



LITTLE HARROWDEN COMMUNITY PRIMARY SCHOOL

Healthy Eating Policy

Responsible person: SMSC Co-ordinator

Date adopted: January 2016 Review by: January 2018

Introduction

In our school we believe that proper nutrition and fluid intake are essential to all members of the school community. We believe that all messages about food and drink within school should be consistent in encouraging everyone to establish and/or maintain life-long healthy eating and drinking habits, enabling pupils to make informed choices about the food they eat.

Rationale

We achieved Healthy Schools Status in January 2009 and now need to work on how we can maintain the standards we have met, and strive for an even healthier school through engaging with the Northamptonshire 'Healthier Child Project' (started in 2015)

Through effective leadership, the school ethos and the curriculum, all staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

All members of the school community need to be aware that healthy eating and a balanced diet is, to some, a sensitive issue. We need to be mindful of the fact that children may be exposed to and aware of negative food issues and the associated emotional and psychological effects.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Standards for school food throughout the school day are in place.

www.childrensfoodtrust.org.uk

Further information can also be found in the School Food Plan (July 2013)

www.schoolfoodplan.com

Our Aims

- To ensure we are giving consistent messages about food, health and wellbeing for a healthier child
- To provide cross- curricular education which enables all pupils to make informed choices
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To encourage a balanced and nutritious diet
- To offer milk & water to all children every day
- To offer a selection of fruit to all children every day
- To encourage fluid intake with an easily accessible water supply throughout the day
- To integrate healthy eating and drinking habits in all aspects of school life
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating habits that will last a lifetime

Catering

Meals are provided by Kingswood Catering. Individual dietary needs are catered for within the framework of nutritional standards. All meals are cooked on site, with portion sizes being in accordance with guidelines laid down by the caterers. Children are encouraged to drink water or water based drinks with their lunch.

Breakfast

Recognising parental responsibility and school/parent partnership, children are encouraged to have breakfast before leaving home. This will be done through discussion in PSHE. The school also offers a breakfast club as part of the wrap around care and provides a choice of hot or cold food.

Morning break

We aim to foster a positive approach to the children's health by asking that the children bring a healthy snack of fresh fruit and/or fresh vegetables for break time.

All snacks should be brought to school in a re-usable container to avoid the need for disposing of any waste packaging.

All children in Foundation Stage and Key stage 1 are provided with a piece of fruit or a portion of vegetable from the free fruit and vegetable scheme which is Government funded. Therefore the need for children in this phase to bring a snack is minimal.

All children within KS2 have access to fruit or vegetables on a daily basis. This is currently funded through school, using our Sports Premium funding. We encourage children in KS2 to help themselves to the fruit or vegetables if or when they are hungry throughout the school day.

Milk or water is offered to foundation stage children throughout the day, with children from Years 1-6 having the option of paying for milk through the cool milk scheme.

School lunches and packed lunches

Children can bring their own packed lunch to school. We ask parents to support us in providing clear messages to the children about a balanced and nutritious diet. Items such as fizzy drinks and sweets are not permitted. We issue guidance in newsletters and on the website regarding what constitutes a balanced packed lunch and we also offer advice on portion sizes.

We now recommend the following:

- Children have a minimum of 2 portions of fruit / vegetables in their lunchbox.
- Children eat a sandwich/ wrap/ crackers/pasta/roll before eating other items in their lunch box.
- Children have a balanced lunchbox with at least 1 drink. We recommend water or a low sugar alternative drink.
- If provided, Children have a small (fun size) chocolate treat *or* crisps rather than both in one sitting. We suggest that if a child has two portions of fruit or vegetables then it is unlikely they will also need chocolate or crisps.

Children also have the option of hot dinners provided by Kingswood Catering.

There is no divide between the seating of hot meals and packed lunches. Children are encouraged to sit with their friends. All children are asked to remain seated for around 20 minutes from when they start eating their lunch. This is to encourage children to take their time when eating and to also promote high standards in regards to table manners. All children will have water available on their lunch table for easy access over the course of the lunch hour.

Special dietary requirements/ Vegetarian

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Snack time

Foundation Stage children have the option to pay for snack in class. Children are encouraged to access this independently and try new foods and drinks. Parents are informed weekly via the Reception information board of the weekly snack timetable. Parents are also encouraged to access the snack board in the classroom to record any suggestions that they have regarding new healthy snacks which the children could try.

Water for all

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

The children are able to bring in their own water bottles. These are to be kept in classrooms and consumed during lessons throughout the day. Children are able to refill their water bottle during break time or at lunch time using the cool water dispenser located in the office area.

Low sugar juice is only permitted as part of a packed lunch.

Birthday Treats

Children may bring in small birthday treats for their class on the advent of their birthday. These treats will be handed out by the child at the end of the school day and children are encouraged to seek the permission of their parent before eating the treat.

Wrap Around Care Provision

The food and drink provision at our breakfast and after school clubs are in line with the overall whole school food policy and comply with standards for all school food other than lunches. Displays also reflect healthy and nutritious food choices for breakfast.

The Food and Eating Environment

A kitchen and cooking classroom is available for all classes to use.

The school will provide a clean, sociable environment for pupils to eat their Lunch. Lunch time supervisors will help to ensure a safe, enjoyable experience and will encourage healthy eating. Reward systems of smileys, stickers and a weekly 'Gold Table' will be used to praise children for healthy food choices, good manners and excellent social behaviour during lunchtimes. The seating and table arrangements, table cloths and music all support a 'happy and pleasurable' dining experience.

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 safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

Teaching and Learning

Through cross-curricular learning, food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given opportunity to touch, taste, smell and see a variety of foods. The Healthier Child Project emphasises the link and balance between physical exercise, healthy eating and healthy mental wellbeing, therefore we teach children these facts through our themes, class 'Wows' and celebration events such as Harvest Festival celebration and our 'Farm to Fork' Theme.

Within the EYFS, children take part in food related activities at least once every two weeks. This is to ensure good healthy eating habits and positive relationships with a range of foods are promoted from a young age.

Parental involvement

We value the support of our parents and recognise the partnership of home and school is crucial in order to wholly support our children in being healthy citizens of the world. Parents are regularly reminded and/or updated of our policies via the school website and new parents are informed via the school prospectus.

A copy of the schools Healthy Eating Policy can be found on our school website:
www.littleharrowdenprimary.net

Role of Governors

Governors will monitor the implementation and effectiveness of this policy.

Monitor and review

This policy will be reviewed every 2 years to take into account of new developments. The next review is due January 2017

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children, school council, school nursing service and Northamptonshire Healthy Child Advisor.