

# Food & Healthy Eating Policy



September 2021

**To be reviewed 2024 or sooner as required**

## **Introduction**

As Health Promoting Schools, we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

We know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

## **Aims and Objectives**

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## **Curriculum**

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PSHE curriculum.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum

## **Management of Eating**

We have agreed the following statements:

- Pupils in Early Years and KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat a piece of fruit in school time daily.
- All children in early years receive milk every day and milk will also be made freely available to all pupils at lunchtime.
- To ensure consistency across the school KS2 children who bring snacks are expected to eat only their healthy snacks at break time.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.
- Chocolate, sweets, crisps, and cakes are actively discouraged as everyday snacks in school or are not allowed as part of lunch boxes or in our dinner hall. Chewing gum and

fizzy drinks are not permitted on the school premises or while the children are representing the school.

- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods in accordance with the Packed Lunch Guidance leaflet which is available for parents. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.
- The contents of pupils' lunchboxes will be monitored at lunchtime by staff.
- Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation.
- Special events such as an end of year class celebration may involve food in moderation. Children will be reminded that this contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food".
- The school reserves the right not to hand out parent made party bags or cakes to celebrate individual birthdays when not informed in advance or offerings are not reasonable and proportionate.
- The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the school kitchen and in classrooms.
- Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts.
- We cannot guarantee that all parents will comply with the request and for that reason the school does not claim to be a "nut free school".
- Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day. If we are concerned at how much a child is eating we will inform and work with parents to resolve issues.

## **School Meals**

- The hot meals service is offered through AiP. We work closely with the school cook, School Council and with AiP to ensure that school dinners are healthy and reflect the children's taste where possible.
- Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the Healthy Food Standards in Schools.
- The weekly school lunch menu is displayed in the front entrance for parents and in the school hall.
- The weekly lunch menu is sent home on a termly basis and or put on the school website for parents and children to discuss meal choices.
- A member of the Senior Leadership Team monitors the quality of the meals on a regular basis.

## **School Dinners – Lunchtime Manifesto**

- Give the children time and space to eat in a calm and attractive environment. We recognise that communal eating is a social activity.
- Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle.
- Encourage the children to find out more about achieving a healthy balance.

- Encourage the children to try new foods and flavours in a supportive environment including trying each element of a balanced meal.
- Promote school food to children and parents.
- Listen to and accept constructive feedback and respond accordingly.
- Ensure that the dining room is well staffed.
- Older pupils are encouraged to assist others in a variety of ways such as opening yogurt lids or helping the children to salad, keeping table surfaces clean and tidy.
- The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.
- A well-stocked salad bar is located in the dining hall for the children to help themselves.
- Children will be encouraged to develop good eating skills and table manners at lunch time.

### **This will be achieved by:**

- Being able to sit freely with their friends .
- Older Year 5/6 buddies may help younger children with their lunch in a variety of ways including accessing the salad bar, cutting up food etc.
- Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Entering and leaving the dining hall in an orderly way; to show respect for other diners
- Parents or carers will be advised if their child is not eating well.
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, support staff and other pupils.
- Seeking permission from a member of staff before eating dessert and leaving the table.

### **The role of the co-ordinator:**

- It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.
- It is the co-ordinator’s role to ensure that staffs are given sufficient training, so that they can teach effectively.
- The co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.
- The co-ordinator monitors teaching and learning about healthy eating. The co-ordinator oversees the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- The co-ordinator encourages positive role models amongst the staff by encouraging healthy options for staff ‘treats’ such as fruit.

### **The role of Parents:**

The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the school healthy eating education policy and practice.
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary.
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.

## **Related Documents/Policies:**

- PSHCE Policy
- Science Policy
- D &T Policy
- P.E Policy
- Safeguarding Policy
- Behaviour and Bullying policy
- Packed Lunch Guidance leaflet