



# Cranborne Middle School

## Nutrition Policy

### Introduction

In our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's Science, Personal, Social, Health and Citizenship Education (PHSCE), Drug and Sex & Relationship Policies.

The school supports the NHS '5 a day' campaign to encourage children to eat 5 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. The school also promotes the Government produced packed lunch guidance for school lunches in order to ensure that all children benefit from eating quality food during the school day.

### Rationale

All elements of our work have been considered to ensure that we promote health awareness in all members of the school community. We provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

The school ethos, the curriculum and all school staff bring together all elements of the school day to create an environment, which 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 and encourage parents to support this
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

### Settings for food policy

We do not use vending machines in our school however the school canteen provides a wide range of break snacks and lunchtime meal options which all comply with Government guidelines.

## **School lunches and packed lunches**

All our school meals are provided by the in-house catering team who fully support healthy food choices and comply with the recommended provision for school catering. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a range of hot and cold options, all of which pay regard to nutritional balance and healthy options.

Some children bring packed lunch to school. Our school newsletter reminds pupils and parents of the allergies of other children within the school so as to avoid any contamination or allergic reaction to ingredients, e.g. nuts, sesame etc.

## **Water for all**

Drinking water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. Every child is encouraged to bring a water bottle to store water in for moderate consumption during lessons. Children may drink their water at any time except during assembly times.

## **Food across the 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, eg writing to a company to persuade them to use non-GM foods in children's food and drink 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 types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. It also covers the impact of poor diet.

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.

Computers 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.

Food Technology as part of Design and Technology (DT) provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including menu design, the preparation and cooking of food.

PSHCE 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. Pupils are able to discuss issues of interest to young people, eg, advertising and sustainable development.

Geography 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 who rely on growing food as their source of income (Fair Trade). History provides insight into changes in diet and food over time and provenance.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activities.

## **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.

Parents and carers are regularly updated through letters and school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, eg, school discos, the school provides snacks and drinks which are in line with the school's policy.

## **Role of the governors**

Governors monitor and check that the school policy is upheld by meeting with the school staff responsible for catering on an annual basis and reviewing menus, regulations, kitchen setup and discussing how the school complies with the Healthy Schools initiative.

## **Monitoring and review**

The Catering Coordinator and various departmental school staff are responsible for the curriculum development of the Nutrition Policy.

The Senior Leadership Team are responsible for supporting colleagues in the delivery of the Nutrition Policy.

### Appendix A

Adopted by the Full Governing Body: May 2021

## **Government lunch advice**

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, beans etc.
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include vegetables and fruit (with no added salt, sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally

## Appendix B

### **What's in a healthy packed lunch?**

A child at school should have about a third of their daily nutrient requirements at lunchtime. This means they need food that is going to provide them with enough energy, protein, fibre, vitamins and minerals.

A healthy packed lunch should contain a mix of foods from the 'EatWell Plate'. The 'EatWell Plate' shows how much should be eaten from each of the 5 food groups.

A good packed lunch contains:

- A starchy food, such as bread, rolls, naan bread, potatoes, rice, noodles etc.
- These foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be fresh vegetables such as carrot sticks, salad or a vegetable soup or vegetable dish.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

### **What about snacks such as crisps, cakes, pastries and sweets?**

These foods should only be given occasionally. Children will then appreciate them more. If these foods are included in packed lunches, they might eat these first and not have the appetite to eat the other foods that will provide them with the important, balanced nutrients they need to grow and develop, be healthy and active.