



The
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RPT Food and Healthy Eating Policy

September 2023

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With Reference to 'Keeping Children Safe in Education' – September 2023

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1. Aims of the policy

The aim of this Policy is to ensure that all aspects of food and drink in our schools promote the health and wellbeing of pupils, staff and visitors to our schools.

We will accomplish this through education and skill development in the classroom, through the food we serve and by working with parents / carers and in the wider school community.

2. Introduction

At RPT schools, we take the health and well-being of our pupils very seriously, and are committed to promoting healthy eating in our schools.

In recognition of Ofsted's requirement that each school has a comprehensive Food Policy, we are bringing together in this policy document, all the considerations that contribute to healthy eating activities in our schools. We recognise public concern about the quality of children's diets, child obesity and diet-related ill health. A key national concern is the low consumption of fruit and vegetables by children. We recognise that, for some of our pupils, the school meal is their main meal of the day, and that we are responsible for ensuring that all children have access to healthy food and good information about a healthy, balanced diet.

3. Healthy Eating and Healthy Choices

At RPT schools we aim to:

- Promote healthy eating and its benefits for all pupils
- Encourage children to eat more fruit and vegetables
- Promote drinking plenty of fresh water throughout the day
- Provide a positive environment for pupils to eat their lunch

We have a commitment to:

- Ensuring all pupils have enough time to eat their healthy lunch
- Ensuring that there are healthy eating displays in the dining areas
- Ensuring the lunch menu is published and accessible for all
- Ensuring that we encourage and reward good table behaviour
- Encouraging all school lunch and packed lunch diners to sit down and eat together
- Ensuring that pupils who bring a packed lunch dispose of their rubbish appropriately
- Participating in national events and initiatives
- Promoting gardening and the growing of fruit and vegetables in school
- Ensuring that all pupils eat a healthy snack in the morning
- Ensuring that healthy eating options are planned when out on school visits
- Ensuring that Verbal Behaviour reward systems are planned to reduce dependency on primary motivators and replaced with new motivators over time.

4. Healthy and high quality food

At RPT schools we aim to:

- Provide healthy menus that meet or exceed the National Nutritional Standards for all school meals
- Support children in developing a taste for foods low in salt, sugar and fat
- Offer inclusive food provision for all pupils
- Support pupils with limited diets to engage in Fun with Food programmes at the right time to have desired impact

We define a healthy diet as:

- A balanced diet, with plenty of 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 (5+ portions a day are recommended)
- Not too much saturated fat
- Moderate amounts of dairy products
- Moderate amounts of meat, fish or alternatives
- Not having sugary foods and drinks too often.

We encourage children to drink plenty of water. Water is freely available to pupils throughout the day, including in classrooms. We permit only water, plain fruit juice, or milk to be consumed on school premises by pupils.

All the food provided in the school is fresh and suitable for the children in the school. The set menus follow the Nutritional Standards and Regulations for Schools as laid out in:

- School Standards and Framework Act 1998: Section 114 (www.legislation.hmso.gov.uk)
- Nutritional standards are set out in the Education Nutritional Standards for School Lunches (England) Regulations 2000 (SI2000/1777) www.hmso.gov.uk

5. Parents and healthy eating

Parents have significant responsibility for monitoring the nutrient intake of their children and we will work with families to ensure that they are aware of the benefits of eating healthily.

To achieve this objective, we will:

- Communicate about our Food Policy to all parents.
- Discuss the RPT's healthy eating policy at parent events.
- Provide parents with menus for school meals via the school website.
- Provide parents with guidance for healthy packed lunches.
- Invite parents to join the school on particular occasions to share lunch with their child/children.

6. A healthy lunchbox

In order for the whole school to adopt a healthy eating standard, we are committed to working with children and parents to ensure that children who bring lunches to school only bring in healthy foods.

A Healthy Lunchbox Includes:

- A good portion of starchy food e.g. wholegrain bap, thick sliced wholemeal or white bread, pitta bread, pasta, couscous, noodles or rice salad.
- Plenty of fruit and vegetables e.g. an apple, Satsuma, handful of cherry tomatoes or carrot sticks.
- A portion of milk or dairy food, e.g. portion of cheese or pot of yoghurt.
- A portion of lean meat, fish or alternative e.g. ham, tuna, egg, lentils, kidney beans, chickpeas, hummus and falafel.
- Include oily fish, such as salmon, at least once every three weeks.

To help ensure that healthy packed lunch standards are maintained, children will be closely monitored by members of staff on duty at lunchtime. In the event that foods are brought into school which aren't allowed parents will be contacted to discuss further.

7. Life skills lessons

A primary focus of life-skills is the development of an understanding of healthy food.

All foods used in lifeskills lessons will be a healthy option.

8. Free School Meals

It is our aim that all children eligible for free school meals receive them and that the school meals provided are appropriate for our school community and reflect the differing needs of all. All children provided with a Universal Free School Meal (Reception to Year 2) will be provided with a free school lunch. During the Year 2023-2024 this arrangement is extended to all Primary aged children in London).

We will aim to:

- Monitor school meal take up closely, ensuring that children who are eligible for free school meals receive them.
- Ensure that the food offered by the school reflects the multi ethnic population of the school communities and that pupils are able to eat food appropriate to their religious or social beliefs.

Advice for parents of healthy-weight children –

<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/healthy-weight-children-advice-for-parents/>

If your child is a healthy weight, there's lots you can do as a parent to help them stay a healthy size as they grow.

Research shows children who stay a healthy weight tend to be fitter, healthier, better able to learn, and more self-confident.

They're also much less likely to have health problems in later life.

Children whose parents encourage them to be active and eat well are more likely to stay a healthy weight and grow up healthy.

Check their BMI every now and then using our [BMI calculator](#) to make sure they stay in the healthy range.

Steps for success

Here are 5 key ways you can help your child maintain a healthy weight:

- be a good role model
- encourage 60 minutes, and up to several hours, of physical activity a day
- keep to child-size portions
- eat healthy meals, drinks and snacks
- less screen time and more sleep

Be a good role model

One way to instil good habits in your child is for you to be a good role model. Children learn by example. You can encourage your child to be active and eat well by doing so yourself.

Set a good example by going for a walk or bike ride instead of watching TV or surfing the internet.

Playing in the park or swimming with your children shows them being active is fun. It's also a great opportunity for you all to spend time together.

Any changes you make to your child's diet and lifestyle are much more likely to be accepted if the changes are small and involve the whole family.

If you're not sure what activities you'd like to try as a family, head to [our fitness hub](#).

Get active

Children need about 60 minutes of physical activity a day for good health, but it doesn't need to be all at once.

Several short 10-minute or even 5-minute bursts of activity throughout the day can be just as good as an hour-long stretch.

For younger children, it can take the form of active play, such as ball games, chasing games like "it" and "tag", riding a scooter, and using playground swings, climbing frames and see-saws.

For older children it could include riding a bike, skateboarding, walking to school, skipping, swimming, dancing and martial arts.

Walking or cycling short distances instead of using the car or bus is a great way to be active together as a family. And you'll save money, too.

[Join Change4Life](#) for free and your child will get their own personalised activity plan full of good ideas for getting moving.

Child-size portions

Try to avoid feeding your child oversized portions. There's very little official guidance on precisely how much food children require, so you'll need to use your own judgement.

A good rule of thumb is to start meals with small servings and let your child ask for more if they're still hungry.

Try not to make your child finish everything on the plate or eat more than they want to.

And avoid using adult-size plates for younger children as it encourages them to eat oversized portions.

It may also help if you encourage your child to eat slowly and have set mealtimes. You can use mealtimes as an opportunity to catch up on what's happened during the day.

Explain to your child how to get the balance of their diet right using the [Eatwell Guide](#). It shows how much they should eat from each food group.

Read more about what counts as a [balanced diet](#).

Eat healthy meals

Children, just like adults, should aim to eat 5 or more portions of fruit and vegetables every day. They're a great source of fibre and [vitamins and minerals](#).

Getting 5 A Day shouldn't be too difficult. Almost all fruit and vegetables count towards your child's 5 A Day, including fresh, tinned, frozen and dried.

Juices, smoothies, beans and pulses also count.

Be aware that unsweetened 100% fruit juice, vegetable juice and smoothies can only ever count as a maximum of 1 portion of their 5 A Day.

For example, if they have 2 glasses of fruit juice and a smoothie in 1 day, that still only counts as 1 portion.

Their combined total of drinks from fruit juice, vegetable juice and smoothies shouldn't be more than 150ml a day, which is a small glass.

For example, if they have 150ml of orange juice and a 150ml smoothie in 1 day, they'll have exceeded the recommendation by 150ml.

When fruit is blended or juiced, it releases the sugars. This increases the risk of tooth decay, so it's best to drink fruit juice or smoothies at mealtimes.

Discourage your child from having sugary or high-fat foods like sweets, cakes, biscuits, some sugary cereals, and sugar-sweetened soft and fizzy drinks. These foods and drinks tend to be high in calories and low in nutrients.

Aim for your child to get most of their calories from healthier foods like fruit and vegetables, and [starchy foods](#) like bread, potatoes, pasta and rice (preferably wholemeal). And switch sweetened soft drinks for water.

Further helpful information can be found by following the link below.

<https://www.nhs.uk/healthier-families/>