



Trinity Road Primary School

RESPECT • ACHIEVE • BELONG

Food and Nutrition Policy

Reviewed by:	Headteacher
Date:	Autumn 2019
Next Review:	Autumn 2023

Trinity Road Primary School believes that healthy eating patterns are extremely important in order for pupils to achieve their full potential academically, physically and mentally. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

As a school, we have always prided ourselves in providing the best education to your children whilst attending Trinity Road School. Part of our curriculum has always been to improve the health and well being of pupils, staff and parent/Carers. This policy will outline the school's curriculum and school procedures that ensure the health and well being of our pupils is paramount at all times.

Aims of Trinity Road Food Policy:

- To promote healthy eating to all pupils, staff and visitors to the school.
- To make pupils aware, through the curriculum and all areas of school life, of the positive effects of healthy eating.
- To develop in pupils, families, staff and the wider community a life long approach to healthy eating.
- To increase pupils knowledge of food production, manufacturing and distribution and their impact on both their health and the environment.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food.
- To ensure that food provision in the school reflects the medical requirements of staff and pupils.
- To introduce and promote practices within the school to reinforce these aims.

Objectives:

- **To work towards ensuring this policy is both accepted and embraced by;**
 - Governors
 - School management
 - Teachers and support staff
 - Pupils
 - Parents
 - Food providers
 - The school's wider community
- **To integrate these aims into all aspects of school life, in particular;**
 - Food provision
 - The curriculum
 - Pastoral and social activities

Working with the School's Provider

The school works with Ashlyn's who provide means and staff for the lunch service. They work with the school to ensure that menus conform to the nutritional standards for the school meals and non-school meal food provided in school. Menus conform fully with school meal standards, whilst taking the views and preferences of the children into consideration.

Here's a summary of the food based standards:

These healthier products should be provided

- **More Fruit and Vegetables:** Not less than two servings per day per child must be provided; at least one should be vegetables or salad and at least one should be fruit.
- **More Oily Fish:** Oily fish such as mackerel or salmon must be provided at least once every three weeks.
- **Bread:** A type of bread with no added fat or oil must be provided.
- **Drinking Water:** Free, fresh drinking water must be provided.
- **Healthier Drinks:** The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above. Tea, coffee and low calorie hot chocolate are also permitted.

These foods are now restricted or no longer allowed

- **NO Confectionery:** Confectionery such as chocolate bars, chocolate-coated biscuits and sweets must not be provided.
- **Salt and Condiments** - Restricted: Salt must not be provided at lunch tables or at service counters. Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.
- **Snacks**- Restricted: Snacks such as crisps must not be provided. Seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be provided at lunchtime as part of a meal when served with fruit, vegetables or dairy food.
- **Deep-Fried Food** - Restricted: No more than two deep-fried foods, such as chips and batter-coated products, in a single week.
- **Meat Products** - Restricted: A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal: **Group 1:** Burger, hamburger, chopped meat, corned meat; **Group 2:** Sausage, sausage meat, link, chipolata, luncheon meat. **Group 3:** Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll. **Group 4:** Any other shaped or coated meat product

School Curriculum

At Trinity Road there are numerous opportunities to integrate an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum.

Cooking and Nutrition at Trinity Road Primary School

At Trinity Road, we recognise that learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Cooking and Nutrition forms a significant part of the Design and Technology programme of study. As part of the National Curriculum it is expected that children should be taught where the food they eat comes from, understand the importance of good nutrition and a healthy lifestyle and develop the skills necessary to prepare a range of meals. Through their learning, it is expected the children will be given the opportunity to apply what they have learnt about nutrition and healthy eating when creating their own meals.

Cooking and nutrition is integrated in the 'topic' curriculum at Trinity Road, and meets the requirements of the Science, Physical Education and Design & Technology curriculum. This also relates closely to the PSHE curriculum.

The eating environment:

Lunchtime is from 11.45 – 12.55pm. Foundation and Key Stage 1 go in first for lunch and are encouraged to finish their meal and move on to the playground. Key Stage 2 follow.

Pupils eat school meals in the dining hall. The dining hall has attractive displays of pupils' and artists' work that are changed regularly. Tables are laid out pupils choose where they wish to sit. Staff are encouraged to eat with pupils in the dining room. Packed lunches are able to be eaten outside on the picnic benches when weather permits.

School meals (lunches):

School meals are prepared on site. Menus are displayed clearly and are available on the school website as well as the current week being referenced in the weekly newsletter. The menus are rotated on a 3 weekly basis.

Midday Supervisors and Teachers circulate and encourage pupils to eat their meals.

Children are expected to have at least one type of vegetable with their meal- this may be something from the salad bar. Children are encouraged to eat as much as they can, but are not forced. There are no expectations about how much pupils are allowed to leave but if a child consistently eats little, this is raised with the class teacher for them to discuss with parents.

Children with allergies

Pupils with allergies are known to the school cook and are given a card to highlight their allergy and alert the kitchen staff serving them. Menus are prepared so that pupils with allergies are still catered for.

Due to allergies, we are a nut free school.

Lunch boxes from home

The expectation for packed lunch is that children, as a minimum, have a sandwich or alternative, at least one piece of fruit or vegetable and a drink (not fizzy). A healthy message is encouraged for packed lunches.

Packed lunches are kept on trolleys in the corridor, from where children collect them prior to lunchtime.

This policy applies to packed lunches for school visits.

Information on a healthy packed lunch can be found on the school's website (appendix 1).

Lunch boxes from school

During educational visits, school packed lunches can be provided. These follow the same principles of a healthy meal and contain a sandwich, a piece of fruit, a yoghurt and a drink.

Snacks including school tuck shop

As the school is part of the School Fruit and Vegetable Scheme, Key Stage 1 children are given a piece of fruit every day.

KS2 children are able to bring a healthy snack into school for breaktime.

Pupil Premium children are now entitled to free school milk. We have recognised the importance of this for all children and have funded this provision for every child in KS1 and KS2 who wishes to have milk. This is available at lunchtime.

Drinking water

At Trinity Road we are aware that research suggests that the consumption of water has an effect on learning. Children are therefore encouraged to have fresh drinking water throughout the day to promote good health and learning. Water is provided at lunchtimes in the dining hall in plastic cups. There are water fountains around the school that pupils can drink from throughout break times.

Pupils are encouraged to bring their own water bottles for the classroom which can be refilled during the day. Water bottles are kept in the classroom in an accessible area for pupils to drink from during lessons.

Staff training

The school catering is provided by Ashlyn's who ensure all staff are fully trained and this is kept up to date.

Parents

Parents are recognised by Trinity Road Primary School as an essential part of encouraging healthy choices and a healthy lifestyle. Information is shared with Parents and Carers in the following ways:

- The school lunch menu is displayed in the school's reception. This allows parents/carers to review the food provided with the children and encourage them at home
- Advice on healthy packed lunches can be found on the school website.
- Regular updates and information are sent via the newsletter.
- Opportunities for parent training and parent workshops are advertised as opportunities arise.

Monitoring and Evaluation

How do we know our objectives are being met?

- School council feedback / input
- Review policy every three years
- Review impact of curriculum provision
- Monitor packed lunches to ensure they are healthy and nutritious
- Evaluate children, parents and staff's perception of healthy eating in school
- Evaluate parents, pupils and teachers' perception of the effectiveness of the range of food provided
- Monitor water bottles in school
- Maintain our **Healthy School's Status** and work towards enhanced level.

Appendix 1

Healthy Packed Lunches at Trinity Road Primary School

At Trinity Road we believe it is essential to be as healthy as we can be, as this supports learning. Please find below those things that are suitable and not suitable for packed lunches, in order to support our drive to maintain and enhance our healthy school status.

What could I include in a healthy packed lunch?

Sandwich, roll or wrap
Pasta, rice, noodles, cous cous
Fruit
Carrot or cucumber sticks,
Rice cakes or bread sticks,
Water, fruit juice or squash
Yoghurt, cheese
Dried fruit or seeds
Cereal bars

What should I avoid in a healthy packed lunch?

Fizzy drinks
Sweets
Crisps or packet snacks with a high salt content
Chocolate bars

Please be aware that Trinity Road is a no nut school so please avoid these in all lunches.

For additional food ideas, visit

<http://www.nhs.uk/livewell/childhealth6-15/pages/lighterlunchboxes.aspx>