

Anderton Primary School

Healthy Eating Policy

RATIONALE

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, in promoting healthy issues by teaching ways to establish and maintain life-long healthy eating habits, understanding how to make informed choices about food and drink in order to maintain a healthy weight.

We recognise that it is important for the whole school to portray consistent messages about healthy eating. Our overarching message is:

Eat a balanced diet with lots of fruit and vegetables. Foods, like crisps and sweets, should be eaten in moderation.

AIMS

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs
- work in partnership to achieve a pleasant and sociable dining experience which enhances social development
- involve pupils and parents in decision making.
- seek to ensure that members of staff are role models for healthy eating
- to promote healthy & balanced eating by:
 - encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health ‘Eat Well Plate’
 - encouraging foods which are rich in vitamins, iron and calcium (in particular fruit, vegetables, meat, beans, bread and low-fat dairy products)
 - encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods
 - encouraging fruit juices, lower fat milk and additive-free drinks;
 - discouraging sugary drinks and less healthy snacks between meals.
 - Encourage drinking of water.

OBJECTIVES

To work towards ensuring that this policy is both accepted and embraced by

- governors
- leadership team
- teachers and support staff
- pupils
- parents and families
- food providers
- the wider school community

To integrate these aims into all aspects of school life, in particular

- food provision within school
- the curriculum
- pastoral and social activities
- the workforce
- visitors

LINKS TO OTHER POLICIES

Several policies link to this whole school food and drink policy, including:

- curriculum policies such as Science, DT and PSHE through which healthy eating messages are taught
- teaching and learning policy, particularly the fact that well-nourished and hydrated pupils learn better
- behaviour management policy which identifies the link between positive behaviour and healthy food
- health and safety policy which clearly sets out how food is stored, prepared and cooked on the premises, including cooking within the classroom.
- Equal opportunities policy, which outlines that school will take into account the ability, age, and cultural backgrounds of our children to ensure that all can fully access provision to develop their health and wellbeing

PEOPLE RESPONSIBLE

Monitored and led by the SMT and PSHE Leader, all teaching staff are responsible for teaching any programmes addressing healthy eating and for supporting the principles outlined in this policy.

Governors will be involved by approving the policy.

PROVISION OF FOOD AND DRINK ACROSS THE SCHOOL DAY

Early morning snack

Cool Kids is open from 7:30 until 8:50. Snacks include toast or wholemeal bread with low fat spread and fresh juice. The importance of having a good breakfast before the children come to school is reinforced and encouraged.

Mid-morning snack

In consultation with parents, it has been agreed that the children can bring a healthy snack to eat at morning break e.g. fresh or dried fruit, cheese, breadsticks, crackers.

Children may pay for a school mid-morning snack which is delivered to classrooms at the beginning of morning break. This consists of fruit and toast.

We are involved in the School Fruit and Vegetable Scheme. Every child in the infants is encouraged to have an extra piece of fruit or vegetable each day. This is given during the afternoon break time.

In-school drinks

Children are encouraged to drink plain water at school particularly after PE, active play and in hot weather.

A water dispenser is situated in school and the children are encouraged and advised on a regular basis to bring in bottles from home; these can be refilled at the dispenser throughout the day. The messages about the importance of drinking water are reinforced on a regular basis.

Lower fat milk is promoted as a vital contribution to calcium intakes and is available to all Key Stage 1 children. Reception and KS1 parents pay for school milk, and school subsidises milk for children who are entitled to free school meals. A specific time is set aside, and those who do not wish to have milk have a drink of water instead.

Packed Lunches

Children are encouraged to bring a healthy packed lunch to school. Regular updates and links to suggested websites are published in the school newsletter/school website to aid parents and their children.

We suggest that packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. We advise against sweets, sugary drinks, chocolate and foods high in salt or fat. The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

School meals

School lunchtime menus are agreed between the school and school catering staff. Local preferences are considered within the framework of the nutritional standards ('The Food School Standards').

Termly theme days are linked to curriculum areas or calendar events. On these occasions, there may be a slight deviation from the 'School Food Standards'.

All children are given a portion of vegetables as part of their meals. They are encouraged to try new or unfamiliar ones, even if it is a small portion.

Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly. Whilst children may enjoy second helpings, if available, they are not allowed any additional servings beyond this.

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school via the website and the New Parent brochure.

Dining room environment

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills.

Teachers, caterers and lunchtime welfare assistants work together to create a good dining room ambience and the development of appropriate table manners.

Reception children are supported in the dining room for the first half term by Reception class staff to encourage the positive development of social skills, and in the case of those Reception class children having a school lunch, to promote acceptance of a wide range of foods.

Out of hours' clubs

Cool Kids after school club runs until 6.00pm and offers all pupils who attend, a healthy snack. Examples include wholemeal bread with low fat spread, toast, sandwiches and diluted fruit juice.

Treats and Rewards

Whilst endeavouring to encourage healthy eating as the norm, we also accept that on occasions a less healthy option is acceptable, eg Christmas parties, celebration lunches, end-of-term treats.

Sweets brought in by pupils as part of their birthday celebrations, will be given out at the end of the day and taken home. Treats containing nuts are not allowed, for health and safety reasons due to allergies.

SPONSORSHIP/ INCENTIVE SCHEMES

The school will carefully consider the use of any promotional scheme and will not encourage children to collect tokens from foods that should only be eaten in moderation (eg foods high in fat, salt and sugar).

CURRICULUM, TEACHING AND LEARNING

Key healthy eating messages will be taught within Science, DT and PSHEC. They will also be delivered through assemblies and theme days/ weeks.

Pupils are given the opportunity to taste, touch, smell and feel a variety of foods. Tasting will only be allowed with the written permission of a parent, in order to address any allergies or issues of conscience or religion.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross-curricular subjects including Geography, History and RE, and are linked with school meal theme days.

ASSESSMENT OF LEARNING

We will assess pupils' learning through lesson observations and discussion (eg DT, Science, PSHEC); monitoring how healthy options are taken up in the dining room; monitoring packed lunches; pupil questionnaires regarding their understanding of healthy food and drink and their attitudes to how empowered they feel to make healthy choices both at school and in the wider community.

CHILDREN WITH SPECIAL NEEDS

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets, because of nut allergies, diabetes and coeliac disease. Teachers of these children may keep a suitable 'treat box' provided by parents. The schemes of work are sensitive to this and the teachers will be aware of any children within their class who this may apply to. Staff are also aware of any children who are vegetarian or vegan for ethical or religious reasons, and encourage acceptance of such beliefs as a lifestyle choice. Specialist dietary information is requested from parents on admission, and permission to sample foodstuffs is gained at the start of each academic year. Prior to residential trips, a form is sent home which includes information on dietary needs.

PUPIL INVOLVEMENT

We involve and consult pupils regarding our school healthy food policy via Class Council discussions. Pupils' views on food preparation in DT sessions are taken into account by teachers before the curriculum is planned and taught. This provides a good opportunity to discuss and outline the principles of the healthy food policy.

FOOD HYGIENE

Children are reminded on a regular basis about the importance of hand washing before eating.

Whenever children are to sample or handle food in the classroom, there are a number of rules that should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new jay cloth.
- If necessary, cover work surfaces with disposable/ plastic tablecloths.
- Ensure all utensils have been thoroughly cleaned beforehand.
- Use utensils, cooking or baking items from the DT equipment boxes only.
- Wash hands using soap before any preparation/ sampling tasks.
- Ensure sleeves are "rolled up" and disposable plastic aprons are worn for all food preparation.
- Keep the group/s manageable and use support assistants where necessary.
- When sampling, always let individuals have their own spoon/ cup etc.
- Allow plenty of space to work, with all "classroom items" away from food and utensils.
- Encourage thorough washing up after the tasks and return utensils to where they are stored.
- All foods and ingredients should be purchased fresh, and opened on the day.
- Dispose of finished/ unwanted food after the task.
- Wash down work surfaces thoroughly after the task.
- Some members of staff and after school club hold Basic Food Hygiene Certificates.

Careful consideration is given to the correct storage of food within school. This includes the storage of packed lunch boxes that are kept in a cool area, away from radiators. Parents are encouraged to send packed lunches in cooler bag-style packed lunch boxes.

Fruit and vegetables from the School Fruit and Vegetable Scheme is stored in accordance with the guidance set out within this scheme.

PARENTAL INVOLVEMENT

Information about school catering (eg menus, theme days and free school meals) is provided in school newsletters, the website and the New Parent brochure.

This policy will be shared with the school community by being posted on our school website. It will be reviewed every 2 years. Parents would be consulted before any major changes were made.

A Harrison (PSHEC Subject Leader)
October 2017

Next review date: October 2019