

Hillside Specialist School & College

Healthy Eating and Nutritional Standards Policy.

Overall aim of the policy:

To ensure that all snacks and packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Why the policy was formulated:

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the School Food Standards is mandatory for all maintained schools, and has been since 2014. This policy aims to promote consistency between packed lunches and food provided by school. In turn this will:

- Make a positive contribution to the health and well-being of children and young people.
- Encourage a happier and calmer population of children and young people by improving their attention and behaviour.
- Contribute to the self-evaluation for review by Ofsted.
- This policy applies to all pupils and parents providing packed lunches to be consumed within school or on Educational Visits.

National guidance:

- The Requirements for School Food Regulations 2014
<https://www.legislation.gov.uk/ukxi/2014/1603/contents/made>
- School Food Standards <https://www.foodforlife.org.uk/schools/benefits/school-food-standards>
- School Food in England – Government Guidance
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788884/School-food-in-England-April2019-FINAL.pdf

Food and drink in packed lunches

The school will provide facilities and appropriate dining room arrangements for pupils bringing in packed lunches. School will ensure that free, fresh drinking water is readily available at all times. Fridge space is not always available in school, parents are advised to send packed lunches in insulated bags, with freezer blocks where appropriate, to keep the food at a suitable temperature for storage and prevent it going off. Where ever possible school will ensure that pupils who eat packed lunches and those who eat school dinners will be able to sit and eat together, taking into account the individual needs of our pupils.

At Hillside we recognise that many of our pupils follow special diets, have allergies or eat restricted diets to their autism or as a result of their sensory needs, and this means that they may not be able to follow the following guidance completely. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

The following guidance is provide as **recommended** content for packed lunches

- At least one portion of fruit or vegetables
- A portion of meat, fish or other source of non-dairy protein, oily fish should be provided regularly where appropriate.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- Water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

It is recommended that packed lunches should not include:

- Snacks such as crisps, savory crackers or breadsticks. Where pupils require a phased change to their diet, a reduction in quantity and a healthier version could be introduced in the first instance.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed in moderation, but encourage your child to eat these only as part of a balanced meal.
- Processed meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by staff and support provided to parents and children where appropriate. Healthy eating will be promoted within school, and motivators such as certificate may be used. Parents and pupils who do not adhere to this policy will be supported and provided with information on developing a healthy eating routine.

Parents are invited to discuss their child's needs and eating habits at Parents Evening, Reviews and via telephone conversations and through daily messages in the chat book.

Please note that parents of pupils with special diets and restricted eating habits will be given due consideration and advice.

Dissemination of the policy:

This policy will be available on the school's website. The school will use opportunities such as parents evenings, through curriculum links and Healthy Living weeks as part of a whole school approach to healthier eating. Healthy eating guidance and packed lunch advice will be shared with current parents and parents of new child, prior to admission.