

Healthy Eating Policy

Introduction

As a Health Promoting School, St Bernadette is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

1. Aims and Objectives

1.1 To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.

1.2 To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

1.3 To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

1.4 To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

2. Organisation - Curriculum

2.1 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.

2.2 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 PHSME curriculum.

2.3 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

3. Organisation - Management of Eating

At St Bernadette, we have agreed the following statements:

3.1 Pupils in 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.

3.2 To ensure consistency across the school KS2 children will also be encouraged to eat only fruit or vegetables at break time. Fruit is available to purchase at playtime and pupils should bring the correct money (currently 20p).

3.2 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.

3.3 Chocolate, sweets, and crisps 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. Cereal bars and processed fruit products are also discouraged because these can often contain as much sugar as chocolate bars.

3.4 Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.

3.5 The contents of pupils' lunchboxes will be regularly monitored by the lunchtime staff.

3.6 Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. Crisps and chocolate bars continue to be discouraged.

3.7 Special events such as 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 "everyday food".

3.8 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 staff room and in the school kitchen.

3.9 Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts.

St Bernadette cannot guarantee that all parents will comply with the request and for that reason the school does not purport to be a "nut free school". Further, advice from allergies websites 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.

3.10 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.

3.11 'Seconds' when available are offered to pupils at the end of service - approx. 1.05pm

4. School Meals

4.1 The hot meals service is offered through Harrison Catering. We work closely with the school chef and with Harrisons to ensure the healthiest possible meals are provided. Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guidelines determining the meals that are available through the course of the week and these are in accordance with the Food Standards in Schools.

4.2 The weekly school lunch menu is displayed in the front entrance and on the website for parents. The weekly lunch menu is on a two week rota for parents and children to discuss meal choices.

4.3 The headteacher monitors the quality of the meals on a regular basis and it is a regular agenda item for School Council to give pupil feedback.

4.4 School Dinners - St Bernadette School Lunchtime Manifesto

We;

- ✿ Respect the children as valued customers
- ✿ Give the children time and space to eat in a calm and attractive environment
- ✿ The lunchtime rota is synchronised with the playground rota so that children have enough time to eat.
- ✿ Classical music is played during lunchtime
- ✿ Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle
- ✿ Encourage the children to find out more about achieving a healthy balance
- ✿ Encourage the children to try new foods and flavours in a supportive environment
- ✿ Promote school food to children and parents
- ✿ Listen to and accept constructive feedback and respond accordingly

- ✿ The dining room is well staffed with midday supervisors 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.
- ✿ The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion. A well stocked salad bar is located in the centre of the room for the children to help themselves.
- ✿ 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:
 - ✿ Children are seated on specific tables but where children who eat packed lunches sit together with those who eat school lunches.
 - ✿ Older Year 6 buddies may help younger children with their lunch in a variety of ways including accessing the salad bar, handing them cutlery 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, Midday Meals Supervisors and other pupils

4.5 Packed Lunches

- ✿ Pupils are encouraged to eat school dinners wherever possible but in exceptional cases may bring a healthy packed lunch
- ✿ Healthy food includes fruit and vegetables along with sandwiches, salads etc
- ✿ Chocolate, cake, biscuits and crisps are considered treats and should be included occasionally.
- ✿ Nuts and foods containing nuts are not allowed in packed lunches.
- ✿ Only juice or water are allowed at lunchtime.
- ✿ Pupils are not allowed to share their lunch with others and should only be given enough food for themselves.
- ✿ The above also applies to packed lunches provided for school outings and trips.

4.6 After School Clubs

- ✿ Children who attend after school clubs may bring a healthy snack to eat at 3.15pm before the club commences.
- ✿ This should be either fruit, vegetables or a sandwich.
- ✿ Crisp, cakes, biscuits and chocolates are not allowed.
- ✿ Due to allergies and parental consent, after school snacks should not be shared with other pupils.

5. Birthdays in school

Children who are celebrating their birthday are announced at assembly, receive a birthday sticker and are sung to. Unfortunately we do **NOT** have the resources to celebrate birthdays of pupils in other ways eg. Party bags, birthday cakes or sweets. This is also in line with our healthy eating policy.

6. The Role of Parents

6.1 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;
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary;
- 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.

7. The role of Governors:

7.1 The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

8. Monitoring and Evaluation:

8.1 The effective implementation of this policy will be monitored by the Headteacher and the governing body.

8.2 The policy will be evaluated after 2 years through a survey of the views of the whole school community, particularly the views of pupils. This takes place through assemblies, in class discussion and school.

Signed _____ Headteacher

Signed _____ Chair of Governors

Review date: January 2019