **Packed lunches can occasionally include:**

- Processed meat products such as sausage rolls, individual pies, corned meat and sausages.

#### **Packed lunches should NOT include:**

- salty snacks such as crisps - instead include seeds (no sesame seeds) , vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, cereal bars and sweets.
- nuts or nut-based products such as chocolate spreads
- Any sesame products e.g hummus
- Sweet spreads (e.g. chocolate spread, jam, etc.)

#### **Treat Tuesday**

On Tuesdays ONLY, children can bring in a cake or biscuits as part of their packed lunch.

#### **Packed Lunches Drinks**

Water is provided at school and is available for all children on every table.

Children can bring plain milk

Children cannot bring any other form of drink e.g smoothies, juices

#### **Water for all**

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water and milk.

Packed lunch children do not need to bring in any drinks from home because water and cups are available in the centre of tables at lunchtime for all children.

We have water fountains in all of the playgrounds and children are encouraged to drink water regularly throughout the day and have water bottles in class.

All classes have water suitable for drinking.



#### **No Nuts Policy**

While considering all options to manage food allergy exposure at our school, we feel it is our duty as a school community to reduce risk as much as possible and implementing a nut-free policy is the best way to do this. Holly Park aims to practise a nut free policy although we recognise that this cannot be guaranteed.

Annually our new intake are made aware that we do not allow nuts or nut products within our setting.

Staff and volunteers must ensure they do not bring in nut products within school and ensure they follow good hand washing practice. Caution must be taken at certain times of year such

as Easter and Christmas. (Boxes of chocolates – e.g Roses, Quality Street etc should have the nutty sweets removed)

Staff are trained annually in the use of epi-pens.

We ask that no nuts of any kind be brought into our school for any reason. Foods sent in for snack, lunch, or any class event should be carefully checked to make sure they are nut-free. Families can help ensure that our school stays nut-free by reading packaging labels and reminding children not to share food with other children at school. We need to make sure that there is little opportunity for a child to be exposed to foods that could harm him/her. Our “Nut-Free Policy” means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame products e.g sesame seed topped rolls or crackers or hummus (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Chocolate spreads that contain nuts e.g Nutella

We have a policy to not use nuts in any of our food prepared on site at our school. Our caterers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

Parents must notify staff of ANY known or suspected allergy including nuts and provide all needed information detailed on their child’s individual Healthcare plan.

The school requests that parents and carers observe the nut-free policy and therefore **do not** include nuts, or any traces of nuts, in packed lunches or in any food or treats (such as for parties) unless they have checked the ingredients carefully.

**Lunch box items or snacks will be removed by staff if containing nuts or nut products.**

However, we recognise that there is no guarantee that a nut ban will ensure there are no nuts on school premises. If a child is found with a food item containing nuts, they will be spoken to about why this is a serious issue and their parents will be contacted.

### **Dietary Requirements**

Holly Park endeavours to identify the special dietary requirements (consider medical/allergenic/cultural/religious/ethical requirements) of our pupils and staff through pupil information forms, conversations with parents, staff and pupils, consultation with school council and questionnaires. In response to these dietary requirements we ensure that food and drink provision throughout the school day reflects these requirements. We offer Gluten Free meals for some children.

## **Dining Room Environment**

At Holly Park we aim for a welcoming dining environment that encourages the social interaction of pupils.

In the dining room we have ensured there is a welcoming atmosphere by:

- providing communal tables to encourage a positive social atmosphere
- having displays around the walls
- improving the relations between MTS and pupils through education and training;
- presenting the daily menu in the dining room for pupils to see
- Having menus on the website for parents to access
- Having Y5/6 monitors help to clear plates and restock cutlery
- Our dining room environment currently has table cloths, artificial plants and napkins to make the experience more pleasurable and welcoming

## **Other Issues**

- Sweets or chocolates are not encouraged in school. Cake and sweets is not to be given out for birthday celebrations
- Multicultural food is encouraged during parties such as Christmas.
- The use of sweets for rewards is not permitted. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Children who wish to fast during Ramadan, after consultation with parents and the Pupil Support Officer are supported
- During Y6 national test week all year 6 pupils are offered a free breakfast paid for by the PTA

## **Breakfast club and After School Club**

We run two breakfast clubs - one for EYFS children (food provided by the school) and one for children Y1-6 (food provide by our catering company). We also run an after school club for EYFS children (food provide by our catering company). On our school site there is also an independently run after school club – Bellevue After School Club. All of these clubs are on offer for pupils at the school and parents have to pay for their child to attend. These clubs follow the requirements of the Government published School Food Plan, for standards of school food.

## **FOOD ACROSS THE CURRICULUM**

In EYFS, KS 1 and KS 2, we are weaving food education across the whole 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.

**Literacy** provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to Fairtrade goods in children's food and drink, food diaries, writing instructions etc.

**Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

**Science** provides an opportunity to learn about the food groups available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

**Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. Children take part in Walk to School days/weeks. There are a large number of before and after school sports clubs. School visits provide pupils with activities to enhance their physical development, e.g. to activity centres. Forest schools gives pupils a chance to climb trees and enjoy the natural environment.

**RE** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

**ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices. They can record results of a food survey and write website reviews

**Art** sessions may include observational drawing of food, healthy eating poster/lunchbox design.

**PSHE** helps children to consider cultural diversity, menu planning, nutrition, encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

**Design & Technology** children can participate in healthy eating, cookery workshops, designing tools, Food Technology and hygiene.

**Geography** shows children what food grows where, transporting food, waste/recycling and sustainability. It provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. Through global studies children are able to appreciate the lives and cultures of people across the world.

**History** allows children to look at past diets and discoveries.

**Singing** can provide pupils with the opportunity to celebrate food for example in our Harvest Festival.

**Enterprise Work** has been used by Reception and Year 2 classes to visit local cafes, to look at menus and to create their own cafes within their classrooms and to make real food. The Y2 classes invited parents in to buy food items and they made a profit. Reception children have made their own sandwiches to eat for their snacks.

**The Healthy Living Council** is made up of one child from each class year 1 to 6. The council look at all aspects of healthy living and of course this includes food. The council may

arrange for assemblies about sugar in drinks, arrange poster competitions, give out salad at lunchtime, do polls of the food being eaten or thrown away and may meet from time to time with the catering company. The healthy living council might look at what children are bringing in their packed lunches.

### **Examples of specific activities at Holly Park which support curriculum work are:**

- Relationships with local food businesses, e.g. shop visits. Y2 went to Tesco for food workshops
- Lunch for special occasions – Christmas, Red Nose day, British Values Day
- Gardening club and Eco Council – growing vegetables
- Cookery in class
- Curriculum Days – e.g Tudor cookery, WW2 biscuits
- British Values Day – looking at British food
- Cultural days – foods from around the world
- Enterprise topics looking at food in cafes and also packaging for foods.
- Harvest festival Assembly – makes us think about where our food comes from and for being grateful for the food we eat. We donate to Homeless Action in Barnet.
- At Holly Park, all children have the opportunity to work on the school allotment, growing food from seed, harvesting and tasting their own produce. We encourage the school kitchen to use food grown on our school allotment when possible.

### **PARTNERSHIP WITH PARENTS AND CARERS**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Parents and carers are regularly updated about food at school through newsletters.

During PTA events, e.g. Summer Fair etc., the school encourages multicultural foods at events. We also ask parents to consider health and safety with regard to food e.g No nuts in cakes at cake sales.

Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and the Holly Park website.

### **STAFF ROLE MODELS**

Whilst in the company of children we ask that the staff model good behaviour in terms of a healthy life style e.g not smoking

### **ROLE OF THE GOVERNORS**

Governors monitor and check that the school policy is upheld.

### **Monitoring and review**

The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer. This policy will be reviewed every two years to take account of new developments



**This policy will contribute towards other policies in the following way**

Behaviour - We use non-food related rewards for positive behaviour

PSHE - Healthy food and choices and practical food education is included in the curriculum


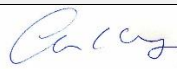
Equality - We take account of the needs of all our children, including those with disabilities and allergies

Safeguarding – Making sure that all children have good nutrition and are not suffering from neglect

**Document Control****Revision History**

| Version | Revision Date | Revised By | Revision   |
|---------|---------------|------------|--|
| 1.0     | Autumn 2015   | Created    | Ann Pelham as part of application for healthy school award |
| 1.1     | Spring 2016   | Govs S&PW  | Reviewed & ratified  |
| 1.2     | Spring 2017   | Govs S&PW  | Reviewed & ratified  |
| 1.3     | Spring 2018   | Govs S&PW  | Reviewed & ratified  |
| 1.4     | Spring 2019   | Govs S&PW  | Reviewed & ratified  |
| 1.5     | Spring 2020   | Govs S&PW  | Reviewed & ratified  |
| 1.6     | Spring 2021   | Govs S&PW  | Reviewed & ratified  |
| 1.7     | Spring 2022   | Govs S&PW  | Reviewed & ratified  |
| 1.8     | Spring 2023   | Govs S&PW  | Reviewed & ratified  |

**Signed by**

|                    | Name          | Signature   | Date          |
|--------------------|---------------|---|---------------|
| Headteacher        | Ann Pelham    |  | February 2023 |
| Chair of Governors | Clare Hegarty |  | February 2023 |

**Distribution**

| Shared with  |
|--|
| <ul style="list-style-type: none"> <li>• Staff via school server</li> <li>• Parents via Website</li> </ul> |

- Governors via committee meetings

Date for next review

Spring 2025

## Appendix I



### Food information – possible allergens

#### Early Years Breakfast and After School Club

Following EU regulations from December 2014, we need to provide information about possible allergens that the food we serve might contain to the best of our knowledge. Please read.

These allergens are:

- **Eggs** – we do not use eggs unless in a cake for a special occasion. Egg may be contained in products we buy.
- **Milk** – Children are offered milk to drink
- **Fish** – Fish is served regularly e.g Fish fingers
- **Crustaceans** (e.g crab, lobster, prawns) – not used
- **Molluscs** (e.g mussels, oyster, squid) – not used
- **Nuts** – Not used. Products bought may contain traces of nut. Staff running breakfast and after school club are aware of who has a nut allergy.
- **Sesame seeds** – we do not use sesame seeds or sesame seed products

- **Cereals containing gluten** (wheat, barley, rye, oats) – We offer bread, wraps, pitta and cereals
- **Soya** – not supplied by the school
- **Celery** – offered at after school club occasionally
- **Mustard** – not used
- **Lupin** – Not used
- **Sulphur dioxide and sulphites** (at concentration of 10:1000000) – not used except in small quantities in raisins
- **Gluten** – Gluten free products can be provided if necessary.

Please check with a member of staff if you are concerned about any ingredients we use