



St Clare's Catholic Primary School

Healthy Eating Policy

This policy was agreed by governors and will be reviewed every four years

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Aims, purpose and responsibility

Why children need to eat well.

What children eat today shapes how they'll eat for the rest of their lives. Too many children aren't getting enough of the right foods to eat - and too little of the foods that help keep them healthy. When children eat better, they do better - they're in better shape to reach their full potential. Being able to cook is an essential life skill: it all starts with getting children excited about food. Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eat-well/>

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

Why a policy is needed?

At St Clare's we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with families, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

We aim to

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor. The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning.

The lead governor on health and safety ensures the policy is implemented.

Caterers, food for thought and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

Parents receive the catering menu for the term and this is shared with the children in advance. This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

- Behaviour: Children who eat healthily are more focussed on their work and behaviour is better
- PSHE: Healthy food and choices and practical food education is included in the curriculum Science: Healthy eating and nutrition is part of the science curriculum
- Enrichment: Hands on opportunities for children to prepare and cook food within a mixed age social group
- Equality: We take account of the needs of all our children, including those with disabilities and allergies
- Curriculum assessment: Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and enrichment.

School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the school website, and is sent home, via email, termly. The menu is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

Packed Lunches

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat)

- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.
- These expectations are monitored by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case families are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to families where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

Snacks

All FSU, Year 1 and Year 2 classes include a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school. As part of promoting healthy eating children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Key Stage 2 children are asked to bring in fruit (fresh or dried) or vegetables for playtime.

Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

6. Breakfast club

Aim

- To provide food for children of families that have an early start to their day.
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages.
- To improve the punctuality of some children who were frequently late.
- To improve links between parents and school and children and class teachers.
- The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults.

A good variety and healthy balance of foods as recommended by the Balance of Good Health (Food Standards Agency, 2001):

- A good portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel
- Fruit and vegetable choices such as orange juice, fresh or dried fruit³.
- A portion of milk or dairy food e.g. semi skimmed milk on cereals or low fat yogurt
- A choice of drinks e.g. water, juice, and semi skimmed milk

- An opportunity to have exercise outside when the weather permits

Special diets and allergies

These are catered for after detailed discussion with families.

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

Partnership with families

We inform and involve families about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Families are updated on our policies through school newsletters and on the school website. We ask families not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time.

During out of school events such as trips and swimming lessons the school will encourage families to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

Water for all

During school mealtimes only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to families and remind them of the food policy. We have water fountains in schools and children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

Disseminating the policy

Key information from this policy will be incorporated into the following documents:

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

References and further reading

1. Balance of Good Health (Food Standards Agency 2001)
2. School food plan (www.schoolfoodplan.co.uk)
3. Change 4 Life (www.nhs.uk/change4life)

