

### School Mission

“Training children to be confident, independent learners with enquiring minds, a life-long love of learning and an approach to life that reflects core biblical values and principles.”

### Introduction

This school is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole school approach to food and nutrition documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils. This is the rationale for the whole school approach to healthy food.

The Schools policy includes references to:

- the importance of children's health and well-being outcomes.
- reducing childhood obesity as a national and local public health priority.
- schools data NCMP (National Children Measurement Programme)
- school's commitment to Healthy School London Programme.

### The whole-school approach

A whole-school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the whole-school community about healthy eating and good nutrition within school.

### Healthy School Coordinator

This school food policy and healthy eating strategy is coordinated by Healthy School coordinator.

### Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

**These aims will be addressed through the following areas:**

#### ***A) Equal Opportunities***

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

#### ***B) Curriculum***

Food and nutrition is taught at an appropriate level throughout each key stage. The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T). This includes the teaching of cooking skills in D&T.

**Science** – Pupils study a range of topics that provide 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. Children’s learning about living things includes growing plants which are prepared and eaten in D&T.

**Design and Technology (DT)** – Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught in each year group through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products.

This is supported through:

#### **Cross Curricular Links**

**Physical Education (PE)** - Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physically activity for both their short term and long term wellbeing.

**Personal, Social and Health Education (PSHE)** – Encourages young people to take responsibility for their own health and wellbeing, 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.

**Religious Education (RE)** – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

From time to time, visits may be planned to local allotments or farms. Links may also be made with other outside organisations e.g. restaurants or supermarkets.

#### **Teaching Methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers planning meetings.

#### **Resources**

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum in subject areas.

The range of materials used is available for review on request to the Headteacher. Books on Healthy Eating are available for pupils in the library.

#### **Extra-curricular activities**

The school aims to provide a cookery club, developing basic skills in planning, preparation and cooking healthy meals and an understanding of basic food hygiene.

The school aims to provide a gardening club to give additional opportunities for children with an interest in this area

### **C) Food and Drink provision throughout the school day**

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at. <http://www.schoolfoodplan.com/standards/> ( Appendix1 )

#### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: low sugar cereals, fruit, toast, milk and water.

The schools breakfast club meets the School Food Standards.

Where the school has an after school club the food provided meets school food standards

#### **School Lunches**

The school aims to provide pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the catering team and meets the School Food Standards for school lunches. Pupils are encouraged to have a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime.

#### **A sugar smart school**

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Packed lunch policy and regular audits (pupils trained to be food detectives)
- A sugar themed day making use of Change4life resources for an assembly and lesson plans (<https://campaignresources.phe.gov.uk/resources/campaigns/41-sugar-smart-2016/resources>).
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake
- Newsletters with reducing sugar tips, low sugar recipe ideas etc
- Cooking lessons or afterschool clubs with the emphasis on savoury dishes or low sugar recipes
- Promoting oral health - for free resources you can visit the Oral Health Foundation's website: <https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on [ohp@clch.nhs.uk](mailto:ohp@clch.nhs.uk)
- Encourage families to register with a dentist, have a record of those registered.
- Monitor absences due to oral health reasons to highlight need for intervention

#### **Drinks**

The School Food Standards recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water at lunch times to children that eat school meals and packed lunch. Water is poured for each child at lunchtime and can be refilled upon request.

Drinking water is freely available all day to every child. KS1 classes have drinking water in the classrooms. Junior children have plentiful water fountains. The school also provides water bottles.

### **Packed Lunches**

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards and the school Packed lunch policy. This is achieved by promoting healthy packed lunch options and the Packed Lunch Policy.

### **Special Events**

Food provided for special events e.g. Class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable), savoury item, a sweet item and a drink. Food is not used as a reward system.

Families and children are encouraged to consider healthy options if bringing in food to celebrate birthdays or other special occasions

### **Use of Food as a Reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

## **D) Promoting healthy eating messages through the school environment**

### **Role of Staff**

It is the responsibility of the co-ordinators to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively.
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils.
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.
- Liaise with Caterers
- Monitor teaching and learning about healthy eating.
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- Encourage positive role models amongst all staff

### **Role of Parents/Carers**

The school is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating education policy and practice.
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

### **Role of Governors**

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/carers about the food policy as required.

## **Quality of the Environment**

### **The eating environment and the social aspects of meal times**

Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by ...

- Monitoring noise levels
- Giving the opportunity to eat food without being rushed
- Having appropriate furniture and seating
- Staff supervision
- Appealing presentation
- Providing positive messages about food

## **E) Special dietary requirement**

### **Special Diets for Religious and Ethnic Groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **Vegetarians and Vegans**

The catering services offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

### **Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

### **Monitoring and evaluation**

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.

### **Review**

This policy will be reviewed every two years.