



LIVING LIFE IN ALL ITS FULLNESS

# St Margaret's at Hasbury (VC) Primary School

## Healthy Eating Policy

Approved by: SS/JP	Date: 11/22
Last reviewed on: September 2022	
Next review due by: September 2023	

## Healthy Eating Policy

### School Vision

Through our Christian Faith, we acknowledge our responsibility to all, to enrich lives and show love and respect within our school and the community. We believe in educating the whole child. We cherish everyone and encourage everyone to treat each other as unique individuals. We want the children of St Margaret's at Hasbury CofE Primary School to be caring and respectful towards one another; learn to be confident and courageous in the face of challenges; be the best they can be.

"I have come that they may have life, and have it to the full" (John 10:10)

'Living life in all its Fullness'

St Margaret's at Hasbury 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 parents and carers, 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, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

### 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

### 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
- Be a role model for healthy eating
- 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. Staff will 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.

The subject leaders of Science, 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 curriculum and enrichment planning.

Food, its production and preparation is an important part of the curriculum for all children and is taught across the curriculum. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the National Curriculum, developing their understanding in food related issues including food hygiene and safety issues.

## Healthy eating ethos of the school

St Margaret's at Hasbury recognises the importance of a healthy balanced diet for its children and staff and acknowledges that the daily consumption of a mid-morning snack will have a significant impact on a child's dietary intake and future habits. The Healthy Break Policy is part of a wider Whole School Food Policy which sets out a coordinated approach to all aspects of food within school. St Margaret's adopts Dudley Council's recommended Healthy Break Policy.

## Snacks

The Foundation Stage, Year 1 and Year 2 classes will be provided with a snack of fruit or vegetables each morning during break/snack time. Milk is provided free for under-fives.

## Food / drink brought in from home

Children in Key Stage 2 can bring from home the following food and drink items for their break-time snack:

- Water
- Fruit
- Vegetables

If children bring snacks or food for lunch time into school that could prove to be a choking hazard, such as grapes or cherry tomatoes, we ask parents to please cut these up into smaller pieces before they are brought into school.

The foods and drinks recommended for the Healthy Break Policy will be suitable for most therapeutic diets. However, any pupil following a specific diet devised by a health professional should adhere to it. If any issues arise staff will consult parents/carers or relevant health professionals for advice.

St Margaret's is a **nut free school** but we cannot guarantee that food products are totally nut free. Parents and carers are asked to support us with this by refraining from providing food products, which may contain nuts, in packed lunches or any other food brought into the school. With this in mind, we ask children not to swap food from their packed lunch with others. Products containing nuts seen in school will be removed by staff. If this occurs, where possible, children will be offered an alternative from the kitchen. Children with a nut and/or peanut allergy have an individual management plan.

Children are asked to bring in water to drink during the school day. Fizzy drinks, sweets, crisps, and biscuits are not allowed to be consumed at break time.

As part of the wider curriculum, staff may ask children to participate in food tasting activities. Parental consent must be gained prior to any food tasting sessions taking place. (See Appendix A)

Any foods that are bought into school by parents to share with children to celebrate events such as birthdays will be shared at the end of the day and taken home for children to eat with parents or carers if they wish their child to do so.

### **School lunches**

All our school meals are provided by our in house catering team who 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. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor children as they eat and encourage pupils to try new foods. We encourage all parents to take free school meals, where there is an entitlement.

Parents are able to view the school menu on the school website and also on School Money. Parents go onto School Money to book their child's dinner. Orders must be placed by midnight on Sunday for the week ahead.

### **Packed Lunches**

We encourage parents to support their child in making healthy food choices by providing healthy packed lunches.

These expectations are monitored by lunchtime staff. Children take home all food that is not eaten. Class teachers and/or members of SLT will communicate with parents if there are any concerns.

### **Communication**

The policy will be communicated with staff, the Governing body, parents/carers and children in the following ways:

- ✓ Staff will be informed through a staff meeting.
- ✓ The policy will be ratified at a Governor meeting
- ✓ Children will be informed and expectations reinforced during Collective Worship and also during curriculum time as and when necessary
- ✓ Parents/ carers will be informed through Parentmail and the school website.

### **Monitoring**

Staff will be responsible for monitoring and implementing the policy.

### **Review**

The policy will be reviewed every 2 years.

Appendix A

Food tasting consent form

I give permission for my child \_\_\_\_\_ to participate in food related activities.

Please check one of the following:

My child DOES NOT have a food allergy or dietary restriction. [  ]

My child DOES have a food allergy or dietary restriction. He or she may participate, but may not eat or handle the following items (please list below)

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My child DOES have a food allergy or dietary restriction. He or she may not participate in activities. [  ]

Parent: .....

Signature .....

Date.....