



Food and Active Lifestyle Policy

1. Introduction

- 1.1 The Consortium Trust aims to promote the health and wellbeing of the whole school. This includes all aspects of food and drink and physical activity. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.
- 1.2 This policy supports one of the every Child Matters Outcomes – Being Healthy.
- 1.3 Other relevant policies;
 - Teaching Learning and Curriculum.
 - Drug education
 - Relationship, Sex and Health Education Curriculum planning document

2. Aims

- 2.1 To ensure that all aspects of food, nutrition and physical activity in the school helps promote the health and wellbeing of the whole school community.
- 2.2 To give our pupils the information they need to make healthy choices

3. Objectives

- 3.1 To ensure that food provided across the school day is consistent with our aim and meets the mandatory standards, covering all school food. As outlined in the National School Foods Standards: <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- 3.2 To ensure that food, nutrition and physical activity information across the curriculum, and in extracurricular activities, is consistent, up-to-date and in line with health and DfE recommendations.

4. Food Provision across the school day

- 4.1 The food provided within school meets, or exceeds, the legally mandatory standards, details of which can be found on the School Food Trust site. www.schoolsfoodplan.com

4.2 Breakfast Club, Extended Schools and Holiday School (where provided)

The food offered is consistent with a healthy diet and the DfE's School Food standards. Details can be found here:

[Practical Guide to the School Food Standards](#)

On occasions other items may be offered, particularly relating to a specific event i.e. croissants on European Day of languages or pancakes on Shrove Tuesday.

Pupils are encouraged to make appropriate choices, and help with serving and clearing up.



4.3 Under 5s food safety

This document reflects the requirements within the [Early Years framework](#) around food safety, supervision and food choices:

<https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

4.4 Break time

All schools participate in the School Fruit and Vegetable Scheme and provides a free mid-morning snack to all pupils eligible. For pupils who are not eligible for this scheme parents/carers may provide fruit, vegetables or other healthy alternatives for a break time snack.

4.5 Milk

Through the Nursery Milk Scheme: <https://www.nurserymilk.co.uk/> or the School Milk Subsidy scheme: <https://www.gov.uk/government/collections/the-school-milk-subsidy-scheme-guidance>

4.6 School lunches

For this provision, we work with our catering contractors to provide a freshly prepared meal service, cooked on site wherever possible. Where this is not possible, meals will be provided by a local school, transported to, and served at the receiving school. This may include a meat dish, vegetarian dish or other options such as baked potato or cold alternative.

Our providers are required to adhere to the Government Buying Standards for Food and Catering Services <https://www.gov.uk/government/publications/sustainable-procurement-the-gbs-for-food-and-catering-services/government-buying-standard-for-food-and-catering-services> and provide evidence to the school that they meet the DfE nutrient and food-based standards. For details on nutritional standards and allergen information please visit the websites of our contractors.

Wherever possible we consult pupils as to the food on offer and the dining environment.

4.7 The Universal Free School Meals Policy entitles all pupils in years Reception, 1 and 2 to a school lunch at no charge to the parents/carers. As a Trust we strongly encourage families take up this offer.

4.8 Free School Meals (FSM) families that are in receipt of certain benefits are entitled to apply for free school meals – this is an easy and confidential process and is still required even for children in Reception and years 1 and 2. FSM is more than just free school lunches as it also helps support the school and pupils by opening opportunities for additional funding for example in attending Extended Schools Clubs, Holiday Schools and even help with residential opportunities and other visits. If you would like to discuss this in confidence please arrange an appointment with a member of the admin team.

5. Packed Lunches

5.1 Although we are committed to encouraging pupils to have school lunches, they may bring a packed lunch to school and we believe that they should form part of a well-balanced diet as far as possible and practical, whilst also acknowledging that some will require or choose specialist or restricted diets.



If families chose to opt for a home packed lunch, they are encouraged to consider existing government nutritional guidelines (Eat well guide)

The [NHS Eatwell Guide](#) shows the recommendations of consumption of food groups and portions that should come from each food group to achieve a healthy, balanced diet.

- 5.2 The NHS also offers guidance and recipe suggestions for healthy lunch boxes: [NHS Healthy Lunchboxes](#)
- 5.3 Where possible and practical, the provision of the following should aim to be limited in both frequency and portion size.

- Foods with a high fat content e.g. fried crisps, sausage rolls
- Highly processed food e.g. cheese strings, pepperoni sticks,
- Foods with a high sugar content eg: cake, biscuits

- 5.4 Packed lunches ideally should not include:

- Fizzy drinks
- Sweets
- Chocolate bars
- Nuts (see 'inclusion' 10.2)

6. Dining Environment

- 6.1 We believe that a pleasant eating environment contributes to the pupils enjoying their meal. Consequently we ask them, through the school and class councils, for their views of lunchtime and how together we can improve it if necessary.

7. Water Provision

- 7.1 Pupils are encouraged to drink water throughout the day and teachers act as role models. Pupils should have a named water bottle and encouraged to take them home regularly and wash in hot soapy water. We have point of use water dispensers/drinking water taps freely available.

8. Consistent Messages

- 8.1 Birthday cakes/treats; parents/carers of pupils that wish to celebrate their birthday with their classmates are requested to prepare individual portions for each recipient, being mindful of any allergies or intolerances. These will be distributed at the end of the school day. The school does not take any responsibility for the contents or quality of food distributed.

- 8.2 Educational visits – packed lunch policy applies.

- 8.3 School residential - wherever possible external caterers and in-house catering provision on school residential will comply with the School Food Trust regulations. Although due to the nature of many of the activities on a residential a higher carb/fat rich diet may be offered. This may include the provision of appropriate treats i.e. toasted marshmallows around a campfire.

- 8.4 Physical Activity- Whilst our schools are responsible for, and committed to providing 30 minutes of Physical activity within the school day, we also endeavour to support pupils to access the additional recommended 30 minutes daily (as stated by the Chief Medical Officer.) This is done by providing and encouraging attendance at a



varied range of physical activities outside of core school hours
In addition, pupils will be signposted to relevant local clubs.

8.5 Staff – members of staff are encouraged to be positive role models with their own choices when at school.

9. Teaching about food and Nutrition

The Trust encourages schools to use the full capacity and flexibility of the curriculum to achieve a healthy active lifestyle and to include pupils, wherever possible, in planning for this.

9.1 The overall aim of our teaching about food and nutrition is to help pupils learn about, and to enjoy food. The Eat Well Plate as recommended by the Food Standards Agency is used as the basis to teach about healthy eating within the curriculum.

9.2 Within the formal and extended curriculum opportunities are planned. These may include:

- Design and Technology provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food preparation and cooking.
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet.
- Physical Education provides pupils with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact on the whole body.
- Numeracy enables pupils to understand nutritional guidelines as well as calculating, weighing and measuring.
- Geography provides the children the opportunity to find out where our food comes from, how our food travels around the world.
- P4C provides the opportunity to think, talk and share good positive emotional health.
- Focus on learning characteristics
- Cookery and gardening club
- Special events
- Local and national initiatives

10. Inclusion

10.1 Dietary needs

Schools need to be aware of, and accommodate children with particular dietary needs. Discussions between school and parent/carers are routinely held and any special requests due to a medical conditions, religious belief or food lifestyle choice e.g. vegan/vegetarian are communicated with the catering provider. Individual menu plans will be met where reasonable and practical to do so.

10.2 Allergies

We recognise that members of the schools community may have food based allergies, varying in severity. The 'Anaphylaxis Campaign' recommends having a conversation between parents/carers and staff to come to an agreement over what precautions would be necessary and reasonable in their child's case.



Schools should ensure that risk assessments and procedures for supporting pupils with allergies are up to date and staff know how to respond in the event of an incident. Where an allergic reaction is severe and or air born schools will be required to amend their guidance to the school community, including visitors, as appropriate e.g. a possible ban of that product or food. In the case of someone having a severe nut allergy, schools should be aware that nuts/nut traces are present in a wide range of products from foods to hand creams, not all of which maybe obvious.

10.3 Health care plans

Individual healthcare plans (IHPs) are intended to support pupils with physical and mental health conditions to manage their conditions. They lay out what needs to be done, when and by whom. They should be confidential, but easily accessible to everyone who needs to refer to them and shared only with individuals that require it for the health and safeguarding of that pupil.

These are drawn up by the school, in consultation and collaboration, with health care professionals and parents. Reference should be made to: 'Supporting Pupils at School with Medical Conditions Policy' for more detailed information <https://www.consortiumtrust.org/attachments/download.asp?file=1552&type=pdf>

10.4 The sensitive issue of under or overweight pupils or those with eating issues/disorders will be discussed in confidence with the family of the child if necessary. The School Nurse and other health care professionals may signpost parents to areas of support.

The school will participate fully in the Government's measuring and weighing programme at Year R and Year 6: <https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance/national-child-measurement-programme-2022-information-for-schools>

Special schools are excluded from this programme.

10.5 By providing all pupils, including those with additional needs and the 'least active children' the right level of challenge, support, engagement opportunities and encouragement we ensure that everyone is able to access, experience and benefit from appropriate levels of daily physical activity.

11. Physical Activity

As a Trust we are passionate that ALL our schools communities have as many opportunities as possible to be healthy and active.

Primary and secondary pupils

11.1 The Trust has an expectation in line with The Childhood Obesity; A plan for Action Chapter 2 https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/718903/childhood-obesity-a-plan-for-action-chapter-2.pdf

All primary and secondary aged pupils should be taking part in 60 minutes of MVPA (Moderate Vigorous Physical Activity) per day. Research has suggested that active initiatives can support both an increase in a child's physical activity, improved well-being and educational attainment.



This is also a recommendation by the Chief Medical Officer (CMO)

[CMO physical activity guidelines](#)

- 11.2 To meet this expectation of 30 minutes within the school day, the Trust strongly recommends all primary pupils will take part in the Daily mile or equivalent (where possible) or 15 minutes additional cardiovascular activity a day (Active 15). On 3 of the days, these activities should involve exercises for muscle strength and bone development, such as swinging, hopping and skipping.
- 11.3 We expect playtimes and lunchtimes to have a strong, structured focus on promoting physical activity and active play. This includes a variety of organised games/sports and appropriate equipment. This will also support schools to meet the expected 30 minutes of MVPA daily.
- 11.4 All of the above should be in addition to curriculum PE.
- 11.5 Secondary school pupils should meet this expectation in a structure appropriate to timetable and pupil need
- 11.6 The Trust anticipates that schools will use the PE and Sport premium funding to support such initiatives and make reference to this when evidencing their spend, however this is a local decision. With particular regard to key indicator 1 around length of time engaged in physical activity

<https://www.afpe.org.uk/physical-education/wp-content/uploads/5-Key-Indicators.pdf>

Schools should evidence the impact of the funding on the DFE recommended template.

<http://www.afpe.org.uk/physical-education/evidencing-the-impact-guidance-template/>

11.7 Disabled pupils and young people:

Following publication of the [2019 UK CMOs physical activity guidelines](#), the Department of Health and Social Care commissioned the physical activity guidelines for disabled children and disabled young people.

This guidance recommends participation “in 120 to 180 minutes of aerobic physical activity per week at a moderate-to-vigorous intensity ([Public Health England 2018](#)). The evidence suggests that this may be achieved in different ways (for example: 20 minutes per day or 40 minutes 3 times per week”

There is an acknowledgement that small amounts of physical activity are beneficial for health and that it is still beneficial for disabled pupils and young people to do a small amount of physical activity throughout the day and/or to break sedentary behaviour. Therefore, the physical activity may be offered and undertaken in small ‘bitesize’ chunks across the day and week.

The available evidence base used in the guidance also suggests that for good health it is important for disabled pupils and young people to do challenging strength and balance-focused activities on average 3 times per week.

More details of the recommendations and research behind the document can be found here:

<https://www.gov.uk/government/publications/physical-activity-guidelines-for-disabled-children-and-disabled-young-people-methodology/uk-chief-medical-officers-physical-activity-guidelines-for-disabled-children-and-disabled-young-people-methodology>



There is a useful infographic that can be used to communicate the recommendations and benefits and their implementation with children and young people:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1055018/infographic-physical-activity-for-disabled-children-and-disabled-young-people.pdf

The Trust strongly recommends, adherence to the guidelines above wherever possible. This may necessitate a planned and focussed journey towards meeting these guidelines, where recommendations are very different to current provision.

As with any group of young people, physical activity should be appropriately supervised and tailored to the needs of the individual or group.

11.8 Under 5s

CMO recommendations for physical activity for the under 5s state that:

Infants (less than 1 year):

- Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling.
- For infants not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better.
- NB: Tummy time may be unfamiliar to babies at first, but can be increased gradually, starting from a minute or two at a time, as the baby becomes used to it. Babies should not sleep on their tummies.

Toddlers (1-2 years):

- Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better.

Pre-schoolers (3-4 years):

- Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity.

Physical development is a 'prime area' within the revised Early Years Foundation Stage framework and should be given the priority within the curriculum and provision that is necessary for the development of our Early Years pupils:

[EYFS framework](#)

12. CPD

12.1 Wherever practical staff and volunteers delivering or supporting the teaching of food and nutrition, or the preparation of food in school will have as a minimum the NVQ Level 2 certificate in Food hygiene.

12.2 Where training fits within the requirements of the school/Trust and of the individual's personal and professional development and is within budget, other courses and opportunities for training will be offered.



Document Control

Changes History

Version	Date	Amended By	Details of Change
Version 1	14.12.2018	n/a	Created by Sam Cutler
Version 2	24.01.2019	SCu/KW	Additional points re: Healthy Packed Lunches.
Version 3	26.01.2023	Sam Davidson, HoS Curriculum	Updated links to policies and documents and clarification of messaging. Inclusion of references to secondary and special school recommendations.

Approval

Name	Job Title	Signed	Date
Andrew Aalders-Dunthorne	Principal/CEO	Electronic signature	14/02/2019
Dawn Carman-Jones	On behalf of the Trust Board	Electronic signature	14/02/2019
Andrew Aalders-Dunthorne	Principal/CEO	Electronic signature on behalf of Exec Committee	13/3/2023

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