



St White's Primary School

Healthy Eating Policy

Date of Review: September 2021

Date of Next Review: September 2024

Signed, Head Teacher:

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| | Summary of Changes |
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| April 2019 | Update section to reflect change in practice regarding water bottles |
| September 2021 | Full review |

Introduction

At St White's Primary School we recognise that good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social wellbeing. The school is dedicated to helping each child understand the role of healthy eating in achieving good health.

Aims

The school aims to:

- Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet.
- Help children to understand that some foods should be eaten in moderation.

Success Criteria

Through the successful implementation of this policy the intended outcomes are:

- Children are physically, mentally and emotionally healthy.
- Children are making informed choices about their lunches, both school dinners and packed lunches
- Children understand the need for a balanced diet, understand the term 'in moderation'
- For staff to be good role models and have access to information which will help them to provide and develop positive attitudes to healthy eating in young children

Why a policy is needed?

The school recognises the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Definition of Healthy Eating/Nutrition

A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual.

Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Responsibility

Parents are asked to inform the school of any dietary needs, including any food allergies their child has, whether their child is a vegetarian and also if the school needs to take into consideration any cultural, ethnic religious needs. All individual food needs are entered on the yearly entry records and updated regularly. These are entered on to the computer system. The canteen staff and MDSAs are informed of the individual needs. School staff are also made aware of particular dietary needs through information sheets given out. This information is securely stored in Classrooms. Supply Staff are made aware of medical folders.

Curriculum

Healthy Eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum. Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.

A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

On occasions as part of the class lesson the children participate in cooking and food tasting. Permission is sought from the parents prior to this, noting food allergies if applicable

Whenever children work with food in the classroom they are expected to follow basic hygiene routines including:

- Using clean equipment
- Always washing hands before and after working with the food
- Children are also reminded to wash their hands after going to the toilet and before eating
- Using an individual spoon etc. when tasting food.
- Hair being tied back
- Clean work surfaces

Food in the Curriculum

The school runs an active food growing project in the school. The school allotment is used to provide weekly, seasonal lessons for children to learn about growing foods and the importance of eating healthily. All children receive multiple opportunities to learn about

how to grow their own food and issues around food literacy. We exploit opportunities within the existing curriculum to discuss and work with food. Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the PSHCE and Science curriculum.

Wrap Around Care and Minibus Breakfast Club

The school recognises the importance of eating a balanced breakfast in helping children to concentrate on learning and maintain energy levels. Minibus children join the wraparound care children on arrival and receive breakfast at school. Other vulnerable pupils, who may not have eaten prior to coming to school, may also be invited to attend. The food offered is healthy and is consistent with a healthy diet. We provide toast, bread, cereal, yoghurt and fruit. Children can choose from water, milk or fruit juice to drink.

National Nutritional Standards Legal Requirement.

There is a free fruit scheme in operation for infant children. Each infant child is offered a piece of fruit/vegetable each day. There is a different fruit each day e.g. apples, pears, carrots, oranges and bananas. This provides that children with a daily snack and the opportunity to socialise. EYFS and KS1 are part of the free fruit scheme therefore are not required to bring their own fruit, although some choose to bring in a healthy snack as well.

Healthy Snack

Children need snacks to keep their busy bodies and minds going. Healthy snacking can help children get important nutrients, make up for skipped meals and provide necessary fuel for learning, sports and other activities. Eating small, well-balanced snacks between meals can also keep children from eating too much at mealtimes. Many children bring snacks to school, and sometimes school programs, school staff or other parents provide snacks for students to share. Making those snacks as nutritious as possible is important for pupils' performance and the development of healthy eating habits.

Half the sugar children are having comes from snacks and sugary drinks. Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay. Fruit and vegetables are always the best choice. Therefore, at St White's School, KS2 children are encouraged to bring in portions of fruit and vegetables to eat at break times. This is monitored by the class teacher alongside the sports lead.

Milk

Milk is available to all children under five, free of charge. Reception children are provided with milk daily. Milk is distributed to classes and drunk. Milk is stored in a fridge in the breakout area.

Water

Children are encouraged to drink water throughout the day. Children can bring in suitable containers from home. Throughout lunchtime water is available at each table. Helpers

support the MDSA's in the distribution of water throughout lunchtimes. Children are actively encouraged to take water bottles home weekly and wash them. During the week, pupils will be encouraged to rinse and fill their own bottles first thing in the morning. Each Classroom is provided with a jug and glasses. Water is given to pupils who do not have a water bottle.

Special Events

The school actively encourages healthy eating and drinking, in accordance with the NHS change4life initiative. <https://www.nhs.uk/change4life/food-facts>
There are occasions when, as part of a celebration or special event children will be offered other foods. The school takes every care to ensure that the food and drink provided is suitable for children as part of a healthy, balanced diet.

School Meals

The School aims to provide our children with good quality, healthy food and we actively promote healthy choices. We recognise the importance of eating a hot lunch and encourage children who take packed lunch to switch to a hot lunch. The office team liaise with Caterlink to feedback on children's preferences and try to make adjustments where necessary. This advice is taken into consideration by Caterlink. Caterlink, our caterers, work to their own nutrition policy that meets the guidelines laid out by the government. Caterlink cook good quality, healthy food. They do not use GM modified food, nuts or nut products or additional salt, they actively discourage the use of convenience food and ensure that at least 90% of their dishes are freshly prepared. There is always a salad bar available at lunch time, and an option of fruit or yoghurt for dessert.

The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. New menus are sent out termly to all families promoting and encouraging children to eat school dinners. Copies of the lunch menu can be found on the school website. School dinners are booked through the Parentpay system online, so parents can discuss the menu and make decisions with their children.

At regular intervals the school council will discuss school meals in their classes and feedback the children's views. Meetings are also arranged with the Canteen Staff, company and The School Council to discuss children's opinions and ideas for new menus. The food complies with the School Food Trust Nutrient Based Standards.

Packed Lunches

Packed lunches should follow the same advice given by the NHS change4life initiative. It is important for children to have a healthy lunch so that they receive the right nutrients for the rest of the day at school. Monitoring of packed lunches takes places informally. Any uneaten food is returned in the child's lunch boxes so the parents can be aware of what

the child has eaten whilst at school.

Any concerns noted by a Midday Supervisor (MDSA) are reported to the Class teacher, who will in turn, speak to parents. Healthy Lunchbox certificates are sent home by MDSA's on a weekly basis.

A healthy packed lunch should contain a healthy balance of foods.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied.

Set out below are some suggestions:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These are good to fill children up.
- A good source of protein, iron, and zinc such as meat, fish, beans, nuts and eggs
- A good source of calcium such as milk, cheese, yoghurt or fromage frais
- A portion of fruit and a portion of vegetable or salad to provide other vitamin and minerals

The school provides children with water throughout the day, including lunch times. There is no need for parents therefore, to provide an additional drink in their child's lunch box.

Dining Environment

Hot meals are served in the main hall using a staggered lunch hour. Children who bring lunch boxes eat and socialise in the breakout areas.

Foundation/KS1 and KS2 pupils eat hot meals together. KS2 pupils actively support the younger children encouraging them to eat, whilst also being excellent role models.

The school is committed to;

- Providing a welcoming eating environment that encourages positive social interaction between all pupils and staff;
- Ensuring hygiene protocols are followed by encouraging children to wash their hands before eating;
- Encouraging all children to eat the food they have been provided with;
- Supporting children who find the physical process of school dinners or packed lunch a challenge – for example, carrying trays, opening tubs or packets;
- Providing water;
- Encouraging at all times, children to eat food that provides them with a balanced, healthy diet.

Lunchtime Supervisor Support

MDSAs are employed to support children both in the hall and on the playground.

Lunchtime supervisors are encouraged to recognise healthy eating and positive behaviour.

In-service training is arranged as required and MDSAs meet regularly to discuss relevant issues.

Training

All kitchen staff undergo the relevant food hygiene and nutrition training. The Wrap Around Care Team also have basic food hygiene training.

Reward System

Weekly rewards are handed out to the children recognised for setting good examples at the lunch time.

Monitoring

This policy has been developed in consultation with pupils, staff and governors through: Pupil / Staff discussions, School Council, Research within the school community, Advice and consultation from local health and education services.

This policy should be read in conjunction with the other school policies including:

- Medical
- PSHE
- Safeguarding
- SEN

A review by these groups will be led regularly by the PSHE coordinator.