



## HEALTHY EATING POLICY

### Introduction

- The benefits of healthy eating are substantial. Nutrition related diseases are increasing in the UK. One of the major threats to health is obesity. Schools have a key role in encouraging a healthy diet to help achieve the Public Service Agreement to halt the year on year rise in obesity among children.
- Ofsted inspectors consider how well the school promotes healthy lifestyles, including healthy eating. This includes the quality of food provision, the dining environment, and opportunities within the curriculum, such as cooking and food preparation. There are clear benefits to the school in terms of influence on school attainment, behaviour and punctuality.
- The future health of individuals can be influenced by their diet in childhood.
- Healthy eating contributes to a feeling of well-being.
- A new set of standards for all food served in schools came into force in January 2015 (School Food Plan).

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this healthy eating policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils

### Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by the Healthy School Co-ordinator

### Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food and drink choices throughout the school day
- To encourage the whole school community to promote the values that healthy eating can provide

These aims will be addressed through the following areas:

#### 1. Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## **2. Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through:

### **Teaching Methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, practical food experiences, group discussions and role-play. All children will learn and apply the principles of food hygiene.

### **Leading by example and staff training**

School staff, caterers and other education professionals have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the Healthy School Co-ordinator will attend relevant training and disseminate any required information and any changes to UK Nutrition Guidance or Food Standards to staff.

### **Visitors in the classroom**

This school values the contribution made by professionals in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

## **3. Food and Drink Provision throughout the day**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the start of the school day. This information regarding the breakfast menu and additional information can be obtained from the school office if required.

### **National Nutritional Standards for School Lunches**

Food served in schools must meet the school food standards set out in the School Food Plan (January 2015). "These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour." (DfE 2015)

School lunches are prepared by an external catering provider, and meet the National Nutritional Standards for School Lunches. All menus are produced in accordance with current Food Standards for school lunches. The catering manager regularly informs parents about termly menus and promotes the healthy school meals available. This encourages the uptake of school dinners. The school office also makes freely available the forms for the uptake of Free School Meals to the parents.

All Foundation Stage and Key Stage 1 children are offered a Free School Meal and this is explained to parents when their children start school.

### **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Our Foundation Stage and Key Stage 1 children are part of the National School Fruit and Vegetable scheme, receiving free fruit/vegetables on a daily basis.

The Key Stage 2 children are only allowed to bring in fruit or vegetables for their snack at break times. This should be put into a separate place (out of the lunch box) each morning.

If snacks are offered at other times e.g. sporting events, school reward system or after school clubs these are healthy snacks that comply with the school policy.

### **Use of food as an award**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement, such as stickers, pencils (and other similar items) and certificates are used in school on a regular basis.

### **Drinking Water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

Fresh drinking water is encouraged for both children and staff throughout the school day. The children's drink bottles are kept in classrooms and they are encouraged to drink and refill throughout the day. In Foundation Stage and Key Stage 1, the water bottles are rinsed daily and then sterilised at the end of each week. In Key Stage 2, water bottles are taken home at the end of each day to be washed.

Under-5 pupils participate in the Cool Milk scheme.

## **4. Food and Drink bought in to School**

### **Mobile Caterers serving food on School Premises**

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the 'Eatwell Guide' (Public Health England)

### **Packed Lunch**

The school will monitor packed lunches and promote healthy options. The school will raise awareness and aim to inform parents, carers and pupils about the healthy choices available for packed lunches.

We request that parents/carers support the school in its promotion of healthy eating by providing a balanced selection of food in the packed lunch. Children are taught about healthy eating from an early age. To reinforce this, children are not allowed to bring chocolate bars or sweets to school. The packed lunch **should** contain a carbohydrate (e.g. sandwich with a healthy filling), and pieces of fruit or vegetables. Children **should** bring in water or fruit juice. (Water is also available at lunchtimes in the hall.)

Any food left in packed lunch boxes will be taken home.

Appropriate storage arrangements are made and parents are encouraged to include a freezer pack inside the child's lunchbox.

### **Special Events**

Religious Festivals - (Christmas, Easter) will have some special allowances; however, staff will ensure that healthy options are available and that food is of a balanced variety.

For birthday celebrations we welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

## **5. Special Dietary Requirements**

### **Special Diets for Religious and Ethnic Groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **Vegetarians**

School caterers offer a vegetarian option at lunch everyday.

### **Food and Allergy Intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

***We are a nut free school to reflect the medical needs of our pupils.***

## **6. Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available, that food handlers undergo appropriate food hygiene training and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **7. The food and eating environment**

The school aims to provide a welcoming eating environment that encourages the positive social interaction of pupils. The children are encouraged to display good manners.

The school menu is also clearly displayed for the children.

### **Governors**

The Governing Body is responsible for ensuring that the national school food standards are met. The governor responsible for monitoring Teaching and Learning will oversee the whole school food policy by supporting and implementing it. They will give feedback to other governors at meetings.

### **Monitoring and Evaluation**

How will we monitor and evaluate this policy?

The Head of School and Healthy School Co-ordinator will monitor the effectiveness of this policy ensuring that training and resourcing are up to date.



# Parkside Community Foundation Primary School

Part of the Garlinge and Parkside Schools and Nurseries Federation



Policy adopted by Governing Body on \_\_\_\_\_

To be reviewed on \_\_\_\_\_

Signed by Executive Headteacher \_\_\_\_\_

Signed by Chair of Governors \_\_\_\_\_