



## **Healthy Eating Policy**

Approved by the Governing Body in:

**June 2020**

## **1. RATIONALE**

- 1.1** Sutton C of E Primary is a healthy school. We are committed to giving our children consistent messages about all aspects of health, to help them understand the impact of particular behaviours and to encourage them to take responsibility for the choices they make. This policy should be read alongside the PSHCE, Drug, and Relationship and Sex Education.
- 1.2** Through effective leadership, the school's ethos and the curriculum, all staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the community. We can provide a valuable role model to children and their families with regard to food and healthy eating patterns.
- 1.3** All aspects of food and nutrition in school should promote the health and well-being of the whole community and give children the up-to-date and consistent information they need to make healthy choices for life.

## **2. AIMS**

We aim to:-

- provide our children the information they need to make healthy choices about the food they eat;
- raise the profile of healthy eating and of its effect on children's physical and emotional wellbeing, behaviour and performance in school;
- ensure that the entire school community and the wider public understand the ethos of the school in relation to food and drink, both within the curriculum and across the whole school day including the provision of food and drink;
- ensure the provision of food and drink across the school day, including contracts for school food providers, complies with government regulations;
- ensure pupils have easy access to free, fresh drinking water throughout the school day;
- provide guidance on how food will be used for rewards and/or during celebrations;
- provide guidance on how food is consumed across the school day, (e.g. the eating environment, dining facilities, service style, length of breaks, litter, pupils bringing food to school, packed lunches) and promote healthy eating;
- provide guidance on the school's policy on foods brought in from home;
- ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils and staff;
- encourage the take-up of free school meals by all who are eligible;
- involve parents/carers, staff, governors and pupils in developing, implementing and reviewing the Policy;
- ensure all staff know, understand and have the skills to support the delivery of work on healthy eating (in the wider context of healthy lifestyles) in the curriculum;
- offer support and help for children and families with weight management issues;
- monitor incidents of bullying amongst children who may have weight management issues (underweight, overweight or obese) and to respond quickly within the terms of our Anti-Bullying and Behaviour Management Policies;

- provide curriculum opportunities including a curriculum framework for Personal Development that includes learning about healthy eating and practical food education within the context of healthy lifestyles;
- provide extracurricular activities, e.g. cookery club;
- encourage healthy eating options at school events and lettings;
- seek to extend our healthy school work by working with the Cambridgeshire PSHE Service.

### **3. THE SETTINGS OF OUR FOOD POLICY**

#### **3.1 Snacks**

We take part in the Government's free fruit and vegetable scheme. As part of this scheme, all Foundation Stage Reception Children and Key Stage 1 children receive a free piece of fruit or vegetable every day. These children are invited to bring in their own alternative choice of fresh or dried fruit if they have a preference. Children in Key Stage 2 are encouraged to bring fresh or dried fruit or vegetables for consumption during their fruit break at playtime. We do not allow children to eat other snacks for their fruit break in the morning, unless it is for a medical reason agreed with the Head teacher.

#### **3.2 School Meals.**

We aim to provide an enjoyable eating experience for children. Our catering provider who is TNS catering, help us to do this by creating tasty and nutritious food for the children to choose from. The meals prepared for the children include a wide range of foods that enable children to develop healthy eating habits. Importantly, the children are also able to make independent choices and are encouraged to try new foods.

#### **3.3 Packed Lunches**

Many children bring a packed lunch to school. We encourage children's lunchboxes to contain a variety of foods to help children to have a balanced diet. Crisps, biscuits, and cake should form part of a balanced diet. We would not expect to see chocolate and sweets in a child's lunch box. A 'Happy, Healthy Packed Lunches' leaflet is available to offer top tips and guidance. Lunchbox recipe ideas are also shared regularly via the whole school newsletter and are uploaded onto the school's website.

#### **3.4 Dining Environment**

The school believes that the dining environment should give children the opportunity to sit and enjoy their meal together allowing them to feel refreshed for learning during the afternoon. We also believe that the dining environment should encourage positive social behaviour and community cohesion. Positive Lunchtimes slips are used as an incentive to encourage and praise healthy food choices, socialising and table manners.

#### **3.5 Water Consumption**

Drinking water throughout the school day aids health, hydration and concentration. We actively encourage all of our children to bring a clean water bottle to school each day. We allow these to be kept in classrooms and children are encouraged to drink from them regularly. The children also have access to drinking water. Water is served with our school meals and children who bring a packed lunch to school are encouraged to bring water or fruit juice as part of their meal.

#### **3.6 Nut Free School**

We are a nut free school as both children and adults in school have nut allergies. Please ensure no nut based products are bought into school.

### **3.7 Milk**

Sutton C of E Primary meets the legislative requirement for all Under 5s and those entitled to FSM by offering a portion of free milk each day. There is also an option for other children throughout the school to take part in a subsidised milk scheme.

### **3.6 Breakfast Club**

Our Premier Sports Club runs a Breakfast club under the Extended School Facility arrangements in association with our school. This Healthy Eating policy and Government nutritional guidelines apply to all items available to the children.

### **3.7 Birthday Celebrations**

Due to our focus on healthy eating, we ask children not to bring in sugary snacks to celebrate their birthday. If the child would like to share something special as a birthday gift with the class, we ask this to be a donation of a book to the class (this does not have to be a brand new copy). In the book a label will be stuck so that the child can write a message to the class.

### **3.8 Fundraising Events**

At Sutton, we fundraise and on occasion there are cakes and ice lollies. We teach the children that these can be eaten in moderation. As a school we ensure that unhealthy food will only be sold once a half term.

## **4.0 FOOD ACROSS THE CURRICULUM**

**4.1** During the Foundation Stage, Key Stage One and Key Stage Two curriculum, there are a number of opportunities for children to develop a knowledge and understanding of health, including healthy eating, an understanding of where food comes from and the practical skills that are needed to prepare and cook food.

We seek to enable our children to:

- know what healthy eating is, and how to choose a varied and balanced diet;
- understand the reasons for and benefits of healthy eating;
- learn about healthy eating as part of broader work around healthy lifestyles (which also includes physical activity, sleep, emotional wellbeing, and making healthy choices);
- be aware of their own capacity to make healthy choices and be encouraged to take responsibility for their own lifestyles, appropriate to their age and stage;
- understand that health is a continuum and that everyone is at different stages on this continuum at different times;
- learn about and respect a range of practices in relation to food, including cultural and religious;
- be able to plan and prepare simple healthy food safely;
- value, care for and respect their bodies.

In our curriculum programme we:

- regard healthy eating as a whole school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum (more details can be found in the relevant schemes of work for each age group);
- ensure teaching is consistent with the Healthy Eating Policy;
- provide opportunities for teaching about healthy lifestyles and healthy eating through topics in PSHE/ Citizenship / Design Technology / Science / PE / History/ Geography;
- deliver the objectives of the curriculum for healthy eating mainly in: Science / DT /PSHE

*Science provides an opportunity to learn about the types of food available, their classification, nutritional composition, their digestion and the function of different nutrients in contributing to health;*

*Food Technology as part of DT provides the opportunity to learn about where food comes from and teachers are able to promote healthy eating messages through practical work with food, including preparation and cooking;*

*PSHE provides the children with the opportunity to consider a range of factors which contribute to a healthy lifestyle, developing the idea that health is not only physical, but also emotional and social. Children develop their understanding of healthy eating, extending their familiarity with the Eatwell plate, to include nutrients provided by different food groups and their benefits for our bodies. They are also given the opportunity to plan, prepare and cook simple healthy food, perhaps while learning about religious festivals or enjoying a class or whole school celebration. They learn that we need a balance of energy in (food) and energy out (physical activity) in order to stay healthy and be active, and that different types and amounts of food provide different amounts of energy. Children also consider various influences on the choices they make about diet and exercise, including the media, peers and adults. They will learn to recognise ways in which they can take responsibility for achieving a physically, emotionally and socially healthy lifestyle.*

- deliver some aspects of healthy lifestyles in other subjects such as: PE / History / Geography where a focus is upon how food is an integral part of different cultures, festivals and environments.
- promote healthy lifestyles and healthy eating through enrichment activities and whole school initiatives e.g. Healthy Lifestyles Week, Change for Life resources and Travel Tracker as well as through Collective worship.

We use the Cambridgeshire Primary Personal Development Programme and the resources recommended within it when planning and delivering the PSHE curriculum component of teaching about healthy lifestyles.

We will avoid a 'resource-led' approach to delivering the curriculum, instead focussing on the needs of the children and our planned learning objectives. We will carefully select resources which meet these objectives and will evaluate teacher resources, including online resources before using them.

## **5. PARTNERSHIP WITH PARENTS AND CARERS**

**5.1 Parents/carers are key figures in educating their children about healthy lifestyles.** The partnership of home and school is critical in shaping how children and young people behave, particularly where healthy eating is concerned. By working in partnership together, we can do our very best to ensure that children understand the importance of a healthy lifestyle and the positive impact it can have on their life.

The school will actively seek ways of engaging families in their continued work to ensure children learn to make healthy, balanced and informed choices about the food they eat. We will:

- inform parents/carers of forthcoming food/healthy eating topics, and the wider Personal Development/PSHE programme relating to healthy lifestyles;
- make the Whole School Healthy Eating Policy available to parents/carers on request;
- inform parents/carers about the Whole School Healthy Eating Policy when their child joins the school through the school brochure / prospectus / website;
- communicate with parents/carers about their child's eating habits during the school day;
- ensure that all those in KS2 entitled to Free School Meals are aware of their entitlement and reassure them that this information remains confidential, i.e. their child will not be singled out from their peers;
- provide supportive information about parents' /carers' roles in promoting healthy lifestyles to their children. E.g. via the whole school newsletter or school website;
- invite parents/carers to discuss their views and concerns on an informal basis;
- collect information annually from parents/carers about their children's dietary needs and food hypersensitivities;
- invite parents/carers into school to talk to the children about their own areas of specialist knowledge. E.g. of cultural food practices.

**5.2** During out of school events, the school will encourage the PSA, parents and carers to consider this policy in the range of refreshments offered to the children.

## **6. WORKING WITH STAFF**

The school aims to ensure all staff:

- are confident in their knowledge and understanding of what constitutes healthy eating;
- promote healthy eating through their own choices and ways of talking with children about their choices;
- model good food hygiene and eating practices;
- are informed about individual children's dietary needs, food allergies and food hypersensitivities;
- model and encourage water consumption throughout the school day;
- are provided as part of their induction training with information about the Whole School Food Policy.

Those responsible for teaching about healthy eating as part of the curriculum will be supported to develop knowledge, skills and attitudes and to share good practice. Staff training needs will be reviewed regularly and relevant training arranged.

## **7 MONITORING AND EVALUATION**

**7.1** It is the responsibility of the Governing Body to agree and then monitor the implementation of the school's healthy eating policy.

## **8. UPDATE AND REVISION**

**8.1** This policy will be reviewed in accordance with our programme of policy review and will be reviewed and revised every three years.