

Rationale

Diet is central to health and children's diet can influence their health now and in the future. A good diet in childhood can help protect against chronic diseases when older. All recent studies and research show that the prevalence of obesity and being overweight is increasing in children. Research also shows that children in the UK eat too much saturated fat, added sugars and salt. Poorly nourished children, including overweight and obese children, often experience social and psychological problems that can also impact on their behaviour and performance at school.

As children spend, on average, one quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day. The school environment, staff and pupil attitudes and what children learn in the classroom, have a major influence on their knowledge and understanding about health.

Benefits of a Whole School Food Policy

- Sets out a co-ordinated approach to food and drink to increase the availability of healthier options.
- Ensures quality of access and participation for all.
- Reinforces appropriate messages relating to food and drink.
- Engages the entire school community.
- Establishes effective working partnerships.
- Ensures greater sustainability through planned action.
- Communicates our shared vision, ethos and values to pupils, staff, parents and governors and the wider community.

Key Objectives

- To provide access to and promote healthy nutritious food and drink.
- To deliver clear and consistent messages about food, nutrition and healthy eating
- To provide opportunities to learn about diet, nutrition, food safety and hygiene, preparation and cooking, as well as where food comes from.
- To actively promote healthy food and drink as part of an enjoyable and balanced diet, and restrict the availability and promotion of other options.

In order to meet these aims, our school engages the entire school community in promoting consistent messages about healthier eating and drinking through the school day. Our message about healthy food and drink is based on The Balance of Good Health (for over fives) which has key guidelines for a healthy diet:

1. Enjoy your food.
2. Eat a variety of different foods.
3. Eat the right amount to be a healthy weight.
4. Eat plenty of foods rich in starch and fibre.
5. Eat plenty of fruit and vegetables.
6. Don't eat too many foods which contain a lot of fat.
7. Don't have sugary foods and drinks too often.

Snack Time

During Snack time we encourage the children to eat healthily and help the children to understand about food and that it is a source of energy. Children in the Foundation Stage and Key Stage 1 are provided with free fruit which they enjoy during morning playtime. They may also bring fruit from home. Key Stage 2 children are encouraged to bring a piece of fresh fruit or cheese to school to eat during their morning break.

Drinking Water

Regularly drinking water is proven to reduce tiredness, irritability and distraction from thirst. We hope to improve pupils' concentration throughout the day by encouraging them to bring a bottle of water to school each day. We aim to provide a fresh source of water for the children throughout the day and their water bottles can be refilled at any of the taps in the school classrooms.

Water bottles are available to purchase from the school office. Water bottles are not allowed to should not be shared and should be clearly labelled with the child's name and class. They are kept in the classroom where the children have access when necessary. During the summer months, all the children's water bottles are taken outside during lunchtimes and placed in the shade so the children have a constant access to them. Water bottles should not be used in the ICT suite or near computers or other electrical equipment in class. They should also not be kept on tables to avoid accidents with the children's books and work.

It is important that pupils are allowed to go to the toilet when they need to. Children are encouraged to go to the toilet at the beginning of the day, playtimes and lunchtime. If they need to go in a lesson, they will be allowed to do so at the most convenient time. Parents of children with specific urinary or bladder problems should inform the class teacher so that special provision can be made.

Packed Lunches

We actively encourage parents to provide healthy choices in packed lunches. Sugary food and confectionary, such as sweets and chocolate are not permitted. For the safety of pupils with allergies, nuts are also not permitted. Parents are encouraged to provide fresh fruit and vegetables within a child's lunch. We encourage the children to drink water with their lunch and they may bring a non-fizzy flavoured drink.

Hot Meals

We have a school kitchen which provides hot meals for the children. The menu is in accordance with the School Food Standards. All of Foundation Stage and Key Stage 1 are eligible for free hot school meals through the Universal Free School Meals programme. Key Stage 2 children may have a hot meal if their parents order and pay for one through the online ordering system. Any child who is entitled to Free School Meals is also eligible for a free hot meal. All the meals are cooked from fresh using local produce where available. Every day there is a choice of three meals of which one is always a vegetarian option. Meals are pre-ordered by parents. Children are provided with a drink of water or milk and a nutritious dessert with a choice from the pudding of the day, a yoghurt or fresh fruit.

ASSESSMENT

Our Aims are to encourage pupil interest with making healthier choices about their diet through an increase in contact between home and school. We aim to give parents the relevant information on aspects of food and healthy eating and encourage those who have a packed lunch to pack healthy foods for their child. *Research from the food Standards Agency (2004) indicates that children who take a packed lunch to school eat too much fat, salt and sugar in one meal.*

Lunchtime Environment

Our aim is to promote a happy healthy environment in which the children show good manners. *Research shows that pupils' surroundings have an impact on their sense of well-being. To develop healthier eating habits pupils must respect and enjoy the environment they sit in.* We allow the children to sit where they like in the hall and encourage social interaction between different year groups. Children are permitted to sit outside at the picnic benches outside with their packed lunch during good weather. Staff often join the children for hot school lunches in order to support positive interactions and good manners.

Cooking in School

At our school we try to provide children with the opportunity to cook and taste different types of foods from all cultures. We use all opportunities possible to ensure children learn about eating a balanced diet and understand that all foods need to be eaten in moderation. Hygiene and safety are covered with the children, ensuring they understand the importance of both when preparing and eating food. All children must wash their hands before eating their snack or lunch. In addition to the Food cooking and Preparation

strand of our Design and Technology curriculum, we try to incorporate cooking wherever possible across the curriculum to develop the children's interest in cooking, food and health. We ensure that we teach the children about where food comes from and the importance of producers being paid a fair amount for their produce.

Adults involved in cooking or food based activities always start by talking to children about the hygiene and safety issues involved. Everyone involved must wash and dry hands with care, wear aprons and tie back long hair. Children must be supervised at all times and shown how to use the tools safely.

The food being cooked should reflect a healthy, balanced diet.

Other food in school

When organising a party at school, teachers need to consider the amount and type of food to be brought in. Children will be encouraged to bring in a range of food and teachers will monitor the amount of sugary and fatty foods being consumed. Children will be encouraged to eat savoury foods first and staff will limit the amount of food the children can eat to ensure that children do not eat too much. Children will be offered a small glass of squash to drink and water will be readily available.

Birthdays

Children who have birthdays are allowed to bring and share cakes in school. These should be seen as a special treat to celebrate a special day. Parents should bring 'nut free' cakes which are widely available in supermarkets. Any sweets which are brought in by children will be handed out and taken home.

Rewards

Staff are encouraged to give non-edible or healthy alternatives instead of chocolate/sweet treats and rewards. This does not mean that they are not allowed to give edible treats, but that it should be limited to special occasions (such as Christmas, Easter and end of year).

Staffroom

Staff are encouraged to remember that they are important role models for children and that they should be promoting an enjoyment of food and having a healthy, balanced diet.

Health and Safety

Parents are asked to inform staff of any food allergies and there is a section on the personal details form for parents to complete. All staff are aware of which children have food allergies or special dietary requirements, how severely they react and the first aid procedure if a reaction occurs.

Review: September 2019

Next review: September 2021