



Lawdale Junior School

WHOLE SCHOOL FOOD POLICY

January 2023



Aim	<u>The main aims of our school food policy are:</u> 1. To provide a range of healthy food choices throughout the school day in line with the mandatory School Food Standards 2. To support pupils to make healthy food choices and be better prepared to learn and achieve 3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
Context	“Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity¹. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity².” Obesity prevalence is highest amongst the most deprived groups in society³. Children in the most deprived parts of the country are more than twice as likely to be obese as their peers living in the richest areas⁴. This is sowing the seeds of adult diseases and health inequalities in early childhood. Obesity is associated with reduced life expectancy. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, at least 12 kinds of cancer, liver and respiratory disease⁵, and obesity can impact on mental health⁶.” (Policy paper. Tackling obesity: empowering adults and children to live healthier lives. Published 27 July 2020, Department of Health and Social Care https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives) Locally, children in Tower Hamlets have high levels of excess weight (overweight or obesity). Among 4-5 year olds, 21.8% have excess weight (of whom 11.7% are

	obese) and among 10-11 year olds, 41.4% have excess weight (of whom 25.3% are obese) (NCMP data 2018/19 academic year). Both of these are above the average for London and England, although the levels of obesity among 4-5 year olds in Tower Hamlets are falling gradually. The issue of oral health also continues in Tower Hamlets, with high levels of children aged 5 years old who have one or more decayed, missing or filled teeth (2016-17). Tower Hamlets has 31.1% compared to the national figure of 23.3% and 25.7% in London (National Dental Epidemiology Programme for England: oral health survey of 5 year old children 2014/15 and 2016/17).
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CURRICULUM PROVISION and CONTENT

Physical Health and Mental Wellbeing (Health Education) - Statutory	• Mental Wellbeing • Internet Safety and Harms • Physical Health and Fitness • Healthy Eating • Drugs, Alcohol and Tobacco • Health and Prevention • Basic First Aid • Changing Adolescent Body By the end of primary school pupils should know: Healthy eating • What constitutes a healthy diet (including understanding calories and other nutritional content). • The principles of planning and preparing a range of healthy meals. • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Curricular and Extra-Curricular	Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition). The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

	All food provision within the curriculum or cookery clubs will be healthy at all times.
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FOOD PROVISION

Breakfast club	Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 8am to 8.50am The breakfast menu includes: non sugar cereals, bagels, toast, fresh fruit, milk and water.
Snacks	The school understands that healthy snacks can be an important part of the diet of young people. A healthy school tuck shop runs daily at break-time. The tuck shop menu is fresh fruit, bread sticks and crackers. Any after school snacks must be healthy and follow the principles of this policy, whether provided by the pupil or the school. As a Healthy School we do not allow crisps, sweets, or chocolates.
School Meals	School meals are provided by Contract Services. School meals are planned on a 2 week cycle and as a Healthy School we have actively chosen the Reduced Sugar Menu. We encourage and promote uptake of salad, fruit and vegetables at all times to all pupils. We consult termly with pupils, staff, governors and our catering provider around menu options, choices, portion sizes and quality control. We work with our school caterer to constantly review and improve school food. We have worked to improve the lunchtime experience for all pupils, making every effort to reduce queues and playing music making lunchtimes a more enjoyable and stress free experience for pupils.
Packed Lunches	Packed lunches should aim to include: • Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible • 1 portion of fruit and 1 portion of vegetables or salad • Dairy food such as cheese or yoghurt

	• Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel Packed lunches should not include - (monitored by class teachers): • Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars • Sweets • Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.
Water Provision	The school is a water only school.
School Trips	A healthy packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above. Packed lunches will be monitored by Teachers and TA's to ensure that they are adhering to the Whole School Food Policy.
Specialist dietary requirements	The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and relevant staff are aware of these plans. We are a nut free school.

INITIATIVES

Sugar Smart	Our school has signed the Sugar Smart Pledge, a national campaign backed by the Mayor of Tower Hamlets, The Healthy Lives Team and the Public Health Team, with the aim of reducing sugar consumption, tackling obesity and improving oral health across the Borough.
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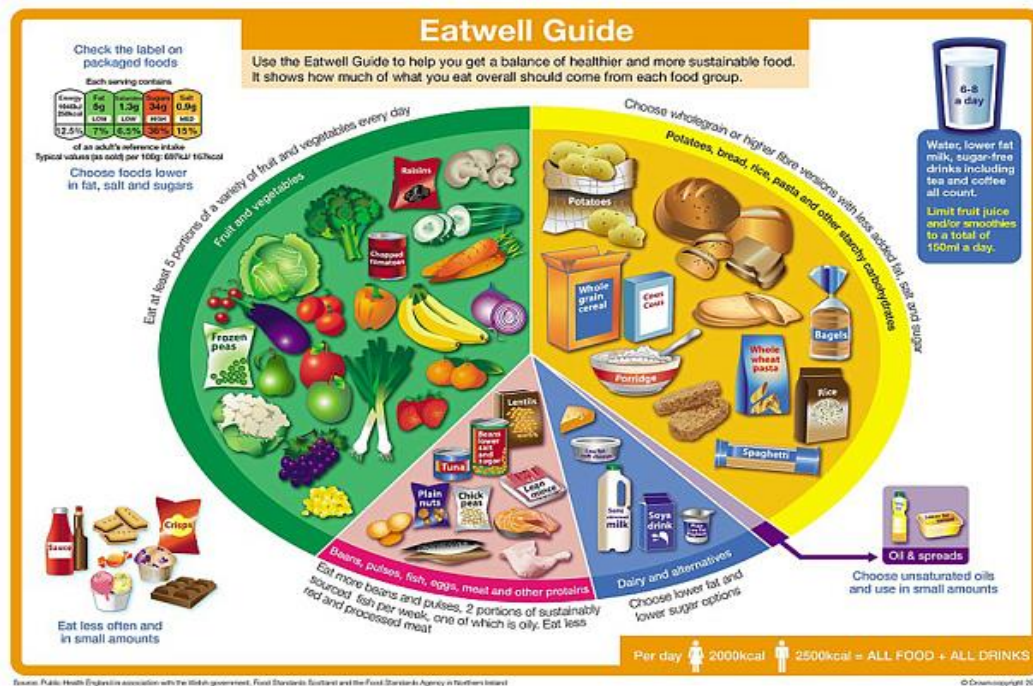
REWARDS AND SPECIAL OCCASIONS

Rewards	The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement used in school include: Dojos, prizes and golden time.
Special events, celebrations and Birthdays	The school recognises the importance of celebrating birthdays and special occasions. For special occasions such as EID, Christmas and End Of Year celebrations, children will not be permitted to bring food in - the school will ask for a £1 contribution from each child, each class will then plan and budget for their food choices for their parties. For birthday celebrations, every effort will be made to celebrate birthdays in a healthy way, for example by celebrating with singing happy birthday, choose an activity at playtime that the children would like to do with a friend eg: colouring or playing a game. We welcome any healthy contributions that parents would like to send in for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. Please see <u>Appendix 2</u> for healthier food choices.

CONSULTATION AND PARTNERSHIPS

Parents	Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.
Staff	The school encourages staff to contribute to and support this food policy across the school day. Staff and visitors will be encouraged to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Appendix 1 - Eatwell Guide



Appendix 2

Healthy Food Options for birthday suggestions

- Humous
- Bread sticks
- Carrots sticks
- Celery stick
- Fruit platters
- Fruit kebabs
- Raisins
- No sugar granola bar
- Fruit jelly (no sugar)