

# INTAKE PRIMARY SCHOOL



# Healthy Living Policy

Written: June 2017

Review Date: May 2019

Physical Activity Co-ordinator: J. Beattie

Written by J. Beattie  
& Curriculum Team 1

## **Healthy Eating**

### **Aim of the Policy**

The aim of the policy is to ensure that all food and drinks brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food.

All food served in school between 8am and 6pm is governed by legislation. This includes breakfast clubs, tuck shops, packed lunches prepared by school catering staff, lunch time food and after school clubs. It is therefore important to have a comparable policy for food and drink brought from home.

The policy embraces the Every Child Matters Agenda, the right of every child to:

- Stay safe
- Be healthy
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

It is intended to:

- Make a positive contribution to children's health
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- Contribute to the self-evaluation for review by OFSTED
- Promote consistency between food brought from home and food provided by the school

### **The school's responsibility**

The school will ensure that eating food from home or made on the premise is a sociable experience where staff will provide integrated and wrap around care. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures



### **The school is not responsible for providing:**

- Fridge space, so requests that food from home is in insulated bags with freezer blocks or frozen drinks cartons to keep food cool, appetising and safe where possible.
- For packed lunches all cutlery is to be provided for from home.

## Special diets and allergies

- The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. Nut allergy)
- Salt must not be available to add to food after the cooking process is complete. Parents attempting to send their children to school with salt will be notified that the items will be confiscated and returned to the child at the end of the school day.
- If you have a **special diet request**, then please contact Taylor Shaw by telephone on (0114) 2734767, who will contact Taylor Shaw's Nutritionist. A meeting will then be arranged. Parents/Carers will be responsible for providing details of any medical dietary requirements which will include information from a GP, Dietician or relevant health professional. Diets will **not** be organised by Taylor Shaw without this information which demonstrates a clear medical need.



## We would like all Lunch Boxes to include:

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel) should be included each day. Oily fish such as salmon at least once every three weeks
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day
- ✓ Dairy food such as milk, cheese, yoghurt, fromage frais or custard should be included each day
- ✓ Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies



## Aim to avoid:

- × Snacks such as crisps (alternatives include savoury crackers, breadsticks, nuts and seeds)

- ✘ Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack or plain biscuits)
- ✘ Fizzy drinks, drinks with added sugar or sweeteners
- ✘ Flasks, drinks in glass bottles or ring pull cans
- ✘ The remains of the previous days take-away

Lunch Boxes should not regularly include items that are high in fat or salt. For example:

Cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies

### **Rewards**

To actively encourage children leading a healthy lifestyle there will be a whole school sticker reward system in place to congratulate those children who are being healthy and in line with the 'healthy lunchbox' overview.

We will also be monitoring those children who we notice to constantly have an unhealthy lunch and letters will be sent home.

### **Health and Well-Being**

#### **Obesity crisis**

Over the past number of years it has been clear through detailed research that the level of obesity in children is on the increase. If this is not tackled then this will have a long lasting detrimental impact on the health and wellbeing of children within our society.

The government have pledged that schools should deliver 30 minutes of "moderate to vigorous" activity for pupils every day through active break times, extra-curricular physical education, clubs and active lessons – with parents responsible for providing another daily 30 minutes.

It is part of our duty as a school to develop active learners and to decrease the levels of obesity within our children. The government, through the sports premium funding and the levy on sugar tax, will provide much needed funding to aid and support schools in ensuring children are active and lead a healthy lifestyle.

We plan to raise awareness of obesity and aim to tackle the issue through...

- educating the children on how to be healthy and have a well-balanced life style
- ensuring children eat healthily through healthy packed lunches or school meals
- ensuring children have access to and are doing at least 30 minutes of moderate to vigorous exercise daily in school and supporting children to complete at least 30 minutes at home.
- ensure children have at least 2 hours of physical exercise a week
- ensure children have access to lunchtime and afterschool clubs
- celebrating sporting success throughout school
- hold a sports/ fitness/ healthy week in school promoting leading a healthy life style and ways we can be healthy
- promoting a healthy and well balanced diet through educating children and parents

