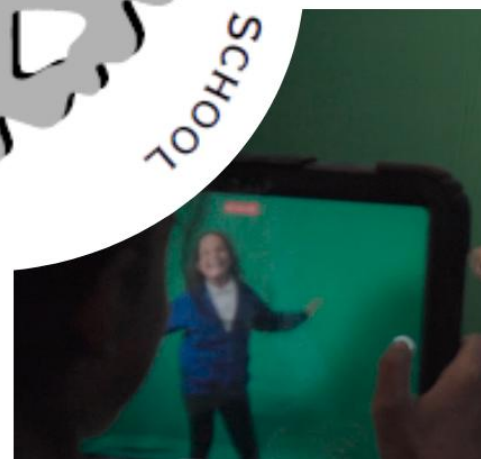


LIVING LIFE IN ALL ITS FULLNESS

# Food and Healthy Eating Policy



## Introduction

St Margarets at Hasbry CE Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school. The policy is on the website and is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day. The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet.

## The Eatwell Guide - NHS

[www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)

## Curriculum

### Rationale

We consider all elements of our work to ensure that we promote health awareness to all members of the school community. We provide valuable role models to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

### Aims and Objectives

- To encourage all children to be responsible for their own health and choices.
- To contribute to the healthy physical development of all members of our school community.
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To ensure that we are giving consistent messages about food and healthy food across the curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as

preparing and cooking food. It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- Science, PSHE, PE, DT and that it remains consistent with the whole school food policy.

Classes complete a cookery unit – which is part of the DT curriculum - which will always include aspects of health and nutrition. In PSHE children learn about a healthy diet. In PE the children look at how to stay healthy and the importance of a healthy lifestyle. They move onto looking at how food plays an active part in this. In Science children look at the different food groups and the amounts of each we need to eat.

### School and food provision throughout the school day

#### Snacks

Some of our children in Foundation Stage have milk daily which is free for under five-year-olds. Also, the school participates in the Government initiative to provide all foundation and Key Stage 1 children with free fruit and vegetables during the day. All children are encouraged to bring fruit to school to eat during playtime.

#### School lunches and packed lunches

All our school meals are provided for by Shire. Children are provided with a choice of meals including a hot, cold and vegetarian option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for the children. The meals are regularly monitored and checked by Shropshire County Council who also set the prices. Menus are displayed on the school website for parents and carers to view and choose their meals. Many children bring packed lunch to school. We have guidance on what children should include for a healthy and balanced packed lunch. All children have access to cooled water at lunch time. The school regularly monitors the contents of lunch boxes and helps children to make informed choices about what is healthy / less healthy to eat.

#### Foundation Stage

Snack time in Early Years provides a range of different fruit and vegetables.

#### Use of food as a reward/birthdays and Special occasions

For birthday's children sometimes bring in a small treat to be sent home with their classmates so that parents/carers can make the decision as to when or if they can be eaten. There are other occasions like Christmas parties, class rewards where children are allowed a treat. These treats are provided by school and range from pizzas, cupcakes, crisps, hot chocolate etc.

### Water only school

Water is freely available throughout the school day to all members of the school community. Every child is reminded to bring in a bottle to store their water in. Children may drink their water at any time. Any type of juice, flavoured water cannot be taken into the classroom, but children can drink this during lunchtime.

### Special Dietary Requirements

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any food requirements. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. Schoolmoney, the system we use ordering meals allows parents/carers and the catering staff to know what options are available for children with special diets.

### Food Safety

Appropriate food safety precautions are taken when food is prepared or stored.

### The food and eating environment

The school will provide a clean, sociable environment for pupils to eat their lunch. Lunch time assistants help to ensure a safe, enjoyable experience at lunchtime and encourage healthy eating.

### Leading by example and staff training

School staff and caterers 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. We model healthy eating in front of the children and staff will often eat their dinner with children to model good eating behaviour. It is essential that staff are committed to setting an example with food in school.

#### Partnership with parents and carers

The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. We encourage parents to choose healthy options for pack lunches.