



Policy No: 1b(6)

## OUR LADY'S ABINGDON (OLA) HEALTHY EATING & NUTRITION POLICY

The current version of any policy, procedure, protocol or guideline is the version held on the OLA website. It is the responsibility of all staff to ensure that they are following the current version.

### Document Details

Information Sharing Category	School Domain
Version	1
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Authorised by (if required)	Head
Responsible Area	Leadership Team

We comply with the Government guidance and regulations, currently in force, regarding COVID.



**Availability:** All who work, volunteer or supply services to our school have an equal responsibility to understand and implement this policy and its procedures both within and outside of normal school hours, including activities away from school.

### Monitoring and Review:

Reviewed: September 2022

Next Review: September 2023

Signed:

Head	Deputy Head
Mr Daniel Gibbons	Dr Beth Reynaert
Signed: 	Signed: 

### 1. Introduction:

This policy draws upon the following documents and links to OLA Positive Mental Health and Wellbeing Policy.

[Teacher training on healthy eating](#)

[School Food standards – resources for schools](#) (Sep 2021)

[Creating a culture and ethos of healthy eating](#) (Sep 2021)

Numerous scientific reports have outlined the case for a healthy diet that is low in fat, sugar and salt, and high in fibre, with plenty of starchy foods, fruit and vegetables. Many have emphasised the need for this to begin in childhood. It is well established that obesity and many illnesses are related to poor diet or incorrectly prepared food. A healthy balanced diet rich in fruits, vegetables and starchy foods can help reduce the risk of diseases such as heart disease and some cancers. Well-nourished pupils are likely to be more receptive to teaching and will learn better.

Good food hygiene practices can reduce the risk of food poisoning illnesses such as those caused by e-coli and salmonella. Food knowledge and skills, including menu planning and cooking, have an important role to play in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity. Given the increasing evidence of the social and environmental damage caused by some methods of food production, manufacturing and distribution, there is a growing belief that everyone should learn about and understand:

- Issues around food production e.g. organic and genetically modified food and
- Food marketing techniques and labelling information.

*OLA is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Healthy Eating and Nutrition Policy: Reviewed September 2022*

### **Current issues in nutrition which relate to children:**

- (a) rising levels of childhood obesity;
- (b) food education in schools;
- (c) Encouraging a whole school approach to food and nutrition;
- (d) Promoting positive messages about healthy eating and drinking
- (e) teaching of practical cooking skills and life skills;
- (f) importance of physical activity in a healthy, active lifestyle.

### **2. Aims and principles**

OLA enlists the services of a catering company, whose catering operation it monitors regularly with a view to:

- maintaining the national nutritional standards required by law
- promoting the importance of a healthy diet
- offering its customers choice and variety
- determining the suitability of services (timing, style and method as well as content) provided for pupils, staff and visitors
- establishing whether best practice is achieved
- establishing whether value for money is achieved
- ensuring good practice in food hygiene.

#### *Nutritional Standards*

All school Caterers are required by law to be fully aware of the compulsory nutritional standards for school lunches which came into effect on 1 April 2001.

[School Meals – Healthy Eating standards](#)

[Standards for school food in England](#) (Aug 2021)

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools> (Sep 2021)

#### *Promoting a Healthy Diet*

There are no healthy or unhealthy foods, only unhealthy diets. For children aged five and over a healthy diet means broadly:

- a balanced diet with variety and enough energy for growth and development
- plenty of fibre-rich starchy foods such as bread, rice, pasta, potatoes and yams
- plenty of fruit and vegetables
- not eating too many foods containing a lot of fat, especially saturated fat
- moderate amounts of dairy products
- moderate amounts of meat, fish or alternatives
- not having salty or sugary foods and drinks too often.

### **3. OLA's approach:**

OLA has an important role to help children learn and develop good healthy eating habits for life, creating happier, healthier adults of the future. A great school food culture improves children's health and academic performance. There are many hidden benefits to a good food culture. When children sit down to eat with friends and teachers in a civilised environment, it cements relationships, helps them to develop social skills and reinforces positive behaviour throughout the day. Food is also a great way for OLA to engage with and support our local community.

The term time life of OLA has been characterised as "high octane", with students and staff enjoying the many demands of school life. Good nutrition is an essential element in enabling students and staff to perform at their best throughout the school day. OLA recognises its responsibility to provide a wide variety of food which at least meets the current nationally defined standards, and which in turn allows students and staff a choice and the opportunity to enjoy a well-balanced diet. Healthy eating is important for everyone. Research shows that many children currently eat a poorly balanced diet, rich in fat and that many tend to snack all day. For some pupils, however, the meal they eat at the School is the main meal of the day. The school cannot make food choices for its students and staff but is committed to providing the opportunity to enable them to select an enjoyable well-balanced diet. It will also assist with the healthy selection by providing information about food.

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**OLA strives:**

- To help pupils recognise that food is a basic requirement of life and should be enjoyed.
- To raise awareness that the foods and drinks we choose are important for the health of the planet as well as our health.
- To inform about methods of food production and food processing in domestic and commercial situations.
- To encourage an interest in nutrition science and its application to decisions made within food production and distribution, and in public health nutrition policy.
- To encourage an awareness of social, economic and cultural aspects of food choice.
- To enable pupils to gain knowledge of how to keep themselves healthy
- To enable pupils to make informed choices about healthy eating, and fitness

**We adopt a whole school approach in which:**

- healthy eating is referenced in the school development plan and self-evaluation form
- healthy eating and learning is promoted through the Food curriculum, clubs and PSHEE/RSE
- staff engage with what children are eating and drinking
- catering staff are actively engaged with school staff and children
- children and parents are actively consulted
- we make water the drink of choice, freely and easily available
- school meals represented at parents' evenings, to answer questions from parents about their children's eating habits
- we make sure children get consistent messages about nutrition in lessons and at lunchtime
- we choose classroom rewards for children that are not sweets or cakes
- we use cooking and growing as an exciting way to teach subjects across the curriculum – from history to maths, science to enterprise, technology to geography

**The school caterers should be seen to be promoting a healthy diet by:**

- reducing fat content in foods
- offering plenty of fruit and vegetables
- offering plenty of fibre-rich food
- aiming to offer a selection of food which over the week reflects the proportions in the balance of good health
- offering a variety of foods
- making messages to the pupils positive
- letting customers and potential customers know that they serve good food that they will enjoy
- helping and encouraging students to select balanced food choices, suggesting menu options and displaying information
- Staff who are regularly involved in handling food have relevant food hygiene training.
- adopting high street style promotion strategies, with bright and innovative marketing techniques.

**Our Food and nutrition, Biology, Physical Education and PSHEE curriculum provision includes:**

- information about healthy eating
- consistent messaging across subjects
- ensuring there is enough timetabling, space and practical resources (equipment, ingredients)
- food education schemes of work with a focus on savoury cooking
- food growing and gardening activities

**We support wider well-being by:**

- drawing on expertise from outside agencies
- events, assemblies, displays and messaging themed around health and wellbeing
- a culture of exercise and healthy eating
- staff development plans and CPD records

**4. Meeting the needs of customers**

**Allergies:** If any pupils have any special dietary requirements or allergies they should be made known to the school who will try to accommodate those needs. The school nurse collects medical information on allergies and these details are stored securely

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on iSAMs.

**We are a 'nut free' school:** Although we recognise that this cannot be guaranteed, OLA aims to be a Nut-Free school. This is to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. OLA aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility for what foods they can eat and to be aware of where they may be put at risk. Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

**Feedback:** The School's Caterers should also be prepared to monitor themselves. Monitoring what customers are eating is essential to business and to their health. The responsibility for ensuring that national nutritional standards are met rests with OLA's Governors. Regular monitoring by the caterers of lunches is also essential for confirming and being able to demonstrate that they are:

- meeting compulsory national nutritional standards and other contractual requirements
- giving pupils the nutrients, they need for proper growth and development, and
- keeping customers happy.

Feedback from customers should be welcomed and indeed encouraged, using the following sources:

- School Council representatives
- Parent and pupil questionnaires