



Promoting Healthy Eating Policy

July 2021

Date of next review: July 2022

Introduction

A coherent whole school approach to food is intended to help us develop eating and drinking activities in our school which will have a positive impact on health and wellbeing.

Eating activities in school are also important in establishing social roles and shaping values and as such they should also reflect the school's ethos.

Adopting a consistent approach to all aspects of food and drink in school will directly benefit our pupils, staff, parents and caterers.

Children who are well fed are better prepared to learn and achieve.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

Aims

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.
- To help our children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.
- To help Mount Pleasant School work towards being a healthy school.
- To support CBF's intent on reducing waste at MPC and maximising finite resource available.

Objectives

- To ensure that pupils and staff are well nourished at school and that every pupil has access of safe, tasty and nutritious food.
- To ensure that all pupils and staff have access to an easily available water supply during the school day.
- To encourage all school staff to create and promote an environment which supports a healthy lifestyle through curriculum topics and acting as good role models.
- To provide a welcoming eating environment which encourages positive social and cultural interaction of pupils and staff.
- To involve pupils and parents in guiding food policy and practice within the school and to act on feedback provided at least annually.
- To make sure staff training includes diet, food safety, first aid and hygiene.

Overarching Principles and Guidance

At Mount Pleasant School we will follow the standards detailed in the [School food standards practical guide \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/61222/school-food-standards-practical-guide.pdf), which are a mandatory requirement whilst working within the local constraints of the food that is available through BFSAI facilities and provision.

The Guide states that:

'A child's healthy balanced diet should consist of:

- 1. Plenty of fruit and vegetables***
- 2. Plenty of unrefined starchy foods***
- 3. Some meat, fish, eggs, beans and other non-dairy sources of protein***
- 4. Some milk and dairy foods (and a small amount of food and drink high in fat, sugar and/or salt)'***

The above guide also contains detailed information about:

- The required food groups.
- Portion size.
- Standards for School Lunches.
- Standards for school food other than lunch.

Special dietary requirements

Food allergies or intolerances must be taken seriously.

Schools and caterers should work closely with parents to support children with medically-verified allergies or intolerances and cultural food preferences.

Snacks

Owing to the unique remote location of Mount Pleasant School and the need to make sure that **all children** get the nutrition they need the school will provide healthy fresh fruit and vegetables as morning snacks every day for all school children subject to local availability.

When fresh fruit and vegetables are unavailable other snacks such as savoury crackers or bread sticks will be considered again subject to local availability.

No other snacks, such as sweets, cakes, biscuits, chewing gum, crisps or fizzy drinks are permitted.

Food snacks containing nuts are not permitted due to possible allergies.

School Lunches

The school will aim to provide a welcoming eating environment which encourages positive social interaction.

Catering for school lunches is provided off-site by the MOD Catering and Rations Flight (CRF).

The MOD CRF will be made aware and kept up-to-date with the information contained in the [School food standards practical guide \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/61222/school-food-standards-practical-guide.pdf). Chefs from CRF will be invited to school to discuss the guidance and the menu plan that they can offer to school. CRF will be asked to vary the meal plan each term as far as is possible in order to provide some meal variety.

Advanced menu information is provided by the CRF chefs, usually on a half-termly basis.

The menu is influenced by other feeding commitments that CRF may have and is subject to the availability of products and ingredients which cannot always be guaranteed in the local circumstances. Wholegrain products, bread and oily fish are particularly difficult to supply to school.

The menu offered will consist of a choice between a hot meal or a cold sandwich packed lunch. The advanced menu will be sent out to parents to provide them with details of the daily meal choice and the meal accompaniments. Parents/carers are able to select the meal choices which school will order and serve to their children. We encourage parents/carers to involve their children in the meal selection process.

A number of contingency meals will be ordered by the school daily to ensure we have food available in case of accidents and to facilitate a small portion of seconds for children.

During lunch service

The children will be offered small portions of seconds in all food groups where available (but not including doughnuts/cakes)

The vegetarian option will continue to be a named choice on the menu as this gives the children a wider option of meals

Plain bread will continue to be offered with each meal

Key Stage 2 will have slightly larger plates than Key Stage 1, FS and Nursery children and so their portion size will also be slightly larger.

The cold sandwich packed lunch option will consist of a sandwich, piece of fruit such as an apple or an orange, a yoghurt and a dessert but not a chocolate coated confectionary item.

School will provide drinking water & milk served at the dining table.

There will be no plastic bottles of water or juice cartons provided in the packed lunch. The packed lunch will be served to the child plated and, when available, the child will be offered salad to accompany the sandwich.

On a daily basis the hot meals offered include a carbohydrate, a protein and vegetables.

In accordance with the guidance we will also ask the CRF to aim to provide a school menu plan that meets the following standards:

Starchy food	One or more portions of food from this group every day Three or more different starchy foods each week
Starchy food cooked in fat or oil	On no more than two days each week
Fruit & Vegetables	One or more portions of vegetables or salad as an accompaniment every day One or more portions of fruit every day At least three different fruits, and three different vegetables each week
Meat, fish, eggs, beans and other non-dairy sources of protein	A portion of food from this group every day

	<p>A portion of meat or poultry on three or more days each week</p> <p>For vegetarians, a portion of non-dairy protein three or more days a week</p> <p>A meat or poultry product (manufactured or homemade) no more than once each week</p>
Milk and dairy	<p>A portion of food from this group every day</p> <p>Lower fat milk must be available for drinking at least once a day</p>
Foods high in fat, sugar and salt	<p>No more than two portions of food that has been deep-fried, batter coated, breadcrumb-coated, each week</p> <p>No more than two portions of food which include pastry each week.</p> <p>Confectionery free desserts, cakes and biscuits are allowed at lunchtime</p>
Healthier Drinks	<p>Fresh drinking water at all times</p> <p>Lower fat milk or lactose reduced milk</p>

Staff will make every effort to ensure that pupils make appropriate choices and will encourage children to eat a reasonable portion size for their age and development.

Staff will serve the meal that has been ordered for each child.

On the rare occasion that the CRF have to send an alternative meal we will strive to make sure each child eats an appropriate meal and is well fed.

If a child refuses their meal the parent will be contacted by phone to find out if an alternative can be offered.

Where a concern should arise, for example children regularly not eating their meals, the concern will be brought to the attention of the Head Teacher so that the parent can be informed.

Packed lunches from home

Parents may opt not to order school meals or school packed lunches and instead choose to send a packed lunch from home.

Food sent from home **MUST BE NUT FREE.**

The food contained in home packed lunches is decided by parents but school would encourage parents to make choices that comply with this food policy.

School does not have capacity to store home packed lunches in a refrigerator and parents are encouraged to use 'cool blocks' inside their children's lunch boxes/bags to keep packed lunches fresh until lunchtime.

Food sent from home that is uneaten will be returned home so that the parent is aware of what their child is eating each day.

Drinks

School will provide lower fat milk daily for all pupils at lunchtime when it is available locally.

Plentiful drinking of water **is** to be actively encouraged. All parents are asked to send their child to school every day with a personal, named water bottle. Water bottles can be refilled at school during the day as needed.

Celebrations

The school recognises the importance of celebrating special occasions, birthdays for example. For birthday celebrations all children will receive a singing celebration at dinner time.

We appreciate that many parents and children want to share their special occasions and celebrate with food items. At such times we encourage parents to send a healthy treat for their child to share with the class.

For celebration events, we welcome a variety of foods for children to try.

Occasionally curriculum activities, festive holidays or fund-raising events may include treat food such as chocolate, cakes, cookies etc but the inclusion of other foods throughout the year will also be encouraged.

During celebrations we may also offer squash to drink, when we do so we will only offer products that have no added sugar and when these are unavailable we will provide water.

We are also mindful of dental advice:

- Encourage low sugar alternatives.
- When sugar intake does occur it's better to have at the same time as a main meal as enzymes in saliva are more effective at breaking down the sugar.

Staff Training

Staff training sessions will be held annually to include updates on:

- Appropriate age-related portion sizes
- Food groups
- School policy

Staff who prepare snacks or serve food will receive appropriate food hygiene training.

School Curriculum

Opportunities will be identified within the curriculum for children to learn more healthy eating. These could include:

- Health and nutrition
- Growth and development
- Looking after ourselves
- Planting, tending and growing healthy food
- Cooking nutritious meals
- Developing social skills at meal times
- Dental health and hygiene

How we will monitor and evaluate

Each time CRF provide a menu choice we will evaluate it against the 'Checklist for School Lunches' to make sure that the menu meets the required standard (as far as is possible given the local constraints)

Annually invite parents to dine with their child and experience a school meal.

Encourage School Governor Committee meetings to be held during the morning session so that Governors may choose to have their lunch at school.

Yearly provide a parent and student meal questionnaire

Availability of Policy

This policy will be available on the school website.

Staff will be updated during staff meetings and during staff training sessions.

Parents will be advised of the availability of the policy in family information booklet