



# **Loughton School**

## **Whole School Food Policy 2022**

## **Rationale**

At Loughton School we are committed to giving our children 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. We encourage the children to have a balanced diet.

Loughton supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity. We also support the 'Better Health' campaign that the NHS promote.

## **Aims and Objectives**

- For staff to ensure that we are giving consistent messages about food and health.
- For staff to give our pupils the information they need to make healthy choices.
- For our curriculum and advice from staff to promote good nutritional health in all pupils.
- To contribute to the healthy physical development of all members of our school community.
- For staff to encourage all children to take part in the '5 a day' campaign.
- For leaders to ensure that food provided to pupils in school is nutritious and of high quality.
- For staff to protect those who are nutritionally vulnerable.
- For staff to promote good eating behaviour.

**Outlined below are aspects related to our school food policy.**

### **a) Breaktime Snacks**

Children are allowed to bring into school a breaktime snack consisting of fruit, vegetables, fruit bars or healthy cereal bars. No crisps, chocolate bars or sweets are allowed.

### **b) Water for all**

Water is freely available throughout the school day to all members of the school community. Children are encouraged to bring in a clear plastic water bottle. They will have regular opportunities to drink their water during the day and refill bottles when required.

### **c) School lunches and packed lunches**

All our school meals are provided by a contracted caterer who has a healthy food policy and are required to meet the mandatory standards for school lunches. The contractor provides a main option, vegetarian option, jacket potato option or sandwich option all of which pay regard to nutritional balance and good health. We do not allow parents to provide other hot food for pupil lunches, for instance take-aways, as this sends the wrong message to other pupils, causes logistical issues, and we cannot be sure that the food is fit to eat after the wait.

Many children bring in packed lunches to school. We regularly include newsletter items about the content of these. **Packed lunches must not include any nuts as we have children in school with severe nut allergies.** Packed

lunches should include a balanced range of foodstuffs. Sweets and chocolate are not allowed in packed lunch boxes. Please leave these as treats for outside of school.

**d) 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.

**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. This is not always easy but our school is well placed to lead by example.

Parents and carers are advised on our food policy through 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 etc., the school will encourage those who organise the event to consider the Food Policy in the range of refreshments offered for sale to the children.

**Role of the Governors**

The governors will monitor and review the implementation of this policy. This will lead to on-going policy development with changes over time.