



# Healthy Food Statement

## **SHERWOOD FOUNDATION SCHOOL** **HEALTHY FOOD STATEMENT**

### **Aims**

This statement aims to:

- Explain that Sherwood Foundation School is committed to ensuring that all aspects of food and nutrition in school promote the health and well-being of our pupils, staff & visitors.
- Ensure that healthier foods and drinks are provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.
- Clarify expectations around what is served via our catering providers.
- Confirm what we request is not brought into school as part of a packed lunch or class snacks to help support our healthy eating commitment.
- Explain what expectations we set for teachers when sourcing food for students offsite as part of visits or residential.
- Confirm what food will be prepared and cooked as part of our curriculum.

### **Overview**

At Sherwood Foundation School, we recognise the importance of a healthy life-style and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life; helping to keep current and future health problems at bay. We also recognise that there is a strong link between a healthy diet, behaviour and effective learning.

We aim to influence and improve the health of the whole school community by providing pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This will be accomplished by providing food education and ensuring we deliver a consistent message with regard to food and a healthy life-style throughout the school day.

As a SEND specialist, we are also aware that many of our pupils are additionally vulnerable in their understanding of healthy eating and whether they have a varied and healthy diet. As a school, we will work closely with families where healthy eating is found to be a risk and provide food and drink diaries as and where required for what is consumed in school.

Although individual students may be under specific dietary recommendations as part of a whole medical plan, as a whole we want to approach healthy eating in a way to help students have an understanding for independent life after their education here at Sherwood Foundation School. This ethos ties with London Borough of Sutton's [Preparing for Adulthood](#)

To ensure some basic requirements for every student, we have agreed on some prohibited items that are not allowed to be brought into school and some we actively discourage from being brought into school.

### **Nut Free School**

Sherwood Foundation School is a nut free environment, with the expectation that no nuts will be brought onsite by any member of staff, pupil, parent/carer/guardian or catering provider in recognition of our school community containing pupils that have nut allergies.

## **Items we actively discourage from being brought into school**

We have also taken the stance to actively discourage the following items to be brought into school, unless the pupil has a specialised or highly restricted diet.

- Energy Drinks
- Caffeinated Drinks
- Chocolate including chocolate spread
- Cakes
- Sweets

## **How Sherwood Foundation School Aims to uphold these values?**

### **Staff Training**

Sherwood Foundation School ensures that all class based staff, including midday supervisors are given information on Healthy Eating and what that constitutes in our school including guidelines on portion sizes for snacks or breakfast options.

Staff are made aware of the expectations for healthy food options being provided to our students on any trips or residential offsite, alongside the requirement for all students choices and needs are catered for.

### **Parental/Carer Involvement**

Sherwood Foundation School will actively engage with our school community to promote our healthy food statement and what constitutes a healthy packed lunch including the confirmation we are a nut free school.

Sherwood Foundation School will also reheat any home cooked food/meals that have been brought into School for any lunch; reheated using standard guidance on food preparation.

The information will be promoted via direct parent communications, school newsletters and social media and via our website.

### **Catering Provision**

At Sherwood Foundation School, we ensure that our catering providers adhere to the food standards set by the government.

These standards include:

- one or more portions of fruit and vegetables every day
- one or more portions of starchy food, such as bread or pasta every day
- a portion of food containing milk or dairy every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks
- They severely restrict foods high in fat, salt and sugar, as well as low quality reformed or reconstituted foods.

We have a family style of lunch service in class groups where adults sit with children enjoying their meals together. This we believe helps parents access community eating in restaurants and cafes as part of family life.

### **Snacks and Refreshments**

Sherwood Foundation School is committed to ensuring the tuck shop, when in operation, provides healthy choices such as fruit pots and avoids provision of high fat/sugar items.

Celebrations at school, where food is provided, will ensure that healthy options are provided.

We ensure provision of free fruit and vegetables to classes which are of a high standard.

We ensure that classes are not providing excessive unhealthy snacks on a daily basis but based around the current guidelines issued by the UK government for breakfast clubs:

EYFS and KS1	- ¼ bagel, ½ slice of toast, 20/25g of cereal
KS2	-½ a bagel, 1 slice of toast. 25/30g of cereal
KS3/4	-1 bagel, 2 slices of toast. 30/40g of cereal

### **Healthy Eating and cooking provision in our curriculum**

Our PSHE & Food Technology curriculum give advice on healthy eating for all pupils. This includes experiences of shopping and buying food, preparation and cooking, where possible.

Practical cooking sessions within our curriculum are designed around the healthy food plan and educate students further on healthy eating.

We encourage classes of older pupils to take opportunities to cook food to eat for lunch and to visit cafes etc to develop these skills.

We ensure any Mini- Enterprises across the foundation reflect healthy choice meals.

### **Visiting Specialist Therapists**

Where a campus has a visiting dietician, they will give parent suggestions for improving packed lunches and food in general for children who have very restricted diets.

They will also support children who are underweight or are overweight. Advice given we also follow in school.

### **Linked Regulations and Guidance.**

Below we have provided additional information on either statutory advice by the government that is linked to the creation of this statement.

[School food standards practical guide](#) (government policy)

[School Meals Food Standards \(Government policy\)](#)



# Healthy lunch box

Research shows that when children eat well at lunchtime they engage better in afternoon activities.

We would recommend lunch boxes include...

- At least one portion of fruit (e.g. banana, apple, orange, dried fruit) .
- At least one portion of vegetables e.g. carrot sticks, cucumber, celery. These ingredients could be added to a sandwich or sweetcorn added to pasta.
- Meat, fish or other sources of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel)
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes)
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Drinks should be only water or milk.

READY TO EAT