



"Where young minds grow and young hearts learn to care"

ST. ANDREW'S C. E. PRIMARY SCHOOL

Healthy Eating Policy

'Our love should not be just words and talk; it must be true love, which shows itself in action.' 1 Corinthians 16:14

Live **O**ur **V**alues **E**veryday

Date: January 2016

Chair of Governors: Cathy Armstrong

Headteacher: Ben Arnell

Date of next review: January 2018



Rationale

As a Healthier Child School, St Andrew's is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the School Food Plan 2013, School Food Regulations 2014 and the National Curriculum 2014, promoting a healthy lifestyle is integral to our curriculum and school life and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. It is also essential for learning and can influence physical and mental wellbeing.

Aims

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits in school and at home through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every child has access to safe, tasty, nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school and at home to reinforce these aims and to remove or discourage practices that negate them.

Curriculum

We regard healthy eating education as a whole-school issue, and we create opportunities to teach about the importance of living a healthy lifestyle throughout the curriculum.

Healthy eating education forms an important part of our school's curriculum the importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PHSE curriculum.

All pupils have the opportunity to learn about safe food preparation and to be taught how to cook a variety of predominantly savoury dishes using a range of cooking techniques as stated in the National Curriculum 2014.

Organisation

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods must be avoided. This information will be displayed in the staff room, the school kitchen and Weaver studio as well as the child's class. Records are held on the school database.

The dining room is well staffed with Lunchtime Supervisors who assist the children in a variety of ways such as opening yogurt lids or helping the children to salad, keeping table surfaces clean and tidy. They encourage healthy eating choices with both hot dinners and packed lunch children where appropriate.



The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunchtimes are a happy, social occasion. Flowers and a prayer (Grace) is on each table.

Children will be encouraged to develop good eating skills and table manners at lunchtime and will be given plenty of time to eat. This will be achieved by:

- Sitting freely with their friends i.e. packed lunches and school dinner sitting together;
- Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet;
- Entering and leaving the dining hall in an orderly way and showing respect for other diners;
- Parents or carers will be advised if their child is not eating well;
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you" to the cooks, lunchtime supervisors and other pupils;
- Seeking permission from lunchtime supervisors before eating dessert and leaving the table.

No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" to ensure that they are not hungry later on in the day.

Packed Lunches and Snacks

Pupils in KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time.

To ensure consistency across the school KS2 children will also be encouraged to eat only fruit or vegetables at break time.

Chocolate, sweets, biscuits, crisps and cakes are actively discouraged as everyday snacks. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.

Birthdays and special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day" food.

Pupil's lunch boxes should offer balanced nutrition. Across the week, parents are encouraged to offer a variety of healthy foods in accordance with the **HEALTHY LUNCHBOX LEAFLET** which has been developed by School Council and the Little Ambassadors. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending packed lunches containing nuts, this is communicated through the newsletter. St Andrew's can no guarantee that all parents will comply with the request and for that reason the school does not purport to be a "nut free" school. Further advice from allergies websites suggests that it is in the interest of pupils' longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.



School Meals

The hot meals service is offered through ABM catering. We work closely with the school cook and with ABM catering to ensure the healthiest possible meal.

Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available throughout the course of the week and these are in accordance with the new Healthy Food Standards in Schools which came in to force in 2006.

A well-stocked salad bar is located in the dining hall for the children to help themselves.

The weekly school lunch menu is on tables at lunchtime and is shared with parents to enable a selection to be made when ordering meals online.

KS1 are entitled to a free school dinner and we encourage parents to take advantage of this.

Breakfast Club

Breakfast Club runs every morning from 7:45 – 8:45. This is a payable club but is free for children in receipt of Pupil Premium.

A range of nutritious breakfast foods are available as well as games and activities to promote teamwork and friendship.

Water

All children are provided with a water bottle to use in school during the school day. Drinking water is available in every classroom and drinking fountains are available on all playgrounds. Children are encouraged to drink water freely through the day and the benefits of this are discussed as part of the curriculum.

The role of Parents

The school is aware that the primary role model in a children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the school healthy eating education policy and practice;
- Share the 'HEALTHY LUNCHBOX LEAFLET' with all parents;
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary;
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.



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The role of Governors

The governing body is responsible for monitoring the healthy eating policy. The Governor's support the Head teacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

Monitoring and Evaluation

The overall responsibility for food in school lies with the Headteacher. In consultation with school council and school staff, the Headteacher promotes the Healthy Eating Policy in school and monitors the success of its implementation.

The policy will be evaluated after 2 years through a survey of the views of the whole school community, particularly the views of pupils. This takes place through assemblies, in class discussion and school council.