

Healthy Eating and Nutrition Policy

January 2018

| | |
|---|--|
| Name of Policy | Healthy Eating and Nutrition Policy |
| Date ratified | January 2018 |
| Committee Responsible for Policy | Children, Families and Community |
| Date to be updated | January 2021 |
| Headteacher Signature |  |
| Chair of Governors/Committee Signature |  |

HOLY TRINITY C of E PRIMARY SCHOOL



At Holy Trinity C of E Primary School we are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

At Holy Trinity 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.

According to the National Child Measurement Programme England 2016-17, almost a quarter of reception children were overweight including obese. In year 6 it was over a third. The prevalence of obesity has increased since 2015/16 for reception but remained similar in year 6.

Rationale

Our school is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

In our school we actively support healthy eating and drinking throughout the school day.

Keeping an active lifestyle is a large part of staying health and can complement a healthy diet.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims of this policy

- To promote lifelong learning about food, nutrition and eating.
- To develop knowledge and understanding of a balanced diet.
- To encourage children to enjoy food and make informed choices to enable them to keep healthy
- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.
- To encourage a healthy lifestyle through association of healthy food with exercise and the promotion of health enhancing habits.
- To ensure that we are giving consistent and up to date messages about food and health to the children.
- To teach accurate information about food and nutrition through Topics, as part of the curriculum.
- The School kitchen will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit and vegetables as part of morning break.
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers will be regularly informed of our healthy food choices via the website or newsletter.

Promoting healthy choices

Drinks

- Children can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- At dinner time children will be offered water.

Snacks

- Nursery are provided with fresh vegetable or fruit snack everyday including milk and water.
- Reception and Key Stage 1 are provided with fresh vegetable or fruit snack every day.
- Key Stage 2 children may bring their own snack to school providing it is a healthy option.
- Extra-curricular clubs are encouraged to bring their own fresh fruit or vegetable snack.

Hot School Meals

- School lunches are provided by Merton appointed Chartwell catering service to ensure that healthy choices are available and that national standards are met.
- The menu is adjusted to take account of the catering staff's knowledge of the children's preferences so that waste is reduced and the children eat well.
- Fruit and vegetables are included as part of the meal and salad is available for the children. Where possible, meals have a reduced fat, salt and sugar content.
- Vegetarian, religious dietary requirements and medical needs will be met in appropriate ways.
- The dining room is well staffed with midday supervisors 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.
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat.
- After school club provide a balanced diet throughout the week with consultation from parents and pupils.

Packed Lunches

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- We take part in the "Green, Amber, Red Challenge" and encourage parents and carers to provide healthy and nutritious lunches.
- Children are not allowed to swap food with others.
- Midday supervisors monitor what the children bring in their lunch-boxes and how much they eat; concerns are shared with the head teacher, and, where appropriate, parents/carers are notified of concerns face to face or by letter.
- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods in accordance with the Lunch box Guidance leaflet which are available for parents in the front entrance or on the school website. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.

Lunch box guidance (examples)

HOLY TRINITY C of E PRIMARY SCHOOL

| Green foods | Amber foods | Red foods |
|--|--|---|
| <i>Every day as part of a balanced diet</i> | <i>Once or twice a week as part of a balance diet</i> | <i>Not allowed in school lunch boxes</i> |
| <ul style="list-style-type: none"> ● Fruit, vegetables or salad. Fresh, tinned or dried. ● Bread, pasta, pittas, bagels, wraps. Try including wholegrain varieties too. ● Proteins ● Cheese and yoghurt ● Water | <ul style="list-style-type: none"> ● Crackers and popcorn ● Scones, tea cakes, malt loaf. ● Plain biscuits and flapjacks ● Pasties, pepperami or sausages. | <ul style="list-style-type: none"> ● Chocolate bars ● Sweets ● Processed fruit products such as winders and yo-yo's. ● Sugary drinks like Ribena, Caprisun and fizzy drinks ● Nuts (such as peanuts, tree nuts, such as almonds, Brazil nuts, walnuts, hazelnuts, macadamia nuts, pistachios, pecans, and cashews) |

Special occasions and rewards

- Special occasions, such as Christmas and Easter, and the end of terms are a time when teachers and pupils like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet.
- Sweets will not be given in school as rewards for behaviour and good work.
- If children want to bring in something to celebrate their birthday, they are encouraged to either donate a book to their class or give out gifts such as pencils for example.

Food across the Curriculum

- We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics.
- The Food 4 Life is a whole school scheme of work that covers all areas of food and healthy eating and will be used throughout the year as part of the curriculum/topic work.
- Children are supported and encouraged to make healthy choices for themselves through additional and/or extra-curricular events e.g. Healthy school week.

Food Hygiene

- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home every day to be washed.
- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.
- Children are taught about Food Hygiene in their PSHE/DT cooking lessons.

Healthy and Safety

HOLY TRINITY C of E PRIMARY SCHOOL



- To safeguard children who have a nut allergy, the school operates a nut-free school.
- Care plans are drawn up with parents/carers for children who have a severe food allergy, and staff training carried out as appropriate.
- All staff have regular epi-pen training and are made aware of children at risk.
- Children are expected to wash their hands before eating or working with food.
- Appropriate precautions are taken when food is prepared or stored by any member of the school community.