

Birdlip Primary School

'Helping each other prepare for a bigger world'

Healthy Eating Policy

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1. Aims, purpose and responsibility

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 littles 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
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

Why is a policy needed?
At Birdlip we recognise the important part a healthy diet plays for a child's well-being 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 the 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.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet through cookery club and out PHSE 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
- Promote healthy eating/healthy food choices and discourage unhealthy eating/food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- 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 and to actively 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:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of PHSE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers (Caterlink Food Co.) and kitchen staff 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 experience.

The school policy takes account of national guidance produced by the School Food Plan and Change4life.

2. Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PHSE, DT, PE and enrichment. We ensure that pupils are taught cooking from Reception to Year 6, in line with the national curriculum, developing their understanding in food related issues, including food hygiene and safety issues.

This policy will contribute towards other policies in the following ways:
Behaviour: Children who eat healthily are more focussed on their work and behaviour is better
PHSE: Healthy food and choices and practical food education is included in the curriculum
Science: Healthy food and nutrition is part of the science curriculum
Equality: We take account of the needs of all our children, including those with disabilities and allergies.

Curriculum assessment
Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and DT.

3. School Lunches
All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the school website, and is sent home, via, email, termly. The menu is also available via the School office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meal choices where there is an entitlement.

4. Packed Lunches

Aim
This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

To ensure that all packed lunches brought from home and consumed in school provide the pupil with healthy and nutritious food that is in line with The School Food Standards.

Packed lunches:
- Should provide a healthy balance across the food groups
- No fizzy or sugary drinks
- Minimum confectionery, such as chocolate bars.
- Minimum processed food, such as sausage rolls, chipolatas
- Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until lunchtime.

These expectations are monitored by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

Special diets and allergies
The school recognises that some pupils may require special diets. For these reasons pupils are not permitted to swap food items. We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other

food brought into the school. Children with a nut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

5. Snacks

All Reception children and Year 1 and 2 children are offered a selection of fruit at morning break time. Milk is provided free for the under-fives and is available at a cost for those over five through the school. Fruit is also provided for KS2 children. Y6 children are responsible for handing out the fruit to the different classes and for emptying food waste into the compost bins. Only healthy snacks are allowed at playtimes. Sugary drinks and confectionery are not permitted.

6. Breakfast Club and After School Club

A breakfast club is run as a separate entity to the school on the school site. It offers a calm, clean, pleasant environment for children to socialise and enjoy a healthy breakfast. Likewise the after school club offers lots of opportunities for the children to exercise. It provides the children with healthy snacks.

7. Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children behave, particularly where health is concerned.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk may be consumed during the school day.

8. Events and Celebrations

Instead of children bringing in sweets and cakes when it is their birthday we have adopted the policy of them being able to have a non-uniform day. In this way sugary food intake is reduced and the children still get to celebrate. This policy has proved to be very popular. We have a number of fundraising opportunities throughout the year and sometimes hold cake sales as it is important to recognise that it is okay to eat a limited amount of sugary food on special occasions.

9. Water for all

We recognise the importance of children staying hydrated. Each pupil has their own water bottle which they are responsible for. They take them home at the end of every day to be washed and be refreshed with clean water. KS1 keep their water bottle in the classroom where they can be easily accessed at any time of the day. KS2 keep their water bottles on their desks. Children take their water bottles outside when they have PE lessons so that they are easily accessed. If a child forgets to bring in a water bottle, staff provide the child with a clean cup. Children are reminded to drink plenty of water throughout the day, especially on hot days or when they have been doing a lot of exercise.