



## Healthy Eating Policy

### Aims, purpose and responsibility

#### Why do we need a policy?

- What children eat when they are young can influence how they will eat in the future.
- Many children are not getting the right balance of foods to keep their bodies (including their teeth) and minds healthy.
- When children eat well, they thrive – they are more likely to be healthy and to reach their full potential.
- Food preparation and menu planning is an essential life skill. It starts with getting children excited about eating and cooking.
- Sharing meals is an important part of building and sustaining relationships. It can help develop community cohesion. When children learn about different kinds of food, including important celebrations, it can help them learn about and value diversity.

This policy covers all food provided and consumed in school including before and after school clubs, on school trips and in extra-curricular events. It takes account of national guidance produced by the School Food Plan, and Change4life.

We **aim** to ensure that healthy food and drink is provided at all times of day, taking account of individual needs.

We will:

- Increase knowledge and awareness of a healthy diet through curricular topics and daily routines.
- Provide tasty, nutritious food that promotes health, including dental health.
- Encourage all pupils to have a healthy meal at lunchtime.
- Make healthy eating the norm.
- Provide easily accessible water to drink throughout the school day.
- Actively promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices.
- Be positive role models for healthy eating.

It is the **responsibility** of all staff to implement the food policy and to act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

The headteacher and governors are responsible for leading on the development and monitoring of Health Education and its implementation, and for liaising with the lunchtime meals supervisor and food contractor.

Kitchen staff/caterers are responsible for providing high quality food that complies with the national nutritional standards for school food.

Lunchtime supervisors are responsible for maintaining a welcoming and positive eating environment.

Parents are responsible for providing healthy foods in lunchboxes or for advance booking of healthy meals provided by school.

### **THE CURRICULUM – what will we teach?**

Learning about the food we eat is an important part of the curriculum for all pupils and is explicitly taught through our daily routines, science, PSHE, DT and PE. We ensure that pupils have opportunities to learn about food preparation and cooking, and to develop their understanding of food related issues including food hygiene and safety issues. We actively promote positive attitudes towards healthy eating, body image and cultural differences. We develop and reward good manners and eating etiquette.

*Curriculum assessment - Children's learning about healthy eating is assessed in line with the school's assessment policy.*

### **School lunches**

Parents can provide their child with a healthy lunchbox. They can also order a meal from our caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the school website, and is sent home, via email, termly. The menu is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods.

**We encourage all parents to take free school meals, where there is an entitlement.**

Packed lunches should not include:

- Snacks such as crisps. We ask parents to provide instead, seeds, vegetables and fruit (with no added sugar or fat). **Please do not include nuts or nut-based snacks.**

- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks. (This includes diluted squash and flavoured water.)

These expectations are monitored by lunchtime staff, who communicate with teachers about their concerns when necessary.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

### **Snacks**

All pupils in Reception and Key Stage 1 will be offered a morning break time snack of fruit or vegetables.

Milk is provided free for under-fives and is available at cost for those over five in the rest of the school. Water for drinking is available throughout the day.

As part of promoting healthy eating children are encouraged to eat the fruit and vegetables.

Key Stage 2 children are asked to bring in fruit (fresh or dried) or vegetables for playtime.

Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

## **Breakfast club**

Aims:

- To provide food for children of families that have an early start to their day.
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages.

The club offers a calm and pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults. A good variety and healthy balance of foods as recommended by the Balance of Good Health (Food Standards Agency, 2001):

1. A portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel
2. Fruit and vegetable choices such as orange juice, fresh or dried fruit
3. A choice of drinks e.g. water, juice, and milk – dairy or plant-based.
4. An opportunity to have exercise outside when the weather permits.

## **Special diets and allergies**

These are catered for after discussion with parents

## **Nut allergies**

We are a nut free school but we cannot guarantee that food products are totally nut free.

Parents are asked to refrain from providing food products which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

## **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through school newsletters and on the school

website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water or milk be consumed during the school day. During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

### **Events and Celebrations**

We love to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents and carers do not to send in birthday cakes or foods that do not comply with our food policy.

School staff will not give out sweets as a reward or gift to children.

We have a number of fundraising opportunities throughout the year and limit cake sales to roughly one per term.

### **References and further reading**

1. Balance of Good Health (Food Standards Agency 2001)
2. School food plan ([www.schoolfoodplan.co.uk](http://www.schoolfoodplan.co.uk))
3. Change 4 Life ([www.nhs.uk/change4life](http://www.nhs.uk/change4life))