



Corringham Primary School

(Including: Corringham Primary Pre-School and Speech and Language Enhanced Provision)

Healthy Eating Policy 2018/2019

Next review:

Autumn 2019

HEALTHY EATING POLICY

Rationale

This Health Eating policy is a shared document and has evolved with the support of, and discussions between, governors, staff, pupils, parents, caterers and Healthy Schools guidance.

The whole school community needs to understand the significant role played by diet in determining the health and wellbeing of pupils. A healthy diet plays an important role in a pupil's growth and intellectual development. Research and several key reports suggest that an unhealthy diet and fluid deprivation affects a child's ability to concentrate during lessons, and therefore their academic progress. Research also suggests that long-term, an unhealthy diet can lead to an increased risk of health problems during childhood and in later life, e.g.

- Coronary Heart Disease (CHD)
- Stroke
- Cancers
- Obesity
- Anaemia
- Dental diseases
- Bowel disorders
- Low Bone Mass

Aims

We aim to prepare young people for the decisions they make to help them develop and maintain a healthy lifestyle. It is hoped that pupils develop a **positive attitude** (including **health and fitness**) towards themselves and others with a strong sense of **self-respect**.

Fundamental to these aims of the School being achieved is a realisation that the learning and development of a pupil is directly affected by a healthy diet and general lifestyle.

- To encourage a common philosophy, ethos and vision concerning all aspects of healthy eating within the School and the broader school community
- To ensure, throughout the School Curriculum and within all other aspects of food and nutrition, that the School community promotes the health and wellbeing of pupils, staff and visitors

- To primarily change the pupils' personal eating habits and secondly, those of their families, to be in line with current thinking as regards a Healthy Lifestyle.

Objectives

- The Governments Healthy Schools Guidance is taken into consideration when decisions are made by the School's caterers, to ensure that healthy meal options are incorporated into the School's daily meal provision
- The School's caterers produce high quality, balanced, freshly cooked meals
- The catering staff also provide suitable meals for:
 - those who require a specific diet due to religious, ethnic or ethical grounds, e.g. vegetarian or vegan
 - those with dietary allergies, e.g. nut allergy, coeliac disease (gluten intolerance)
- The School has a fresh drinking water supply

The Quality of Food and Drink

All food and drink provided by the School is free from artificial sweeteners, flavourings, preservatives and colouring. GM foods are not knowingly used or sold.

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 Science, D.T. and PHSE curriculum. All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

Management of Eating

At Corringham Primary we have agreed the following statements:

- Snack and meal times are an important part of the day at Pre-School. Eating represents a social time for children and adults, as well as helping children to learn about healthy eating. We promote healthy eating using resources and materials from the Eat Better Start Better scheme. At snack and meal times, we aim to provide nutritious snacks, which meet the children's individual dietary needs, whilst reinforcing children's understanding of the importance of healthy eating.
- Pupils in Reception/KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time

- To ensure consistency across the school KS2 children will also be encouraged to a healthy snack at break time. Children may purchase a Healthy Snack from the Tuck Shop
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water
- Chocolate, sweets, biscuits and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school
- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods in accordance with the Lunchbox Guidance leaflet which are available for parents
- We recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation
- Special events such a Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food"
- 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, will be 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 office room and in the school kitchen
- Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the newsletter. Corringham Primary cannot guarantee that all parents will comply with the request and for that reason the school does not claim to be a "nut free school". Further, advice from allergies web-sites suggest that it is in the interest of pupils longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves
- Portion – 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

Pre-School – Specific

We follow these procedures to promote healthy eating in our Pre-School.

- Before a child starts at the setting, we find out from parents/ carers their children's dietary needs and preferences, including allergies.

- We record information about each child's dietary needs in her/ his registration form and parents/ carers sign the record to signify that it is correct.
- We regularly consult with parents/ carers to ensure that our records of their children's dietary needs – including any allergies – are up-to-date.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We use snack and meal times to help children develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and take account of the eating practices of their cultures.

School Meals

- The hot meals and a packed lunch service is offered, from our in-house catering team. We work closely with the school cook to ensure the healthiest possible meal selection
- Reception, Year 1 and Year 2 children have the option of a free hot school meal or packed lunch
- Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the new Healthy Food Standards in Schools which came into force in 2006
- The weekly school lunch menu is available on our website for parents and hard copies can be collected from the school's office
- The weekly Breakfast Club menu and Afterschool club menu is available on our website for parents and hard copies can be collected from the school's office
- The dining room is well staffed with our team of Learning Support Assistants, Teachers and older pupils who assist the children in a variety of ways such as opening yogurt lids or helping the children to salad, keeping table surfaces clean and tidy
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:
 - Sitting freely with their friends i.e. packed lunches and school dinners sitting together
 - Older Year 6 buddies may help younger children with their lunch in a variety of ways including accessing the salad bar, cutting up food etc
 - Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet
 - Entering and leaving the dining hall in an orderly way; to show respect for other diners

- Parents or carers will be advised if their child is not eating well
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, and other pupils
- Seeking permission from a member of staff before eating dessert and leaving the table

The role of our Parents:

- The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:
 - Inform parents about the school healthy eating education policy and practice
 - Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school
 - Support our Healthy Packed Lunch Policy

Legal framework:

Regulation (EC) 852/2004 of the European Parliament and the Council on the hygiene of foodstuffs.

Further guidance:

Safer Food, Better Business www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/