



PEAK SCHOOL

Healthy Food Policy

Approved by:

Date:

Last reviewed on:

December 2023

Next review due by:

December 2024

At Peak School we recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. It is important we consider all elements of our work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

1. Introduction

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

We know that obesity increases by 12% between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. A [recent report from the National Dental Public Health Team](#) showed that children who are above a healthy weight were more likely to have dental caries in all deprivation categories. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health:

- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer.
- If we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

2. Aims and Objectives

- To ensure that all food and drink served is in line with the Government's mandatory standards, is varied, is served in appropriate portion sizes, looks good and tastes good.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian/vegan and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.
- To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- To involve the school community in all aspects of food in schools.
- To make healthier choices quicker, easier and better value for money.
- To ensure that all food and drinks consumed as snacks are healthy for teeth.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. fund raising events and cooking in the classroom, demonstrate good food safety practices and have completed a recognised Food Hygiene qualification.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.

3. Food Provision in our School

Food Safety

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

Children with specific food allergies have health plans, which are shared with all class staff and displayed in the kitchen. As a school we operate **“No nuts or traces of nuts policy”** as we have pupils on site with severe nut allergies.

Break Time

Break time snacks include both those brought from home or provided by school. Children in Key Stage One benefit from the National School Fruit and Vegetable Scheme, which entitles them to one free piece of fruit, or vegetable a day.

As many children & young people consume large quantities of snacks every day, providing an environment to making healthier choices easier choices could have a huge impact on health. Working with parents will help to reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards.

Lunchtime Provision

Promoting a positive lunchtime experience - Dining environments should be a pleasant, social and cultural experience. Happy dining environments help to promote a positive lunchtime experience. Students at Peak eat with their peers in their own classroom environment or the dining halls.

As a school, we aim to

- provide a dining environment that is a desirable place to eat
- ensure there is enough space to sit and eat a meal feeling refreshed and relaxed ready for learning in the afternoon.

School meals

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals, which take into account health needs, and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the ‘at least 5 a day’ message and the ‘Eatwell Plate’ and compliant with the School Food Standards.

Halal provision and dietary requirements: Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged.

School meals are cooked on site by Derbyshire School Meals Service.

Packed lunches

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however; studies have shown that packed lunches often contain high levels of salt, fat and sugar.

As a school, we aim to

- set guidelines (in consultation with parents) regarding the content of packed lunches in line with the whole school approach to food in schools.
- ensure that packed lunches are stored safely to avoid food safety risks.

Drinks

Health benefits of drinking water are widely acknowledged. In line with the [School Food Standards](#), the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards.

As a school, we aim to

- encourage pupils to drink water frequently.
- ensure that drinks that are unsafe for teeth are not consumed between meals.

4. Food in the Curriculum

As a school, we aim to

- enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.
- ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
- ensure opportunities within the whole school curriculum promote and raise awareness of the following topics - healthy weight, breastfeeding, oral health.

5. Food Supplied at School Events and Celebrations

The national School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However, consideration should be given as to how the food and prizes supplied at school events is consistent with the school ethos with regard to food.

As a school, we aim to

- ensure that healthy food and drink options are available at all school events, including parties, celebrations and fund-raising events.

6. Sponsorship

The school should not take part in sporting events and other promotions sponsored by confectionary and fast food companies. This is, as we believe these companies are doing this to create brand loyalty rather than to promote health.

7. Role of Governors

Governing body has a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The governing body is responsible for ensuring that the national school food standards are met.

- All food and drink provided at school 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 body 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.
- The governing body 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.

8. Monitoring and Review

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed.

9. Supporting materials, guidance and legislation

[The School Food Plan and School Food Standards](#)

[School Food Standards: resources for schools](#)

[Information on food allergens](#)

[food allergen poster](#)

[Government Buying Standards for food and catering services](#)

[School fruit and vegetable scheme](#)

[NHS Eatwell Guide](#)

[Safer Food Better Business Pack](#)

[Change 4 Life](#)

[Food Standards Agency](#)