



Healthy Eating Procedures
2018-19
Review Date Jan 2020

1 Introduction

1.1 We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic well-being

1.2 Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. We are working towards achievement of the National Healthy School Standard, and our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

2 Aims and objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle
- To help children learn what healthy food is
- To give children the skills they need to make the right choices with regard to food and drink
- To promote the physical and emotional well-being of all our children

3 The curriculum

3.1 We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

3.2 We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

4 The school environment

4.1 We will ensure that our school environment promotes healthy eating. We will not allow children to bring sweets in their packed lunches.

4.2 We will not give sweets or chocolate as prizes or rewards in school.

- 4.3 We will not have vending machines on the school site that dispense sweets or chocolate.
- 4.4 We will encourage children to drink plenty of water by providing them with a water bottle for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.
- 4.5 Children will be encouraged to bring fruit to eat at break times if they wish to have a snack. They will not be allowed to eat sweets or chocolates. Children can choose to have milk for morning snack-time. From 2016-17 this will be for EYFS and KS1 only.

5 School lunches

- 5.1 The parents or carers of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch. Information for suggestions for healthy lunches is sent out to all parents.
- 5.2 The school will inform parents of the need to provide appropriate wrapping and insulation for packed lunches including cooler containers or thermal containers. The lunch supervision staff is lead directly by the Headteacher and will inform the Headteacher when food in packed lunches is not appropriately cooled or heated. Parents will be informed.
- 5.2 The school also provides hot lunches in association with The Pantry. Lunch-time staff are trained to give out named hot lunch boxes which are individually packaged for each child. Lunch time staff will provide cutlery and help each child during lunch. Dietary and medical requirements are provided by parents on THE PANTRY website and it is the responsibility of the parent to ensure they have completed THE PANTRY online form and given all necessary information regarding their child. The temperature and quality of the food is monitored by the lunch-time staff who are directly reporting to the Headteacher. Lunch-time supervision staff will have up-to-date food hygiene training and certification.

6 Role of parents and carers

- 6.1 We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home.
- 6.2 We expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.
- 6.3 In our parent meetings each year we will explain to parents and carers the importance we place on healthy eating, and why we endorse this policy.
- 6.4 Fresh drinking water is available and accessible at all times.
- 6.5 Food for EYFS children in after-care is prepared under the supervision of a trained, qualified food hygiene person.

7. Fasting and Dietary Requirements

- 7.1 We always respect a Parent's right to make choices about religious observance which affects food. We require parents to put their dietary requirements and expectations in writing and the school will make all reasonable adjustments to cater for this.
- 7.2 We do however strongly suggest that all children below Year 5 are too young to fast throughout the day. A partial fast may be an alternative – for example a child may forgo elements of their lunch like dessert. Any child who reports feeling ill during the day will be encouraged to eat and drink in order to recover.

7 Monitoring and review

7.1 The headteacher will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.

Signed

A handwritten signature in black ink, appearing to read 'Amit Mehta', written over a light grey rectangular background.

Amit Mehta, Proprietor