



Whole School Food Policy

Revised - October 2019
Reviewed - May 2021
Reviewed – February 2022

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 the food environment is safe for all pupils and takes Natasha's Law into account within all food activities in school.
2. 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.
3. To make sure that nutrition education has a prominent place in school life.
4. To offer healthy food and drink choices at all appropriate opportunities.
5. 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

Natasha's Law

In October 2021, new food information regulations for England, Wales, and Northern Ireland came into force. These come under Natasha's Law.

The Food Information (Amendment) (England) Regulations 2019

The UK Food Information Amendment, also known as Natasha's Law, came into effect on the 1st of October 2021. It requires food businesses to provide full ingredient lists and allergen labelling on foods pre-packaged for direct sale on the premises.

Under the new rules, food that is pre-packaged for direct sale (PPDS) must display the following clear information on its packaging:

- The food's name
- A full list of ingredients, emphasising any allergenic ingredients.

For schools, the new labelling requirements will apply to all food they make on-site and packaged, such as sandwiches, wraps, salads, and cakes. This includes food offered at mealtimes and as break-time snacks.

NB: it also applies to food the pupils select themselves or that caterers keep behind the counter.

We now need to let people know if foods contain any of the listed allergens as an ingredient.

Consumers may be allergic or have intolerance to other ingredients, but only the 14 allergens are required to be declared as allergens by food law in the UK.

The 14 allergens are:

- **Celery**
- **Cereals containing gluten (such as barley and oats)**
- **Crustaceans (such as prawns, crabs and lobsters)**
- **Eggs**
- **Fish**
- **Lupin**
- **Milk**
- **Molluscs (such as mussels and oysters)**
- **Mustard**
- **Peanuts**
- **Sesame**
- **Soybeans**
- **Sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million)
- **Tree nuts** (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts).

Local authorities enforce allergen information regulations. The Local Authority Environmental Health Department are appointed to oversee **ALL** premises that supply food within the Borough/District, including MATs and Independent schools.

Failure to act on advice given by the local authority may result in an improvement notice. If schools do not meet the requirements of the notice, the school will be issued with a penalty.

Your duty and care is required

All schools must ensure that the food and ingredients they provide pre-packaged on-site meet all the labelling requirements of the new legislation.

For Woodlawn school we must ensure that food made and wrapped in-house, provides this information. North Tyneside catering team provide meals to Woodlawn School pupils and ensures all requirements are met.

Children's immune systems react in different ways to certain foods. A certain type of food might be safe to eat, but the body mistakes the proteins in it as harmful and responds by producing an antibody.

Some symptoms will be more severe than others, ranging from a runny nose and itchy eyes to skin reactions, breathing difficulties, nausea, and diarrhoea.

Anaphylaxis

Anaphylaxis is a severe and potentially life-threatening reaction to a trigger such as an allergy. It usually develops suddenly and gets worse very quickly. The symptoms include:

- feeling lightheaded or faint
- breathing difficulties – such as fast, shallow breathing
- wheezing
- a fast heartbeat
- clammy skin
- confusion and anxiety
- collapsing or losing consciousness

There may also be other allergy symptoms, including an itchy, raised rash (hives); feeling or being sick; swelling (angioedema) or stomach pain.

What to do if someone has anaphylaxis:

Anaphylaxis is a medical emergency. It can be very serious if not treated quickly. If someone has symptoms of anaphylaxis, you should:

- Follow the child's emergency medical care plan.
- Use an adrenaline auto-injector if the person has one – but make sure you know how to use it correctly first.
- Call 999 for an ambulance immediately (even if they start to feel better) – mention that you think the person has anaphylaxis.
- Remove any trigger if possible – for example, carefully remove any stinger stuck in the skin.
- Lie the person down flat – unless they're unconscious, pregnant or having breathing difficulties.
- Give another injection after 5 to 15 minutes if the symptoms do not improve and a second auto-injector is available.

At Woodlawn School we do not currently have any pupils in school who require auto injectors.

We currently have a number of pupils who require careful monitoring of food intake, and pupils with intolerance of some food products.

We also have a number of pupils who require close monitoring as they may eat non-food products.

We have pupils in school with the following food related medical needs:

- Food allergens
- Peg feeds
- Prada Willi syndrome
- Pica

How we will deliver our school food policy.

We will:

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.
5. Request allergen and medical information on entry to Woodlawn School and annually thereafter to ensure all information on a child's medical needs remain up to date.
6. Provide class staff with the information on pupil medical requirements.

7. Provide the catering team with a full list of pupil medical needs with food and feeding requirements.
8. The school nursing team are on school site to support Woodlawn Staff with any enquiry or concerns.
9. The speech and language team provide expertise on any feeding difficulties for Woodlawn pupils.
10. Ensure all class staff consider allergen and pupils food related needs when planning any activity involving food (or resources which may be eaten)
11. Ensure all food related activities are fully inclusive to pupils with allergen and medical needs.
12. Closely monitor pupils with allergens to reduce risk around eating others food and pupils who may eat non-food related products. Complete risk assessment in appendix 1.

Usual school food activities will involve:

- Snack time
- Lunch/ meals either school made meals or packed lunch
- Food Technology lessons
- Independent living activities
- Trips out of school where pupils have either packed lunch or buy meal/ snack at external venue.
- Food sent into school from parents as a class treat.

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.