

Mitcheldean Endowed primary School  
**Healthy Eating Policy**



### **Vision Statement**

To ensure that every child receives the highest quality education that is engaging, enriching and inclusive, in an environment that works hard to develop, support and care for all its members, with people that foster mutual respect and encouragement in accordance with Christian values.

### **Rationale**

The purpose of this policy is to produce a cohesive approach by the whole school community towards the promotion and provision of healthy eating.

### **Legal Requirements**

The school has a requirement to ensure that our school lunches meet national school food standards as set out in the Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007 (as amended).

The Children and Families Act 2014 places a legal duty on all state-funded schools in England to offer a free school lunch to all pupils in Reception, Year 1 and Year 2 from September 2014.

### **Aims**

The aim of this policy is to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

In order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school can also play a role in the wider community to promote family health.

Through the promotion of healthy eating the school aims to:

- Improve the health of pupils and staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.

- Present consistent, informed messages about healthy eating within school through all of the school's practices.

- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure that pupils have easy access to water throughout the school day.

### **School Meal Provision**

The school has a partnership with Gloucestershire catering services to provide fresh school lunches on a daily basis. The school meal provision meets the government's food-based standards for school lunches. Food is provided which meets the ethical, allergenic, vegetarian, religious and medical needs of staff and pupils. Fresh water is also provided with the lunches.

The menu aims to provide a good quality daily meal providing one third of the nutritional content for a child. The menu uses freshly prepared ingredients, increasing the availability of fresh vegetables, fruit and yoghurt. The menu also removes processed food.

School lunches are eaten in the school hall and are made as pleasant as possible in order to promote positive social interactions. Details about the menu, cost of school lunches, and information about eligibility for free school meals is available from the school office.

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.

From September 2014 every child in Reception, Year 1 and Year 2 will be entitled to a free school lunch.

### **Packed Lunches**

Parents/carers are encouraged to provide healthy packed lunches for their children. In order to support parents, healthy packed lunch suggestions are promoted. Pupils are encouraged to bring packed lunches in a cool bag. All packed lunches are stored away from direct sunlight at a cool temperature.

We encourage parents/carers to not to provide their children with fizzy drinks, chocolate and sweets in packed lunches or as snacks. We encourage parents/carers to ensure that pupils have either water or 100% fruit juice in their packed lunch.

Pupils are not permitted to swap food. Any food left in lunch boxes will be sent home. See the Packed Lunch Policy at Appendix 2 for further information.

### **Allergies/ Intolerances**

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, are asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room, on health plans in the medical room and inside the relevant class register.

### **The school environment**

#### **'Growing Schools' scheme**

We will ensure that our school environment promotes healthy eating. Children in KS1 have their own area in which to grow their own fruit, vegetables, flowers or herbs as well as a gardening club running after school. Any produce grown in the garden is cooked up and offered to children or sent home when harvested.

#### **Break-time snacks**

Children are asked to bring in fruit and/or vegetable snacks only for break-time. A limited supply of fresh fruit is available outside the main office for children who have forgotten to bring a piece of fruit from home.

(See Appendix 1 for further information about our Healthy Snack Policy).

#### **School Fruit and Vegetable Scheme**

The school is fully involved in the School Fruit and Vegetable Scheme Pupils aged 4 to 6 benefit from the free Fruit and Vegetables Scheme. These pupils are encouraged to eat their piece of fruit as part of their daily afternoon break time. To ensure consistency across the school all other children are encouraged to eat only fresh or dried fruit or vegetables at break.

#### **School Milk**

Pupils in Reception, who are under five years of age, are entitled to one 189ml portion of milk each day through government funding for free school milk. Children aged five or over are given the opportunity to purchase 189ml portion commencing with those pupils who started Reception in 2010.

### **Water provision**

All pupils have access to free, fresh drinking water at all times throughout the day. Pupils are encouraged to have a named, clear bottle of water in all lessons at all times. Pupils should take home their water bottles to be washed on a daily basis.

After physical activity and during hot weather, children will be encouraged to drink more water. Drinks bottles must only contain water - this should not be flavoured water.

### **School Community Events**

Any parent fund-raising events involving the provision of food will sit within the healthy eating policy of the school.

### **Reward systems**

All staff recognise the need for consistent message about healthy eating within school. Sweets and chocolate will not routinely be used to reward good behaviour or work.

### **The curriculum**

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

#### **Design and Technology curriculum**

##### **Cooking and nutrition**

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils are taught to:

##### **Key stage 1**

Use the basic principles of a healthy and varied diet to prepare dishes

Understand where food comes from.

##### **Key stage 2**

Understand and apply the principles of a healthy and varied diet

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques

Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

#### **Science Curriculum**

##### **Key stage 1**

Pupils should be taught to:

- describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food.

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

## **Key stage 2**

Pupils should be taught to:

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

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

The school will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

Other school policies which have relevance to Healthy Eating are:

Healthy Snack Policy (Appendix 1)  
 Packed Lunch Policy (Appendix 2)  
 Anti-Bullying Policy  
 Drugs education Policy  
 Health and Safety Policy  
 Equal Opportunities Policy  
 Physical Education Policy  
 Looked after Children Policy  
 Special Educational Needs and Disability Policy  
 Learning and Teaching Policy  
 PSHE and Citizenship Policy  
 Science Policy  
 Safeguarding policy

## **Moral and Values Framework**

The healthy eating element of the curriculum will reflect the school's over-arching aims and demonstrate and encourage the following values (ranked in no particular order):

Respect of self  
 Respect for others  
 Responsibility for their own actions  
 Responsibility for their family, friends, school and wider community

### **Equal Opportunities**

This school is committed towards equal opportunities in all aspects of school life. All resources used will support this commitment.

### **Curriculum Content**

The healthy eating programme will be revisited from year to year taking account of pupils' development. Opportunities arise within the wider curriculum to reinforce healthy eating and food hygiene for example through science and design technology.

The healthy eating programme will be coordinated by the PSHE subject leader.

Delivery will be:

- As topics

- Through planned aspects of PSHE including 'Top Up Tuesday' activities, science and design technology

- Addressed occasionally in collective worship time

- Through pastoral time

- Through circle time

- Through story time

- Through the Early Learning Goals

- Through extra-curricular activities (Cookery Club; Environment Club)

- Through special projects (tasting sessions; competitions)

### **The role of outside agencies and procedures for their involvement**

Outside agencies will be used to support and assist the teachers in the development of classroom-based work. They will be required to work within the school's moral and values framework, outlined earlier. Every individual who has contact with pupils will be Criminal Records Bureau checked.

### **Dissemination of the policy**

All staff members and governors will receive a copy of this policy. Copies of the policy are available from the school office on request and on the school website.

### **Assessment and Recording**

Teachers assess the children's work in healthy eating both by making informal judgements as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives outlined in the medium-term planning. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

### **Monitoring and Review**

The CPSHE subject leader is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader supports colleagues in the teaching of healthy eating, by giving them information about the current developments in the subject and by providing a strategic lead and direction of the subject in the school.

**Appendix 1 Mitcheldean Endowed Primary School Healthy Snack Policy**

**Appendix 2 Mitcheldean Endowed Primary School Packed Lunch Policy**

## Appendix 1

### Mitcheldean Endowed Primary School HEALTHY SNACK POLICY

As part of our commitment to promoting healthy eating, all children are asked to bring a piece of fruit or vegetable for playtime.

We participate in the school Fruit and Vegetable Scheme which provides children in Key Stage 1 with a daily piece of fruit or vegetable. Class teachers will plan this into the school day at an appropriate time for their children.

As a school we belong to a scheme set up by the Local Education Authority and the School Milk Services Limited which offers subsidised milk. All children in their Reception year under the age of 5 can apply to receive free milk. Children who started Reception year from 2010 onwards can pay a termly/ yearly charge for this service. Parents/carers interested in this service are asked to contact the school office.

Administration is dealt with by contacting the dairy directly. Forms can be collected from the office.

**Appendix 2**  
Mitcheldean Endowed Primary School  
PACKED LUNCH POLICY

**Rationale**

The purpose of this policy is to promote healthy packed lunches, provide guidance on the creation of healthy packed lunches and to clarify our approach to the storage of packed lunches at school. This policy provides information for parents/carers who provide packed lunches to be consumed within school or on school trips during normal school hours.

We recognise that in order to be successful, this policy requires the full support of parents and carers. This policy is closely related to the Healthy Eating Policy and Healthy Snack Policy and is an integral part of the promotion of healthy eating within the school.

**Aim**

To promote healthy packed lunches so 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 now regulated by national standards.

In order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school can also play a role in the wider community to promote family health.

**Packed lunch arrangements**

The school will provide facilities for pupils bringing in packed lunches and will ensure that free, fresh drinking water is readily available to refill drinks bottles at all times.

The school will work with the pupils to provide attractive and appropriate dining arrangements.

The school will work with parents to promote healthy packed lunches in line with the standards listed below.

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food fresh.

All packed lunches are stored away from direct sunlight at a cool temperature.

Pupils are not permitted to swap food because of allergy issues.

Any food left in lunch boxes will be sent home.

Parents are asked to include a piece of fruit/ vegetable as part of each packed lunch.

**What is a healthy packed lunch?**

National guidance suggests that healthy packed lunches should include the following items:

At least one portion of fruit and one portion of vegetables every day.

Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day.

Oily fish, such as salmon, at least once every three weeks.

A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.

Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.

Drinks are either water, 100% fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Instead of crisps, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Cakes and biscuits are allowed but are encouraged to be eaten as part of a balanced meal.

National guidance suggests that the healthy packed lunches do not include the following items:

Snacks such as crisps.

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.

Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

### **Special diets and allergies**

Some pupils may require special diets that do not follow the healthy packed lunch recommendations. In this case parents are urged encouraged to ensure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Review**

Packed lunches are reviewed regularly by staff. If a child regularly brings a packed lunch that includes many of the items not recommended, the school will contact the parents to discuss this. Pupils with special diets will be given due consideration.

This policy will be reviewed as part of the Healthy Eating Policy.

### **Cookery Club**

From time to time the school runs an after school cookery club in line with the healthy eating ethos promoted throughout the school. A risk assessment form, identifying allergies, is initially completed and updated with pupil changes. The cookery club along with cooking opportunities in curriculum time, encourages a positive attitude to preparing food from healthy ingredients and promotes constructive social development.

### **Bringing food to school**

The school requests that food is not brought into school with the intention of sharing with other pupils.

A number of school staff hold the food hygiene certificate to ensure safe practice with cooking activities.

### **Dissemination of the policy**

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. All governors, school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Copies of the policy are available from the school office on request and on the school website.

The school will use opportunities to promote this policy as part of a whole school approach to healthier eating.

This policy will be reviewed as part of the Healthy Eating Policy.

Reviewed September 2014

To be reviewed in September 2017