

ST JOHN THE BAPTIST C OF E PRIMARY SCHOOL



Life in all its fullness

Healthy Eating Policy November 2021

- A happy, healthy and safe place to learn how to look after our bodies and minds

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HEALTHY EATING POLICY

Responsibilities

The Governors recognise the important link between a healthy diet and a child's ability to learn effectively and achieve their full potential in school. The school plays an integral role in promoting family health and sustainable food practices. Sharing food is also a way of nurturing and celebrating our cultural diversity, providing a bridge for building friendships and inter generational bonds.

Mission

To ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors to our school. This will be achieved through food education and skills (such as cooking and growing food), the food served in school, and academic content in the classroom.

The school aims to subsidise (in the medium term) and eventually provide free school meals to all children in all 3 key stages.

Aims

- to improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygiene, food preparation and methods of storage.
- to ensure 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.
- to make the provision and consumption of food an enjoyable and safe experience.
- to introduce and promote activities and practices within school to reinforce these aims and discourage practices that negate them.
- to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils. eg: religious, ethnic, vegetarian, medical and allergenic needs.

Our school promotes the provision of Nottinghamshire County Council – Catering School dinners. We encourage all children in the Foundation and key Stage 1 Classes to use their entitlement to a Free School Dinner for their child.

Children starting in Foundation (from September 2016) will no longer have a packed lunch option. These children will roll through key stage 1 and hopefully continue in key stage 2.

The food provided gives children a well balanced meal whilst at school. Children know when at school what is expected of them at lunch times. They are encouraged to try foods. They learn the importance of eating a meal whilst sat amongst others, they learn how to socialise during meal time and the importance of using good manners.

Our Key Stage 2 children are also encouraged to have dinners, although given the choice to have a packed lunch.

Children who choose to bring a packed lunch should be provided with a healthy well balanced meal, in line with current government guidelines.

The contents of lunch boxes are monitored and parents informed if it is felt inappropriate food items are being provided. (See appendix 1).

Food judged inappropriate by staff (such as sweets or chocolate) will be removed and returned to the child or parent at the end of the day. Parents will be informed and a discussion initiated regarding the suitability of certain items.

Objectives

- to develop a school policy to promote healthy eating.
- to integrate these aims into all aspects of school life;
 - food provision within the school
 - the curriculum
 - pastoral and social activities.
- to maintain National Healthy School Status.

Methods

- Policy: Ensure this document is a working document within the entire school community; available to parents and staff.
- Healthy School Group – Head Teacher, Teachers, Cook and Governor.
- School Life – to continue findings of school audit and collate information and evidence.

- To develop fruit and vegetable patches to be planted and maintained by classes.
- To use the food preparation area to promote healthy living.
- Cooking lessons in classes.
- Visiting restaurants and stores for educational sessions.

Equal Opportunities

In healthy eating, as in other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Special occasions

In some circumstances, e.g. a birthday, pupils may bring sweets to school to share with the class. These must be given to the class teacher who will distribute them at the end of the school day. Pupils are not to eat them, but to check with parents first.

Curriculum

Healthy Eating is taught at an appropriate level throughout each key stage. This is addressed through: Science, PE and People Skills lessons.

Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.

Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role play.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Visitors to the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciate the valuable contribution of outside agencies. The school will ensure that the contributions made by visitors to the classroom reflect our philosophy and approach to the subject.

Resources

Resources for the teaching of Healthy Eating have been selected to complement the delivery of the curriculum in other subject areas.

Evaluating Pupils Learning

Some healthy eating aspects of the National Curriculum are assessed through science testing. Other aspects are evaluated through teacher assessment and are recorded. This is informed by the school's assessment policy.

Reviewed: November 2021

Review: November 2023

Policy reviewed by Staff: Miss R Ireland
Governor :

Appendix 1.

Government packed lunch advice.

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches.
- Meat, fish or another source of non-dairy protein should be included every day. None dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel.
- An oily fish, such as salmon, should be included at least once every three weeks.
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yogurt, fromage frais or custard should be included every day.
- Free, fresh drinking water should be available at all times.
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Snacks such as crisps should not be included. Instead, include nuts, 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.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweet should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally.