



Whole School Food Policy

Revised - October 2019

Mission Statement

Our school recognises the importance of nutrition on pupils' emotional and physical health and well-being and the effects this has on an individual pupils ability to maximise their educational achievement.

Aim

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

We specifically aim:

1. To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school
2. To make sure that nutrition education has a prominent place in school life
3. To offer healthy food and drink choices at all appropriate opportunities
4. To ensure the food environment promotes a happy, pleasurable experience

Objectives

1. Ensure that all food and drink served reflects the needs of all pupils and staff and makes healthy choices easy to take
2. Consider long and short-term impacts on health prioritising physical activity promotion.
3. Regularly review occasions during the school day to ensure that healthy food and/or drinks are available when needed
 - Before/after school
 - Break times
 - Lunchtime
 - Special activities e.g. Sports days, parents evenings
4. Provide food and drink that allows individuals to
 - Drink water frequently throughout the day
 - Eat healthily
 - Provide support for meeting individual needs for special diets
5. Create a pleasant eating environment that is appropriate to the age of the pupils
6. Deliver a curriculum that develops nutrition messages throughout a pupils school life
7. As far as possible proactively provide consistent and up to date information relating to food and nutrition for parents e.g. website, newsletters, displays etc

How we will do it

1. Include providers, adults and pupils in all processes that review, change or evaluate service delivery
2. Identify and remove all conflicting information and practices e.g. classroom reward schemes, fundraising using promotions on confectionery products, special offers
3. Promote healthy eating messages during the whole school day including during break time and lunches.
4. Provide access to training to ensure staff are supported to carry out necessary change.

Who will be involved?

Representatives from the Governing Body, School Council, Catering, Staff, & other advisors e.g. Public Health Nurse, Dietitian, Oral health promotion staff, Community leaders will be invited to be involved in all development, decisions and actions

Snacks Guidance

Food considerations

1. Every 4 – 6 year old will have 1 piece of fruit or vegetable provided free of charge as part of the National School Fruit and Vegetable Scheme.
2. Woodlawn School to encourage parents to supply 1 piece of fruit or vegetable for 7 years+
3. The snack is in addition to regular meals.
4. Try to keep high fat, high sugar, and high salt items to a minimum. Use the following figures **as a guide** where data is available
 - Salt – less than 1.00g salt (0.4g sodium) per 100g
 - Fat – less than 10g total fat per 100g; 5g saturated fat per 100g
 - Sugar – less than 5g/100g of added sugar. Foods that contain naturally occurring sugar such as fruit and milk do not need to be included.

Small snacks

- Fruit – fresh, dried long-life type pots, fruit salad in pots, fruit on sticks
- Vegetable chunks / sticks e.g. carrots, cucumber, cherry tomatoes
- Water, milk
- Pure fruit and vegetable juice
- Fruit smoothies
- Toast

Larger snacks

- Plain, fruit or cheese scones, teacakes, bread muffins, crumpets, bagels
- Fruit loaf / breads
- Sandwiches
- Toasted sandwiches

Packed Lunch Guidance for Parents

The right kinds of food in a packed lunch box can help a child concentrate and learn and a good packed lunch will ideally include a selection of foods that will keep their energy levels up throughout the afternoon.

Woodlawn School encourages each child to have a daily school meal, however we do have the following rules for packed lunches :-

- Woodlawn operates a whole school ban on fizzy drinks
- Woodlawn operates a whole school ban on energy drinks

The following is a suggested list for a lunch. Use the Balance of Good Health as a basis for making your choices. Try to have something from 3 groups every day, and all the groups during the week.

Group 1 - Breads and cereals

- Slices of bread
- Bread buns/rolls
- Pitta bread
- Chunks of French bread
- Bread sticks
- Crackers or cheese biscuits
- Fruit or cheese scone
- Cooked pasta
- Cold, chopped potato

Group 2 - Fruit and Vegetables

- All types of fresh fruit,
- Some fruit goes well in sandwiches or salads e.g. grated apple and cheese, pineapple chunks and ham
- Cherry tomatoes
- Salad leaves in sandwiches or separately in a box or bag
- Carrot, celery, and cucumber sliced, grated or sticks
- Tubs of coleslaw or similar “dressed” salad
- Small pots of tinned or stewed fruit – don’t forget a spoon!
- Canned or frozen vegetables mixed into fillings e.g. tuna and sweet corn, grated cheese and grated carrot

Group 3 - Meat, fish and alternatives

- Cold sliced meat – ham, chicken, turkey etc
- Salmon, tuna, sardines, pilchards
- Meat and fish spread (spreads tend to be better than pastes)
- Liver pate
- Hard-boiled eggs sliced, whole or with mayonnaise/salad cream,

Group 4 - Milk and dairy foods

- Cheese for sandwiches- grated, slices, soft cheese
- Yoghurt or Fromage Frais
- Tubs of custard or milk pudding style desserts
- Cartons of milk

Drinks

Milk or plain water.

Practical Issues

Try to put a small ice block into the lunch box to keep everything cold - throughout the year.

If you feel your child has specific issues around diet or you or require support to adopt the above please contact the Public Health School Nurses.