



## HEALTHY EATING POLICY

SMSC Co-ordinator: Mrs Goulder

Date adopted: September 2018 (Modified July 2020 in response to Covid-19)

Review by: July 2021

### **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**

Through effective leadership, the school ethos and the curriculum, all staff can bring together 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](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

[www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)

### **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 Fresh Start. 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 can bring a snack for midmorning. We only allow fruit or vegetables.

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.

#### **A balanced packed lunch should contain:**

- Starchy foods. These are bread, rice, potatoes and pasta and others.
- Protein foods. These are meat, fish, eggs, beans and others.
- A dairy item. This could be cheese or low sugar yoghurt.
- Vegetables or salad, and a portion of fruit.
- Water or a low sugar alternative drink

Starchy foods are a good source of energy, and should make up a third of the lunchbox. Try to offer brown, whole meal or seeded bread.

#### **Making healthier food**

It may take a while for your children to get used to a healthier lunchbox. Staff will encourage children to eat their lunch. If we have any concerns, the class teacher will be alerted and they will inform the parent.

**Please save chocolate and crisps for occasional treats.**

Remember to praise your child when they've tried something new, to show your encouragement. Any uneaten food will be sent home so parents can see what has been eaten.

### **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 an afternoon snack in class. Children are encouraged to access this independently and try new foods and drinks. Parents are informed weekly via the Reception weekly newsletter of the foods on offer.

### **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 do not need to bring in their own water bottles. Their own named bottles are 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 from taps marked as drinking water.

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

### **Birthday Treats**

Children may bring in small individual 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. Please ask class teachers for any allergy information so we are sensitive to the needs of all children.

### **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 (during the Covid -19 pandemic, arrangements have been modified to be compliant with new government guidelines)**

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. The seating and table arrangements, table cloths and music all support a 'happy and pleasurable' dining experience. **Different arrangements are in place for September 2020.**

### **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 regular food related activities. 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.croughtonallsaints.northants.sch.uk](http://www.croughtonallsaints.northants.sch.uk)

### **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 July 2021

The policy was formulated through consultation between members of staff, caterers, school nursing service and Northamptonshire Healthy Child Advisor.