

# *Healthy Eating Policy*

Originated by:

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Ratified by Governors:

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Review Date:

January 2018

## **Rationale:**

This policy has been formulated to ensure that all aspects of food and nutrition in school promote the health and wellbeing of staff, pupils and visitors. Hatch Warren Infant School understands that knowledge and understanding of nutrition is essential for good health and effective teaching and learning. Aside from the obvious physical benefits to be gained, we recognise there is a connection between a healthy, balanced diet and a child's ability to learn and play effectively to achieve their full potential.

## **Aims:**

- To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.
- To educate pupils, staff and parents and make them aware of the need for a healthy lifestyle and enable them to make informed choices in their lives.

## **Objectives:**

- To have a consistent approach to healthy eating and thus give our pupils the confidence, skills and understanding to make healthy food and drink choices.
- To encourage pupils to eat at least one portion of fruit or vegetable each day through the Government fruit scheme.
- Provide limited choices of school meals so that pupils receive a balanced meal.
- Encourage parents to provide pupils with healthy lunchboxes that do not include sweets and sugary drinks. Waste and uneaten food will be taken home in the lunchbox so that parents know what has/has not been eaten.
- Provide information to parents about healthy eating on a regular basis and in a variety of ways. Reinforce parental knowledge about the components of a balanced diet
- Maintain the health of pupils, their families and staff by providing information guidance on healthy eating and food issues as appropriate including promoting awareness of the 5 a day campaign
- Recognise the value of free school meals for low income families and promote this fact to parents and provide them with the relevant information.

- Promote the drinking of water by encouraging all pupils to have water bottles in the classroom, having regular water breaks during the day and by providing drinking water in the classrooms.
- Work in partnership with HC3S to ensure that standards in nutrition are met and that they provide attractive, value for money meals that are appropriate to the pupils needs.
- Provide a pleasant and sociable dining experience that will enhance the social development of our pupils.
- Educate pupils in the skills required for eating food.
- To take into account individual needs; cultural, ethical and medical.
- To ensure health and safety guidelines are considered in food preparation and pupils are taught basic rules of food hygiene.
- To ensure that pupils have opportunities to learn about healthy eating and different types of food in the context of a balanced diet in Science, Design Technology, PSHE and the Rights, Respect and Responsibility Curriculum.
- Educate children about food sources and methods of food production e.g. farming including organic farming, and manufacturing, in appropriate curriculum opportunities

## **FOOD POLICY GUIDELINES**

### **5 a Day Fruit and Vegetable Scheme**

Every child receives one piece of fruit or vegetable each day which they eat during playtime. Two pupils from year two are the fruit monitors and deliver the fruit to each class every morning. The fruit and vegetables are always rinsed and a bin is provided on the playground for any waste. Children are also permitted to bring in fruit or vegetables from home that can be eaten at playtime.

### **School Meals**

Our school dinners are provided by HC3S and are cooked on site. They provide a balanced choice and each child is able to choose between a meat based dish and a vegetarian dish. We consider lunchtime to be a valuable time for social training, when children learn to share a meal and to enjoy a variety of foods. See Appendix 1 - Working with the School's Caterers.

### **Free School Meals**

Every child who has a right to a free school meal should be able to have one. If a parent is receiving Income Support, Jobseekers Allowance or are in receipt of a Child Tax Credit, all their children are entitled to free school meals. Application forms are kept in the school office.

### **Healthy Lunchboxes**

Provision is made for children who bring their own packed lunch. These meals should be sent in sturdy, clearly named containers. Parents are encouraged to send the amount of food they expect their child to eat, so that the supervisors can encourage the children to eat what they have been given.

Packets of sweets or bars of chocolate are not allowed. Drinks should be in an unbreakable container with a close fitting lid. Glass bottles are not allowed and the bringing of fizzy drinks is discouraged. Water and cups are available, but plates are not, and it is therefore suggested that a piece of kitchen roll be included as a place mat. Parents are told not to include peanut butter in lunches as children with peanut allergy are on roll.

### **Healthy Lunchbox Leaflet**

The School Council researched and wrote a Healthy Lunchbox leaflet for parents and children. A copy of this can be found on the school website. Parents are encouraged to provide children with a healthy lunchbox through newsletters.

### **The dining environment:**

The school believes that pupils of Hatch Warren Infant School deserve a welcoming and positive dining environment in which to eat and socialise. In the summer pupils are able to experience the outside environment and picnic on the school field. The school is committed to ensuring all children eat the food they are provided with, all pupils both school dinners and packed lunches are treated equally through supervision and provision and help for those who find lunchtimes difficult e.g. opening tubs and packets, carrying trays. Year 2 monitors are available to assist the Year R children.

### **Lunchtime supervision:**

The Lunchtime staff take their responsibilities seriously and endeavour to ensure that children have eaten an adequate to sustain them through the remainder of the school day. Lunchtime staff check lunches and encourage children to eat more where possible. If a child is seen to be leaving food on a regular basis and lunchtime staff are concerned that a trend is developing, the lunchtime supervisor will report any concerns to the Headteacher. The Headteacher, in turn, will discuss the situation sensitively with the child's parents to ensure the well being of the child is not compromised. This approach is intended to assist the early identification of a potential development of an eating disorder.

### **Water bottles:**

All pupils are given a plastic water bottle when they start school and they are responsible for them. Drinking plenty of water has been found to improve concentration and behaviour and therefore the pupils will be able to access their water on a regular basis throughout the day. The pupils will be encouraged to drink plenty of water especially after physical activity. Water bottles are replenished with fresh water once they are empty.

### **Food in the curriculum:**

The school curriculum can be used to enrich the pupils understanding and experience of healthy food and what constitutes a healthy balanced diet. Food education will link to the curriculum areas, science, design and technology and literacy. The pupils will learn what constitutes a healthy balanced diet, how food is produced through growing vegetables and

tasting them, designing healthy fruit juices and healthy fruit kebabs. Cooking activities will involve discussing healthy balanced diets and will use appropriate foods.

**Health and safety:**

Children will be taught the importance of food hygiene, including thorough hand washing, during any lessons involving practical experience in the production of food e.g. making biscuits or sandwiches. Prior to the commencement of any practical lessons involving food, parents will receive a letter informing them that this type of lesson is to take place, the date of the lesson, purpose and what will be involved including a list of ingredients to be used. Parents will be asked to notify the school if their child is allergic (or is suspected of being allergic) to any of the ingredients to be used.

## Appendix 1

School dinners are provided by HC3S. All meals provided meet the Government's Minimum Nutritional Guidelines. HC3S are passionate about feeding children well and spend a lot of time working on the menus and ensuring the balance is right. They ensure:

<p><b>Fruits and vegetables</b></p> <p>- these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<p>Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)</p> <p>A fruit-based dessert shall be available at least twice per week in primary schools</p>
<p><b>Meat, fish and other non dairy sources of protein</b></p> <p>-these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<p>A food from this group should be available on a daily basis</p> <p>Red meat shall be available twice per week in primary schools, and three times per week in secondary schools</p> <p>Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks</p> <p>For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein</p>
<p><b>Manufactured meat products</b></p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ul style="list-style-type: none"> <li>* meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima</li> <li>* must meet the same minimum meat content levels prescribed for burgers</li> <li>* are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and</li> <li>* contain none of the following list</li> </ul>

	of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.
<b>Starchy foods (also see additional requirement on deep frying below) - these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</b>	<p>A food from this group should be available on a daily basis</p> <p>Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week</p> <p>On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available</p> <p>In addition, bread should be available on a daily basis</p>
<b>Deep fried products</b>	Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.
<b>Milk and dairy foods</b>  -includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	A food from this group should be available on a daily basis.
<b>Drinks</b>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>* plain water (still or fizzy);</li> <li>* milk (skimmed or semi-skimmed);</li> <li>* pure fruit juices;</li> <li>* yoghurt or milk drinks (with less than 5% added sugar);</li> </ul> <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
<b>Water</b>	There should be easy access to free, fresh drinking water.
<b>Salt and condiments</b>	Table salt should not be made available. If made available, condiments should be available only in sachets.
<b>Confectionery and savoury snacks</b>	Confectionery, chocolate and chocolate-coated products (excluding

	cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.
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The school dinners are separated into meat and vegetarian options and all pupils are able to decide and receive their choice of meal.