



Diet is a contributing factor to the rapid rise in childhood obesity, and it has been found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Poorly nourished children, particularly those who are overweight or obese, experience physical, social and psychological problems. This can have a significant impact on their behaviour and performance in school. One big step to improving nutrition for children is to offer healthy food and drink choices throughout the school day. The school environment, attitudes of staff and pupils, as well as children learn in the classroom, have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink early on, it is much more likely that these positive behaviours will remain with a child through life.

### **Aim**

We aim to:

- Improve the health of the whole school community by supporting pupils and families to establish and maintain long-life, healthy, and environmentally sustainable eating habits.
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day.
- Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral social activities.
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils.

### **Objectives and Desired Outcomes**

We shall accomplish our aims through food education, including the development of skills such as cooking and growing, the food served in school and core academic content in the classroom.

We shall work towards the following objectives:

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food (e.g. the salad bar, breaktime snack trolley) and a safe, easily available water supply during the school day.
- To ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff, e.g. religious, ethnic, vegetarian, medical and allergy needs.

- To encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, e.t.c) to meet the same standards as food provided by the school.
- To ensure that food and drink available in Breakfast Club meets the same standards as that provided by the school.
- To make the provision and consumption of food an enjoyable, social and safe experience for all.
- To encourage children to develop appropriate skills for choosing and preparing healthy meals.
- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles).
- To introduce and promote practices within the school that reinforce our aims, and to remove or discourage practices which negate them.

Desired outcomes:

- Pupils choose healthy and nutritious food across the school day and enjoy it.
- The whole school is aware of how they are transforming school food.
- Pupils can plan and cook healthy food.
- Pupils responsible for the salad bar achieve Level 1 Food Safety and Hygiene.
- There are snacks available that are not rich in salt, sugar or fat.
- There is increased fruit and vegetable consumption.

### **Management and Coordination**

There is an identified member of staff who oversees all aspects of food within the school.

Their role is to establish the following:

- An effective structure to oversee the development, implementation, monitoring and review of this policy and to encourage a participatory approach to achieving the objectives.
- Provide an environment that is both physically and socially conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food and drink.

### **Food During the School Day**

The school community has agreed to promote a balanced diet, in line with 'The balance of good health', through the following approach to the school day:

**Breakfast Club:** Food provided meets government standards for non-lunch school food. This is monitored by the Headteacher.

**Snacks/fruit in school:** Children are asked not to bring in confectionary or crisps. A snack trolley is made available at breaktime.

**School meals:** The school uses Chartwells to provide hot school meals. The Headteacher monitors the nutrition and quality of the school meals.

**Packed lunches:** Parents are requested to support the school's commitment to healthy eating by not sending in large quantities of unhealthy snacks such as chocolate bars and crisps. This is also in recognition of the important impact of peer pressure on children. The school endeavours to ensure that information and ideas about healthy packed lunches are sent home regularly to promote awareness and support for this agenda.

**Treats/Rewards:** Rewards (that are unhealthy if eaten excessively) can be given as it will in no way constitute a significant proportion of the food intake offered by the school.

**School community events and parties:** The school is not required to meet government school food standards at one-off events such as Christmas / Summer Fayre. The school sees such events as celebration times, when it is appropriate to enjoy treats together. However, care will be taken to ensure healthy drinks and snacks are also available.

**Trips and off-site purchase of food:** As with all other policies, the school's healthy eating policy will also apply.

**Storage of food:** Parents are encouraged to include small ice packs in packed lunches, or frozen food (e.g. yoghurt) that will defrost during the morning. The school will ensure that packed lunches e.t.c. are stored in a clean environment away from heaters and direct sunlight.

**Water:** Water is available on site from water fountains. Children are encouraged to bring in a water bottle by their class teacher and in school assemblies. Parents are encouraged to supply their children with water bottles. It is parents' responsibility to ensure that water bottles are taken home and washed regularly. Teachers will encourage children to take a drink daily, and will particularly encourage children displaying poor behaviour or lack of concentration, or when parents have made staff aware of any medical condition that can be improved with increased consumption of fluids. Water bottles should only contain water, **not** squash or juice. Only water is available to accompany school dinners.

**Other drinks:** Fizzy drinks are never served to children and parents are asked not to send these into school for health, practical and environmental reasons.

**Allotment:** Year 3 pupils, as part of their curriculum activities, take responsibility for the school allotment. They plant and grow vegetables whilst learning about growth and nutrition.

Signed on behalf of the Governing Body:  (CHAIR OF GOVERNORS)

Date adopted: 04-10-2018

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