



**Kings Langley School**

Unlocking Potential for Life

# Whole School Food Policy

Date Agreed – March 2023

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## Contents

Rationale	Page 3
Character Development: Commitment to Equality and Diversity	Page 3
Food Policy Co-Ordinator	Page 4
Purpose	Page 4
Guidelines	Page 4
Appendix 1 – Eatwell Guide	Page 6
Appendix 2 – National Guidance	Page 6
Appendix 3 - The School Food Standards Poster	Page 8



## Rationale

- To provide an environment that promotes healthy eating and provides healthy, tasty and nutritious food and drink, enabling students to make informed choices about the food they eat.
- This policy exists to provide a framework for supporting our stated aim of “ensuring the happiness of every individual in our community” by providing opportunities for growth and excellence through the education of the whole person, to promote a climate which enables all students to flourish, regardless of ability or special needs, and supports our desired outcomes of developing "strong character" including aspects of “stickability”, self-regulation and empathy.
- The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

## Character Development: Commitment to Equality and Diversity

This school is founded on a set of fundamental values designed to enable all students and adults connected with our community to flourish and succeed, regardless of background or circumstances. We are determined to be open to people, places, methods and ideas—and as such, equality and diversity are at the heart of everything we do. Our continued dedication to social justice and equality of opportunity is embodied in everything we do.

We are creating an **inclusive** school community where:

- People are treated with dignity and respect.
- Inequalities are challenged.
- We anticipate, and respond positively to, different needs and circumstances so that everyone can achieve their potential.
- We value diversity and we recognise that different people bring different perspectives, ideas, knowledge and culture, and that this difference brings great strength.
- We believe that discrimination or exclusion based on individual characteristics and circumstances, such as age; disability; caring or dependency responsibilities; gender or gender identity; marriage and civil partnership status; political opinion; pregnancy and maternity; race, colour, caste, nationality, ethnic or national origin; religion or belief; sexual orientation; socio-economic background; trade union membership status or other distinctions, represents a waste of talent and a denial of opportunity for self-fulfilment.
- We recognise that patterns of under achievement at any level and differences in outcomes can be challenged through positive intervention activities designed to bridge gaps.
- We respect the rights of individuals, including the right to hold different views and beliefs. We will not allow these differences to be manifested in a way that is hostile or degrading to others.
- We expect commitment and involvement from all our staff, students, partners and providers of goods and services in working towards the achievement of our vision.



## Food policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by **Diane Bell, Deputy (School Manager)**

## Purpose

- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To ensure the provision of drinks provided by the school catering contractor meet the relevant standards.
- To encourage students to eat more fresh fruit and vegetables by improving the quality of food provision supplied to the school by Chartwells.
- To ensure that all teachers with responsibility for the formal food curriculum have basic food hygiene training.
- To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the Government's National Criteria.
- To ensure that all staff who work with food in school have the appropriate level of food hygiene training.

## Guidelines

- The school is committed to ensuring that the provision of lunches and other food and drink provided meets the school food standards ([Standards for school food in England - GOV.UK \(www.gov.uk\)](http://www.gov.uk)).
- It is understood that there is no requirement that lunches must be hot meals, however hot lunches will be provided wherever possible to ensure that all students are able, if they wish, to eat at least one hot meal every day.
- Water is available, freely accessible and free of charge at all times on the school premises.
- The catering provider will have regular monthly update meetings with the school to ensure the quality of the provision of fruit, vegetables and the general quality of all food items supplied is maintained.
- A school lunch is provided for students where a meal is requested and either the student is eligible for free school meals, or it would not be unreasonable for lunches to be provided.
- Facilities are provided free of charge for all students to eat the food they bring to school and who are not taking school meals. These facilities include accommodation, furniture and supervision so that students can eat food they have brought from home in a safe and social environment.
- Food and nutrition is taught at an appropriate level throughout each key stage in Design and Technology, Science and PSHE. The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.



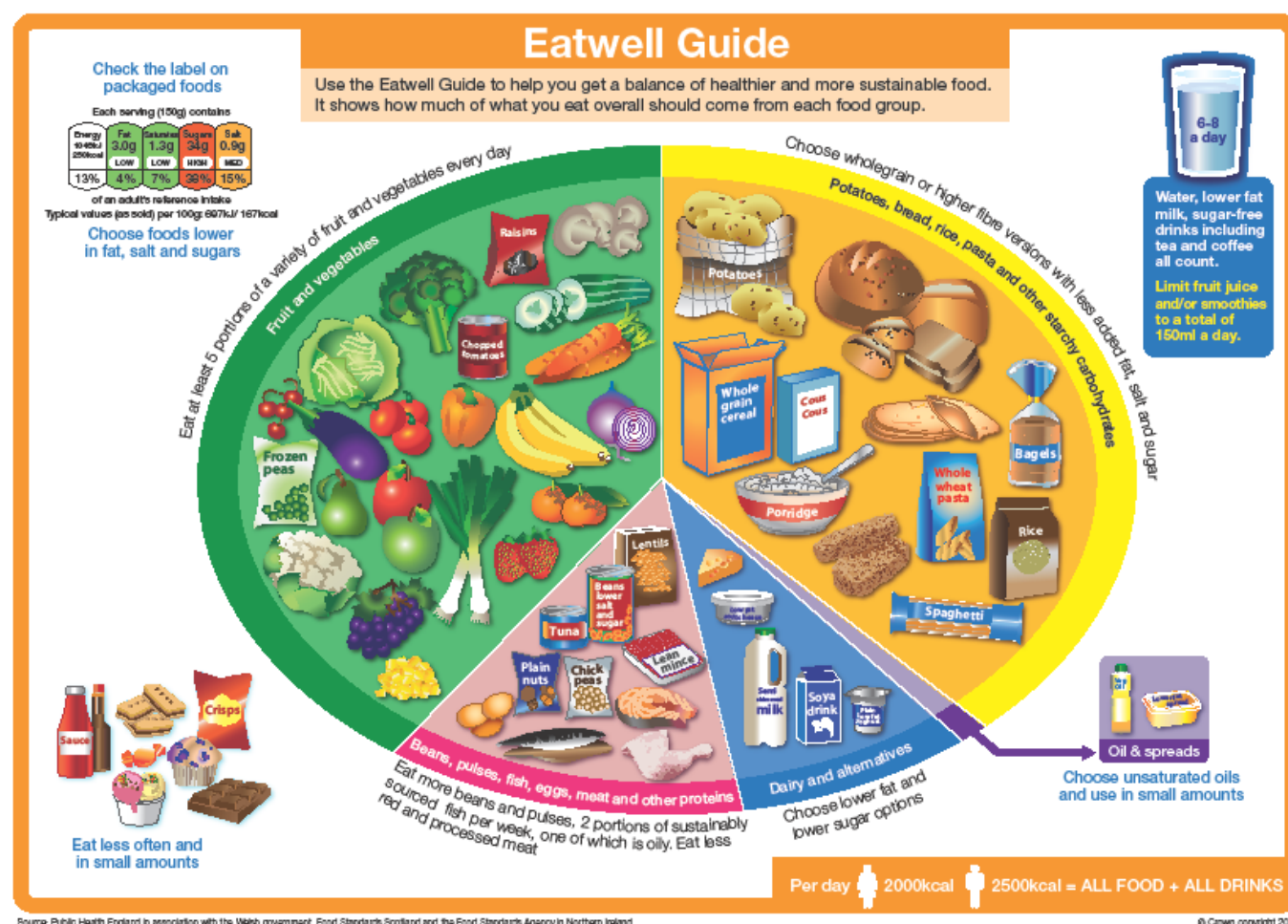
- Rewards - The school does not encourage the idea of food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: credits, postcards, letters home, badges, water bottles, key rings, stationery etc.
- Special dietary requirements - the school will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.
- The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of students.
- Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the students. Staff are also encouraged to eat a school lunch and sit with students in the dining hall.
- Continual professional development (CPD) – all food technology teachers have CPD to ensure that they attain a recognised level 2 award in Food Safety. Please note that for some social or fundraising activities organised by the school exceptions may be made to the general guidance noted above.

### **Exemptions to the School Food Regulations**

The School Food Regulations do not apply to food provided:

1. at parties or celebrations to mark religious or cultural occasions
2. at fundraising events
3. as rewards for achievement, good behaviour or effort
4. for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
5. on an occasional basis by parents or pupils

## Appendix 1



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Appendix 2

### National Guidance

Students have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

A Healthy School:

- Has identified a member of the SLT to oversee all aspects of food in school.
- Ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff.
- Has a whole school food policy – developed through wide consultation, implemented, monitored and evaluated for impact.



- Involves students and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating and acts on their feedback.
- Has a welcoming eating environment that encourages the positive social interaction of students.
- Ensures healthier food and drink options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance (Standards for school food in England - GOV.UK ([www.gov.uk](http://www.gov.uk))).
- Has meals, and facilities that are nutritious and healthy (Standards for school food in England - GOV.UK ([www.gov.uk](http://www.gov.uk)) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service, monitors students' menus and food choices to inform policy development and provision.
- Ensures that students have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals. Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.
- Has easy access to free, clean and palatable drinking water.
- Consults students about food choices throughout the school day using the School Leadership Council.

## Appendix 3

### The School Food Standards Poster

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/945863/School\\_Food\\_Standards-poster.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/945863/School_Food_Standards-poster.pdf)



**The School Food Standards**

*Eating in school should be a pleasurable experience that opens sharing good food with peers and teachers.*

*These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrients they need across the whole school day. It is just as important to eat food that looks good and tastes delicious, to talk to children about what is on offer and encourage them to eat a pleasant meal, and to ensure the food is a pleasant environment where they can eat with their friends.*

*In a general principle, it is important to provide a wide range of food across the week. This is key – whether it is different types of vegetables, grains, pulses or types of meat and fish. Children love to keep the menu behind their food. It is fresh, sustainable and locally-sourced ingredients. First of all, from the school vegetable garden, and tell to them about what they are eating. See <https://www.schoolfoodplan.com/learn-to-find-examples-of-what-other-schools-are-doing-to-encourage-children-to-eat-well>*

*Buying food in line with the Government Buying Standards will help reduce salt, saturated fat and sugar and increase fruit, vegetable and fibre content.*

*\* This threshold applies across the whole school day, including breakfast, morning breaks, lunch, after-school, and after school clubs.*



### Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dinner containing at least 50% fruit from one or more times each week

No less than three different fruits and three different vegetables each week



### Milk and dairy

A portion of food from this group every day

Lower fat milk and lower fat milk must be available for drinking at least once a day during school hours



### Starchy food

One or more wholegrain portions of starchy food each week

One or more portions of food from this group every day

There is more different starchy foods each week

Starchy food cooked in fat or oil no more than once a week

Bread – with no added fat or oil – must be available every day



### Meat, fish, eggs, beans and other non dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry or three or more times each week

Only fish once or more every three weeks

For vegetables, a portion of non-dairy protein or three or more times each week

A meat or poultry product (unpasteurised or home-made, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*



### Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, battered, or fried in oil every week\*

No more than two portions of food which include pastry or is sweet\*

No sweets, cereal bars, crisps, vegetables and fruit with no added salt, sugar or fat\*

Savory biscuits or biscuits can be served at lunch with fruit or vegetables or dairy food

No confectionery chocolate or chocolate-covered products\*

Alcoholic, coffee and tea are allowed only in lunchtimes. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked\*

No confectionery must be limited to one bar or portion of no more than 10g, at one time\*



### Healthier drinks\*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lower fat milk
- Fruit or vegetable juice (max 100 ml)
- Plain water, rice or oat drinks (cooked with calcium, plant-based milk or soy-based drinks)
- Unflavoured combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plant-based milk, rice, oat or soy drinks (cooked with calcium, rice and lower fat milk, flavoured lower fat milk)
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 100ml. They may contain added vitamins or minerals, but no more than 10% added sugar or honey or 100ml fruit juice. Fruit juice combinations drinks must be at least 50% fruit juice

### Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savory snacks and biscuits
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)