

Approved by the Pupil Matters Pastoral Committee 3 February 2005

FOOD AND HEALTHY EATING POLICY

Royal Alexandra and Albert School

Responsibilities in our school

The Board of Governors recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The Board also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Board of Governors recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

Mission

The educational mission is to improve the health of the entire community by teaching pupils and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

Aims of our healthy eating policy

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Objectives

To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents
- Food providers

- The school's wider community

To integrate these aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities

Methods

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives. Refer to appendix A for ideas.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example. Refer to appendix B for ideas.
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food. Refer to appendix C and E for ideas.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices. Refer to appendix D for ideas.

Signed

Chair of Governors

Date

Date of next review

Information Bank

Statutory Instruments, 2000 No. 1777 EDUCATION, ENGLAND The Education (Nutritional Standards for School Lunches) (England) Regulations 2000

Made 6th July 2000, Laid before Parliament 12th July 2000, came into force 1st April 2001

In exercise of the powers conferred on the Secretary of State by sections 114(1) and (4) and 138(7) of the School Standards and Framework Act 1998[1] the Secretary of State for Education and Employment hereby makes the following Regulations:

Citation, commencement and application

1. (1) These Regulations may be cited as the Education (Nutritional Standards for School Lunches) (England) Regulations 2000 and shall come into force on 1st April 2001.
- (2) These Regulations shall apply in relation to the provision of school lunches for registered pupils at schools maintained by local education authorities in England.

Food Groups

2. For the purposes of these Regulations, food shall be divided into the following five groups:

- A. Fruit and vegetables. These include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice).
- B. Starchy foods. These include bread, chapatis, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.
- C. Meat, fish and other non dairy sources of protein. These include meat and fish in all forms (whether fresh, frozen, canned or dried) including meat or fish products, eggs, nuts, pulses and beans, other than green beans.
- D. Milk and dairy foods. These include milk, cheese, yoghurt (including frozen yoghurt and drinking yoghurt), fromage frais, milkshakes and custard but not butter or cream.
- E. Foods containing fat and foods containing sugar. These include margarine, butter, other spreading fats, cooking oils and fats, oil based salad dressings, mayonnaise, salad cream, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, gravies, jam, sugary soft drinks, sweets, sugar and jelly but not any foods falling within any other group.

Nutritional requirements for children who attend nursery schools or nursery units in primary schools

3. Each day food from each of the groups A, B, C and D shall be available as part of school lunches

for registered pupils at nursery schools or nursery units in primary schools.

Nutritional requirements for pupils at primary schools

4. (1) The requirements specified in paragraph (2) shall be complied with in the provision of school lunches for registered pupils at primary schools other than special schools.

(2) On each day food from each of the groups A, B, C and D shall be available so that -

(a) within group A,

(i) fresh fruit, fruit tinned in juice, or fruit salad shall be available every day;

(ii) a fruit based dessert shall be available at least twice in any week;

(iii) a type of vegetable (which does not fall within group B) shall be available every day;

(b) within group B, fat or oil shall not be used in the cooking process on more than three days in any week;

(c) within group C,

(i) fish shall be available at least one day in any week;

(ii) red meat shall be available on at least two days in any week.

(3) For the purposes of lunches for registered pupils at primary schools, sources of protein in group C can include dairy sources of protein.

Nutritional requirements for pupils at secondary schools

5. (1) The requirements specified in paragraph (2) shall be complied with in the provision of school lunches for registered pupils at secondary schools other than special schools.

(2) On each day two types of food from each of groups A, B, C and D shall be available so that -

(a) within group A both a fruit and a vegetable shall be available;

(b) within group B on every day that a food cooked in oil or fat is available, a food not cooked in fat or oil shall also be available;

(c) within group C, fish shall be available on at least two days in any week and red meat shall be available on at least three days in any week.

Nutritional requirements for pupils at community and foundation special schools

6. Either the requirements of Regulation 4 or Regulation 5 shall be complied with in the provision of school lunches for registered pupils at community or foundation special schools.

Jacqui Smith

Parliamentary Under Secretary of State, Department for Education and Employment

6th July 2000

EXPLANATORY NOTE

(This note is not part of the Regulations)

These Regulations introduce nutritional standards for school lunches for registered pupils at maintained nursery schools, community, foundation and voluntary schools and community and foundation special schools.

Notes:[1] 1998 c. 31. By virtue of the National Assembly for Wales (Transfer of Functions) Order 1999 (S.I. 1999/672) the powers conferred by these sections are exercisable by the Secretary of State only in relation to England. For the meaning of "regulations" see section 579(1) of the Education Act 1996 (c. 56). ISBN 0 11 099518 X