



Policy: Healthy Eating & Drinking Policy
Reviewed: December 2017
Next Review: January 2019
Responsibility: Headteacher/Governors
Category: PSHE

Nelson St Philip's Church of England Primary School

Policy for Healthy Eating & Drinking

Statement of Safeguarding Children

At St Philip's Church of England Primary School, our school community has a duty to safeguard and promote the welfare of children who are our pupils. This means that we have a Safeguarding Children and Child Protection Policy and Procedures in place which we refer to in our prospectus. All staff including our volunteers and supply staff must ensure that they are aware of our procedures. Parents and carers are welcome to read these on request.

Sometimes we may need to share information and work in partnership with other agencies when there are concerns about a child's welfare. We will always ensure that our concerns about our pupils are discussed with their parents/carers first unless we have reason to believe that this is not in the child's best interests.

Our Designated Child Protection Officer is: Mrs Kathryn Ellidge, our Headteacher

Mission Statement

We love to learn. We learn to love. With Christ as our Guide we love and learn together". Guide our children to prepare them for life; Respect themselves and one another; Aspire to achieve their highest potential; Care for the local and wider community; every child is special in God's eyes.

Introduction

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain life-long healthy eating habits. We recognise that it is important for the whole school to use consistent messages around healthy eating. It is a requirement of the National Healthy School Programme Healthy Eating Theme that the school has a Whole school Food Policy developed through wide consultation, implemented, monitored and evaluated for impact. It is also essential that schools are aware of recent changes in School Food brought about by the School Food Plan including the new Food based standards for school food.

Therefore our message is:



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There is no such thing as bad foods - just poor diets. We need to eat more fruit and vegetables but some foods, like crisps, chocolate, fast food and sweets can be eaten in moderation. We aim to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Nelson St Philip's staff are committed to the fact that healthier children learn more effectively and aim to promote good eating behaviour and protect those who are nutritionally vulnerable.

The policy has been drawn up as result of staff discussion and has full agreement of the Governing Body. The implementation of this policy is the responsibility of all the teaching staff. The policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards its aim of achieving Healthy School Status.

Aims and objectives

Proper nutrition is essential for good health and effective learning. We aim to: Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety; Provide a 'whole school, whole day' approach to nutrition that makes 'healthier choices, easier choices'; Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs; Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil; Raise awareness of these issues with pupils and parents.

We aim to promote healthy and balanced eating by:

Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the new nutritional standards; ☐ Encouraging healthy choices ☐ The promotion of healthy lunchboxes ☐ To work towards ensuring that this policy is both accepted and embraced by the whole school community. ☐ The principles of this policy incorporate those outlined in the School Food Plan <http://www.schoolfoodplan.com/> ☐ The nutritional principles of this policy are based on the 'eatwell plate' <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

Our Principles

Provision of food and drink across the school day:

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.

Currently, we don't operate a breakfast club.

Mid-Morning Snack / Fruit Scheme (EYFS & KS1 only)



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The School is part of the National Fruit and Vegetable Scheme. All children from Reception to Year 2 receive a piece of fruit. Children in KS2 are allowed to bring in a piece of fruit for morning break time or purchase a piece of fruit from the school tuck shop.

Drinks

Children are encouraged to drink water at school particularly after PE, active play and in hot weather. Water is available throughout the school day, via bottles that can be brought into school or children can request water from their teacher. Subsidised school milk is promoted in the EYFS & KS1. A specific time is set aside for this and those that do not wish to have milk have a drink of water.

Milk

The new Food Standards require that milk must be available for drinking at least once per day during school hours. This standard can be fulfilled by being part of the Cool milk scheme (primaries) or available in the Cafeteria (for secondary's). <https://www.coolmilk.com/> Please also see our website page regarding more information regarding Cool Milk - under the school information section. Children up to the age of 5 receive free milk.

Packed Lunches

The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten. Guidance is offered to parents at pre-school induction and through Newsletters, displays, etc. The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Further advice including a guide to producing a packed lunch policy can be found on the children's food trust website:- <http://www.childrensfoodtrust.org.uk/schools/packed-lunches/packed-lunch-policy>

Packed lunches prepared by the school caterers (eg for school trips) adhere to the Government Food Lunch Standards.

School Meals & Universal Free School Meals

From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits. School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards. Regular theme days are linked to curriculum areas or calendar events. All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion. The school recognises the particular value of school meals to children from low-income families. The system for free school



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meals is actively promoted to parents by the school and a non-discriminatory process is emphasised. Please see our website www.st-philips.lancs.sch.uk for more information regarding Free School Meals, under the section Parent Information 'School Meal' section.

- Food is provided by Lancashire County Council Catering Services
- These healthy options are promoted at admissions phase
- Food is presented at child height and the cook and the cook and other staff explain options
- Children are encouraged by staff to try different foods
- We are a meat free school
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches with a choice of fillings are on offer daily.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Slow eaters are given plenty of time to eat their lunch.
- Children who eat too little or too much food are monitored and encouraged. Their teachers and parents are informed.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas; Easter or nationwide sporting events.

Food Standards

National Nutritional Standards for school Lunches became compulsory in 2009.

As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches which came in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs. <http://www.schoolfoodplan.com/standards/> Checklists for monitoring provision are available from the Children's Food Trust <http://www.childrensfoodtrust.org.uk/>

Dining Room Environment

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills. Teachers, caterers and welfare assistant's work together to create a good dining room ambience and the development of appropriate table manners. Non-teaching staff are supported by the school behaviour policy and a Welfare Assistants Handbook.

- all pupils eat in the school hall with their friends and then move into the playground
- Pupils who eat a packed lunch are encouraged to sit alongside children having school meals
- In the KS1 classrooms healthy snacks are provided alongside fresh water and milk

Treats and Rewards

To ensure consistent messages, sweets are not used as regular rewards. 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 generally therefore used in school.



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Curriculum, Teaching and Learning

Key healthy eating messages will be taught within science, D.T. and P.S.H.E. They will also be delivered through assemblies and theme days/ weeks. Pupils are given the opportunity to taste, touch, smell and feel a variety of foods. Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross curricular subjects including geography, history and RE and are linked with school meal theme days.

Special Needs

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets. The schemes of work are sensitive to this and the teachers will be aware of any children within their class who this may apply to. Prior to residential trips, a form is sent home which includes information on dietary needs.

Cultural and Religious Diets

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

For further guidance on Special Diets please access
<http://www.childrensfoodtrust.org.uk/schoolfoodplan/uifsm/special-diets/catering-for-religious-diets>

Medical Diets

- Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency. All Staff annually receive epi-pen training.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffroom and classroom.

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This policy will be reviewed annually or in response to Government of LA initiatives/incidents.