

FOOD AND HEALTHY EATING POLICY

Chapel en le Frith

C of E VC Primary School

DATE AGREED	REVIEWED ON	NEXT REVIEW	COMMITTEE	MINUTE NO	SIGNED
23.05.07	06.10.14	Term 1 2017	Teaching and Learning Committee	6x	
	27.09.17	T1 2020	Teaching and Learning Committee	7	
	21.10.20	T2 2023	Full Governing Board	14.4	

Chapel-en-le-Frith Cof E VC Primary School

Food and Healthy Eating Policy

Introduction

At Chapel-en-le-Frith Primary School we believe that a food policy which promotes healthy eating will make a significant contribution to the health and well-being of our children, and that there is an important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school.

We are committed to giving all our pupils consistent messages about all aspects of food and health.

We recognise the contribution that we can make as part of the larger community to promote a healthier lifestyle.

Aims and Objectives

- To ensure that all children are well nourished at school, and that every child has access to safe, healthy, and nutritious food, and a safe, easily available water supply during the school day.
- To improve understanding of the terms such as "balanced diet" and "healthy eating" and to get more children choosing healthy options.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and children e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To introduce and promote practices in the school that reinforce the message of healthy eating and remove or discourage practices that negate it.

General

The importance of a balanced diet should be consistently communicated throughout the school day, including trips and events. We encourage staff to participate and to model healthy eating as a valuable part of daily life. The emphasis on a balanced diet is to enable safe and effective learning and to provide a foundation for future good health.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Foods containing high levels of sugar or salt will be avoided.

All children and staff will have water freely available at all times and are able to refill bottles easily.

Curriculum

All subjects may contribute to the delivery of food and healthy eating education. (appendix 1)

Where curriculum delivery involves practical food experience, staff will ensure that they have appropriate knowledge of what constitutes a healthy diet and hygienic food preparation and storage methods. It may be appropriate for a wide variety of foods to be prepared and consumed together within the curriculum or at a celebration. We recognise that eating together is a fundamental experience

for all people and a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

Break Time

At break times our children are only allowed to consume fruit or vegetables. Fizzy or sugared drinks are not allowed. Water is encouraged at breaks as well as in the classroom. All of our under 5s are entitled to free milk which is organised by the Nursery staff. All EYFS and KS1 classes include a morning break time snack of fruit to all children which is shared in a family setting. This is part of the School Fruit and Vegetable scheme. KS2 children may bring a fruit snack to school.

This is to ensure that children return to the classroom prepared and refreshed for learning. It helps to limit litter and to control the environment to make it safe for any child with a nut allergy.

Lunchtime

School lunches meet or exceed the government's latest published nutritional standards. All pupils have a choice enabling them to eat healthily. Freshly prepared salads and assorted fresh fruit are always available. No fizzy or sugared drinks are given. Water is always available.

Children are encouraged to taste and eat new foods.

Staff, time and seating arrangements aim to be sympathetic to a positive social eating environment for those having school lunches and those eating a packed meal.

Many children bring packed lunch to school and the curriculum encourages healthy lunchboxes. Practical healthy lunchbox advice will be communicated to parents regularly. Glass bottles, fizzy drinks, nuts, chocolate and sweets are not allowed in packed lunches. Appropriate storage arrangements are made for lunchboxes.

Water for all

Water is freely available throughout the school day to all members of the school community. Drinking water facilities are separated from toilet facilities. Children may bring a water bottle to school to store their water in. We recommend that each child brings their own drinking bottle to school each day containing plain water. Cups will be available for children who don't have their own container. Children may drink their water at any time. Regular water breaks are built into the school day and curriculum by class teachers. EYFS and KS1 children are also reminded to drink water at their snack time.

Events

During in-school events, such as Christmas parties, the food and healthy eating policy will be considered in relation to the range of refreshments provided or requested from parents. Healthy options will always be preferred and healthy options should always be available.

Where children bring food in to school to share, for example to celebrate a child's birthday, it will be given to all class members to be eaten subject to parental approval. Cakes or biscuits should be individually wrapped or pre-portioned. Parents will be encouraged in the newsletter to send in healthier items. **NO SWEETS are permitted.**

Staff & Visitors

Staff are encouraged to follow this food and healthy eating policy.

Visitors are offered healthy refreshments or at least a choice which contains a healthy option.

Implementation

The head teacher is responsible for implementation of the food and healthy eating policy in school.

The head teacher and PSHE coordinator are responsible for supporting colleagues in the delivery of this policy. The LA are responsible for ensuring the quality of food offered.

Monitoring & Evaluation

The head teacher will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

References

<http://www.5aday.nhs.uk/>

<http://www.schoolfoodtrust.org.uk>

<http://www.wateriscoolinschool.org.uk>

Appendix 1 – Integrating the message into the curriculum

The following are examples and suggested ideas of how food and healthy eating ideas may be used in the curriculum.

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use non-GM foods in children's food and drink, writing a food diary etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise, as well as the effects of heat on food, and plant growth.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices. They may record the results of a food survey.

Design & technology - Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

Art – observations and drawings of food, healthy eating poster design etc.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking and the relationship between healthy eating, nutrition and exercise.

School visits provide pupils with activities to enhance their physical development eg to activity centres.

Out of hours learning may include cookery and gardening clubs from time to time.

Visitors, especially local traditional trades people, may be used to promote the message of healthy eating and the origin of healthy food.

The garden may be used to demonstrate the growing of healthy food.