



HARTSBOURNE PRIMARY SCHOOL HEALTHY EATING POLICY

To be read in conjunction with Teaching and Learning Policy, Science Policy, DT Policy, Equal Opportunities Policy, PSHE Policy, SEND Policy

RATIONALE

Hartsbourne is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is part of our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

Food fundamentally contributes to the quality of a child's life, not just in providing essential nutrition but also in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well being.

AIMS AND OBJECTIVES

We will introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them. **We aim to ensure that:**

- We contribute to the health of pupils and staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- Pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- Food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

Objectives:

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.
- Encourage parents to give constructive feedback via the Governors' annual questionnaire.
- Inform parents about the best practice known with regard to healthy eating so they can support the key messages being given to children at school.
- Respect the children as valued customers.
- Give the children time and space to eat in a calm and attractive environment.
- Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle.
- Encourage the children to find out more about achieving a healthy balanced diet.
- Encourage the children to try new foods and flavours in a supportive environment.
- Promote school food to children and parents.
- Listen to and accept constructive feedback and respond accordingly.

CURRICULUM ORGANISATION

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur 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, DT and PHSE curriculum. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the science curriculum and English curriculum. All pupils will have the opportunity to learn about safe food preparation and to learn about where food comes from.

MANAGEMENT OF EATING

Reception and Key Stage One pupils at Hartsbourne will participate in the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat a piece of fruit (or vegetable) as part of their daily break time. These pupils will also have access to milk via the Milk Scheme.

To ensure consistency across the school KS2 children will be permitted to bring fresh or dried fruit or raw vegetables to eat at break time. They should not bring breakfast/cereal bars or biscuits as these foods contain a high salt and sugar content.

All children are encouraged to bring in a named water bottle so they can have access to water throughout the day. Water is also available in classrooms and at lunchtimes.

Chewing gum, sweets and fizzy drinks are not permitted on the school premises, during off-site visits or while the children are representing the school. Children should not be given sweets at 3.20pm while still on school premises.

We teach the children to enjoy treats in moderation. 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".

Some parents choose to send in a small treat for the whole class when it is their child's birthday. This is optional and children will be told to take those treats home and NOT to eat them in school. This way, parents can decide if they want their child to have the item.

Portion Management

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" if they can to ensure that they are not hungry later on in the day.

Lunchbox Contents

Across a week, pupils' lunch boxes should offer balanced nutrition. Chocolate bars, nut based products and sweets are not permitted in lunchboxes. Biscuits, crisps and cakes are actively discouraged as part of lunch boxes; fruit, raw vegetables, yoghurt, cheese and crackers are better alternatives.

Lunchtime supervisors will monitor the contents of pupils' lunchboxes during the session and the children will be asked to bring home empty wrappers so parents can see what has been eaten.

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 are suitable or foods which must be avoided. This information will be stored on SIMS and displayed in the school kitchen.

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts or nut products. Advice from allergies web-sites suggest 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

From September 2014 children in Reception and KS1 will be offered a free school meal. Parents can purchase a school meal for KS2 children. Please see our School Payment Policy for further details about how to order a school meal, notice periods and online payment systems.

We work closely with the school cook and Caterlink Ltd to ensure the healthiest possible meals and children are offered a choice of salad, fresh vegetables and fresh fruit every day. There are strict guidelines determining the meals that are available through the course of the week and these are in accordance with the Healthy Food Standards in Schools. The weekly school lunch menu is available via our website and displayed in the dining room.

The Head Teacher monitors the quality of the meals on a regular basis and invites feedback from the children via assemblies, questionnaires and School Council. Parental feedback is via the parents' e-mail and parent questionnaires.

The dining room is well staffed with midday supervisors and Y6 play leaders who assist the children in a variety of ways such as opening yogurt lids or pouring drinks.

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

- Lining up in an orderly fashion
- Walking calmly around the dining room and hall
- Sitting with classmates and showing respect for other diners
- Demonstrating good manners eg saying 'please' and 'thank you'
- Being encouraged to try a range of foods at lunchtimes
- Parents or carers will be advised if their child is not eating well
- Pupils will seek permission from a lunchtime supervisor before eating dessert and leaving the table

Date of Policy: June 2014

Date of Review: June 2016