



Healthy Eating Policy

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Approved by:	Board of Directors
Version:	3.3
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Version History

Version	Date Issued	Brief Summary of Change	Owners Name
0.1	14.05.2019	New Policy	Wendy Ainscough
1.1	01.09.2020	Annual Review	Wendy Ainscough
2.1	07.09.2021	Annual Review	Wendy Ainscough
3.1	06.09.2022	Annual Review	Wendy Ainscough
3.2	04.09.2023	Annual review - addition to allergy section.	Rachael Sharpe
3.3	09.01.2025	Annual review	Rachael Sharpe

Rationale

The purpose of this policy is to produce a cohesive approach by the whole school community towards the promotion and provision of healthy eating.

Aims

The aim of this policy is to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

In order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school can also play a role in the wider community to promote family health.

Through the promotion of healthy eating the school aims to:

- Improve the health of pupils and staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues;
- Present consistent, informed messages about healthy eating within school through all of the school's practices;
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure that pupils have easy access to water throughout the school day.

The school will work towards these aims in partnership with the parents/carers and health professionals.

Other school policies which have relevance to Healthy Eating are:

- Extended schools policy
- Healthy snack policy (appendix 1)
- Packed lunch policy (appendix 2)

Character Education

The school curriculum, with character at its foundation, enables children to explore and develop the following characteristics and conduct:

- Respect of self;
- Respect for others;
- Responsibility for their own actions;
- Responsibility for their family, friends, school and wider community.

Equal opportunities

The school is committed towards equal opportunities in all aspects of school life. All resources used will support this commitment.

Curriculum Content

The aims of healthy eating will be taught through our curriculum taking into account pupils' developmental needs. Opportunities arise within the wider curriculum to reinforce healthy eating and food hygiene for example through science and design technology.

Organisation

Delivery will be:

- As C360 themes of learning.
- Through planned aspects of PSHE, science and design technology
- Referred to in Assembly and Collective Worship
- Through pastoral time
- Through circle time
- Through story time
- Through the EYFS framework
- Through extra-curricular activities
- Through special projects and themed weeks such as Healthy Living Week
- Through the 6 inspiring changemaker challenges,

Specific issues

Allergies

Food allergies are common – on average, most school classes in the UK will have one or two children with food allergy. Schools need to consider how to reduce the risk of an allergic reaction, in line with the statutory guidance Supporting pupils at school with medical conditions. Parents need to work with the school in trying to reduce the potential risks:

- Bottles, other drinks and lunch boxes should be clearly labelled with the name of the child for whom they are intended.

- If food is purchased from the school kitchen, parents should check the ingredients of foods by speaking directly to the class teacher.
- Many children of primary school age are able to check with staff and read ingredients labels and one way to help your child learn is to take them shopping with you, and ask them to read ingredients labels to spot the foods they are allergic too.
- Food should not be given to food-allergic children in primary schools without parental engagement and permission (e.g. birthday parties, food treats).
- When planning out-of-school activities such as sporting events, excursions (e.g. restaurants and food processing plants), school outings or camps, think early about the catering requirements for food-allergic children, and emergency planning (including access to emergency medication and medical care).

The school will respond to children and staff with specific allergies in accordance with their individual care plans. Schools may inform the whole parent community if there is a significant allergy in schools and ask for their support when considering bringing in food to school.

Water provision

All pupils have access to free, fresh drinking water at all times throughout the day. Pupils are encouraged to have a named, bottle of water in school at all times. Pupils should take home their water bottles to be washed on a daily basis.

After physical activity and during hot weather, children will be encouraged to drink more water.

School Fruit and Vegetable scheme

The school is fully involved in the school fruit and vegetable scheme which provides every child aged 4 to 6 with a free piece of fruit.

School Meals

The school offers a healthy and nutritionally balanced school lunch for all pupils. There are a variety of options throughout the week, all of which are freshly prepared on a daily basis. Water is offered as a drink with the school lunches.

Packed lunches

Parents/Carers are encouraged to provide healthy packed lunches for their children. In order to support parents, healthy packed lunch suggestions are promoted. Pupils can bring packed lunches in a cool bag. All packed lunches are stored away from direct sunlight.

We encourage parents/carers to provide pupils with either water or juice in their packed lunch.

Pupils are not permitted to swap food. Any food left in lunch boxes will be sent home. See the Packed lunch policy at Appendix 2 for further information.

Break-time snacks

Children are encouraged to bring in fruit and/or vegetable snacks for break-time. Children on special diets will be given special consideration.

If food is served at the school's Breakfast and After school (Wrap-Around Care) club, this is in line with the school policy. Healthy snacks, water and fruit juice will be made available if this is part of the provision. The Headteacher is responsible for overseeing staff to ensure health and safety and hygiene rules are adhered to.

The role of outside agencies and procedures for their involvement

Outside agencies may be used to support and assist the teachers in the development of classroom-based work and on a one-to-one basis. They will be required to work within the school's curriculum framework, outlined earlier. Every individual who has contact with pupils will be DBS checked.

Dissemination of the policy

All staff members, Local Schools Committee (LSC) members and parents will be informed that copies of the policy are available from the school office on request and on the school website.

Assessment and recording

Teachers assess the children's work in Science and D.T. (of which healthy eating is a part) by making informal judgements as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives outlined within the National Curriculum. Teachers have clear expectations

of what the pupils will know, understand and be able to do at the end of each key stage.

Monitoring and review

The Headteacher is responsible for monitoring the standards of children's work and the quality of teaching. Colleagues are supported in the teaching of healthy eating, by giving them information about the current developments in the subject and by providing a strategic lead and direction of the subject in school.

Appendix 1 Healthy snack policy

Appendix 2 Packed lunch policy

Appendix 1

Healthy snack policy

As part of our commitment to promoting healthy eating, all children are encouraged to bring a piece of fruit or vegetable for playtime.

We participate in the school Fruit and vegetable scheme which provides children in Key Stage 1 with a daily piece of fruit or vegetable. Class teachers will plan this into the school day at an appropriate time for their children.

As a school we belong to a scheme set up by the Local Education Authority and the School Milk Services Limited which offers subsidised milk. All children from the ages of 5 to 11 can apply to receive milk at morning break. There is a termly charge for this service. Parents/carers interested in this service are asked to contact the school office.

This policy will be reviewed as part of the Healthy Eating Policy.

Appendix 2

Packed lunch policy

Rationale

The purpose of this policy is to promote healthy packed lunches, provide guidance on the creation of healthy packed lunches and to clarify our approach to the storage of packed lunches at school. This policy provides information for parents/carers who provide packed lunches to be consumed within school or on school trips during normal hours.

We recognise that in order to be successful, this policy requires the full support of parents and carers. This policy is closely related to the Healthy Eating policy and Healthy Snack policy and is an integral part of the promotion of healthy eating within the school.

Aim

To promote healthy packed lunches so that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food.

In order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school can also play a role in the wider community to promote family health.

Packed lunch arrangements

- The school will provide facilities for pupils bringing in packed lunches and will ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to promote healthy packed lunches in line with the standards listed below.
- As fridge space is not available in school, pupils can bring packed lunches in insulated bags, with freezer blocks where possible, to keep food fresh.
- All packed lunches are stored away from direct sunlight.
- Pupils are not permitted to swap food because of allergy issues.
- Any food left in lunch boxes will be sent home.

What is a healthy packed lunch?

National guidance suggests that healthy packed lunches should include the following items:

- At least one portion of fruit and one portion of vegetables every day.

- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Drinks are either water, 100% fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Instead of crisps, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or bread sticks served with fruit, vegetables or dairy food are also a good choice.
- Cakes and biscuits are allowed in moderation and are encouraged to be eaten as part of a balanced meal.

National guidance suggests that healthy packed lunches **do not** include the following items:

- Snacks such as crisps;
- Confectionary such as chocolate bars, chocolate – coated biscuits and sweets;
- Meat products such as sausages rolls, individual pies, corned meat and sausages/ chipolatas.

Special diets and allergies

Some pupils may require special diets that do not follow the healthy packed recommendations. In this case parents are encouraged to ensure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Review

Packed lunches are reviewed regularly by staff. If a child regularly brings a packed lunch that includes many of the items not recommended, the school will contact the parents to discuss this. Pupils with special diets will be given due consideration.

This Policy will be reviewed as part of the Healthy Eating Policy.

Dissemination of the policy

The school will inform all parents/carers, LSC and school staff of this policy via email and the school website.

Copies of the policy are available from the school office on request and on the school website. The school will use opportunities to promote this policy as part of a whole school approach to healthier eating.

