



Healthy Eating Policy

November 2019

Date for review: November 2021

Wolverton Primary School
Healthy Eating Policy (based on Warwickshire Healthy Schools)

Rationale

Diet is a contributing factor to the rapid rise in childhood obesity, and it has been found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Poorly nourished children, particularly those who are overweight or obese, experience social and psychological problems, which have a significant impact on behaviour and performance in schools.

As children spend on average a quarter of their waking lives in school, one big step to improving the nutrition of children is to ensure they have healthy food and drink choices throughout the school day. The school environment, attitudes of staff and pupils, as well as what children learn in the classroom, have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink early on, it is much more likely that these positive behaviours will remain with a child throughout life.

Our Aims and Objectives

We aim to:

- Improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy eating habits.
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day, as outlined in the National Healthy School Programme.
- Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities.
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school
- To ensure that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff e.g. religious, ethnic, vegetarian, medical and allergic needs.
- To encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, etc) to meet the same standards as food provided by the school.
- To ensure that food and drink available before school meets the same standards as that provided by the school e.g. breakfast club, residential visits etc.
- To make the provision and consumption of food an enjoyable, social and safe experience for all.

We will achieve our aims through the development of skills such as cooking and growing, the core academic content in the classroom and the food consumed at school.

Desired outcomes

- Pupils choose healthy and nutritious food across the school day and enjoy it
- The school meets the school food standards
- Pupils can plan healthy meals
- There is increased fruit and vegetable consumption
- All pupils achieve a healthy body weight

Food and drink during the school day

Breakfast Club

Breakfast Club operates on a daily basis in the school for all children. Food offered includes healthy choices and is consistent with a healthy diet. We provide toast, bread, bagels, dairy free margarine,

fruit jam, marmite, honey and low salt/low sugar cereals. Children choose from water or apple juice to drink. Other foods will not be provided.

Morning Break

Reception, YR1 and YR2 children receive a free piece of fruit or veg every day from the Government Fruit and Veg Scheme. Key stage 2 pupils bring fruit or vegetables from home.

All pupils are welcome to bring a healthy snack from home, such as fruit, vegetables or dried fruit, for the morning break time. Children under 5 are entitled to free milk, and others may purchase milk; parents are required to sign up for this once their child has reached the age of 5. The school will actively discourage all other snacks at morning break time. Food containing nuts are not allowed in school, on grounds of health and safety considerations to any nut allergic members of the school community. Sweets, chocolate bars, chewing gum and fizzy drinks are also not allowed in school.

School Dinners

Pupils may purchase a cooked meal at lunchtime which is provided by Bailey's Catering. The meals adhere to all the government nutritional standards. The company hold the Soil Association Food for Life Gold Award.

Packed Lunches

Pupils may bring a packed lunch.

The Food Standards Agency survey of packed lunchboxes showed that many children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthier lunchboxes for children. To facilitate this, the school will provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the importance of a balanced and varied diet.

The school discourages some packed lunch foods, such as sausage rolls, sausages, pies and corned beef. Sweets, confectionary, chocolate and fizzy drinks are not allowed.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

Water

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. We have two Aquaid water dispensers in school so all children have access to cooled, filtered water during the day. All children are provided with a plastic water bottle when they start school. Replacement bottles may be purchased from the office. The children are responsible for daily emptying and taking the bottles home at the weekend for cleaning.

Rewards

The school recognises that pupil achievement should be celebrated and rewarded when appropriate. At Wolverton we have a reward system based on earning house points. We have taken the decision that food will not be used as a reward.

Celebrations & Festivals

The school recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. However, the decision has been taken to discourage pupils from bringing in sweets or cakes into school at such times.

Curriculum planning and organisation

We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas. We undertake to capitalise on these opportunities in order to:

- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Both curricular and extra curricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles and the food industries.

As part of units of work within the curriculum pupils will have opportunities to prepare and eat a range of foods during their time in Wolverton School e.g. tasting linked to Chinese New Year or Pancake Day; making chocolate linked to The Mayans in lower KS2.

Partnerships

The school values working in partnership with parents/carers and with the wider school community and sees it as an essential part of promoting healthy lifestyles. Partnership working will be promoted through; policy development, home-school contracts, school councils, health professionals and Healthy Schools Staff.

Equality of opportunity

In accordance with school and Local Authority policy, a commitment to Equal Opportunities and Inclusion will be built into all aspects of food and drink provision.

Monitoring evaluation and review

This policy will be monitored by the Headteacher, and reviewed by the staff and governors on a planned two-yearly cycle.

Policy Reviewed November 2019
Next Review due November 2021