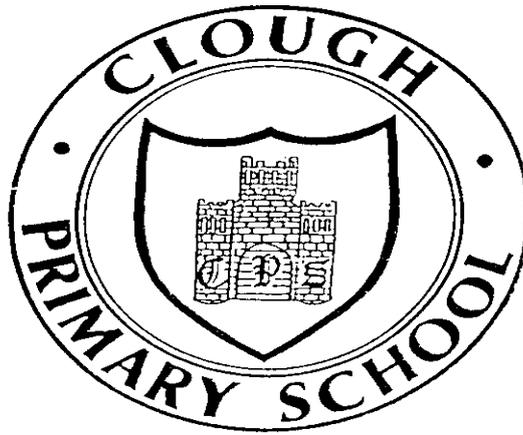
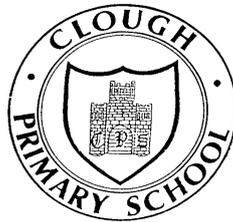


# CLOUGH PRIMARY SCHOOL



## HEALTHY EATING POLICY

# **CLOUGH PRIMARY SCHOOL and Nursery Unit**



## **HEALTHY EATING POLICY**

### **Introduction**

Clough Primary and Nursery Unit are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school 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.

### **1. Aims and Objectives**

1.1 To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.

1.2 To ensure pupils are well nourished at school and that every pupil has access to a safe, tasty and nutritious food and a safe, easily available water supply during the school day.

1.3 To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

1.4 To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## **2. Organisation - Curriculum**

2.1 We regard healthy eating education as a whole-school issue and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

2.2 Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is taught through the Science and P.D.M.U. curriculum.

2.3 All pupils have the opportunity to learn about food and where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum as part of the W.A.U. and Health Education.

## **3. Organisation – Management of Eating**

At Clough Primary School we have agreed the following statements:

3.1 Pupils in KS1 will benefit from Fruit and Vegetables. These pupils will be **encouraged** to eat a piece of fruit as part of their daily break time.

3.2 To ensure consistency across the school KS2 children will also be **encouraged** to eat only fruit or vegetables at break time.

3.3 All children are **encouraged** to bring in a water bottle so they can have access to water throughout the day. Water is available through the kitchen.

3.4 Chocolate, sweets, biscuits, crisps and cakes are **discouraged** as everyday snacks in school or as part of lunch boxes. Chewing gum is not permitted on the school premises or while the children are representing the school. Cereal bars also will be **discouraged** because these can often contain as much sugar as chocolate bars.

3.5 Pupils' lunch boxes should offer balanced nutrition. Across a week parents are **encouraged** to offer a variety of healthy foods in accordance with the Lunchbox Guidance Leaflet (Ref: Top Marks Programme). The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.

3.6 The contents of pupils' lunchboxes will be regularly monitored and where necessary healthy alternatives will be **encouraged**.

3.7 Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in **moderation**. The "treat" should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. Crisps and chocolate bars will be **discouraged**.

3.8 Birthdays and special events such as Christmas in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an **"occasional" treat and not "every day food"**.

3.9 The School community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room.

3.10 Pupils are encouraged not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. Clough Primary School **can not guarantee** that all parents will comply with the request and for that reason the school does not purport to be a "nut free school". Pupils in this school learn to be aware of the risks of cross contamination and they are very good at managing the risks themselves.

3.11 Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do **encourage** the children to "try a little bit more" if they can, to ensure that they are not hungry later on in the day.

#### **4. School Meals**

4.1 The hot meals service is offered through E.A. Catering Services. We work closely with the school cook to ensure the healthiest possible choices. Each day there is a choice of menu and fresh fruit, bread and milk are also offered.

4.2 Each child taking school dinners receives a menu which parents can see and influence the choice of their children. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the Food Standards set down for schools.

4.3 The Principal monitors the quality of the meals on a regular basis.

4.4 Each parent has received guidance based on the Top Marks Programme of what should be contained within a healthy lunchbox.

#### **5. School Dinners - Organisation**

5.1 Clough Primary School Lunches: -

- ✓ Respect our pupils as customers
- ✓ Give the children time and space to eat in a calm and attractive environment
- ✓ Help them to see that enjoying food and eating meals with others contributes to a happy lifestyle
- ✓ Encourage them to find out more about achieving a healthy balance
- ✓ Promote school food to children and parents

5.2 Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by: -

- Sitting freely with their friends i.e. packed lunches and school dinners sitting together in the dining hall.
- Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Entering and leaving the dining hall in an orderly way; to show respect for other diners.

- Parents will be advised if their child is not eating well through a sticker system
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, dinner ladies and other pupils.
- Seeking permission from a Supervisor Assistant before leaving the table etc.

## **6. The Nursery Unit.**

The Nursery Unit have organised healthy snack times for all their pupils which encourages bread and fruit. Parents attend healthy eating mornings supported by exercise classes, where they and their children learn about the values of healthy food choices and the importance of exercise for their children. Outside agencies are usually invited into the Nursery to help with these programmes, e.g., Sainsburys.

## **7. The role of the Principal.**

7.1 It is the responsibility of the Principal to ensure that staff and parents are informed about the healthy eating policy and that the policy is implemented effectively.

7.2 It is the Principal role to ensure that staff are given sufficient training, so that they can teach effectively.

7.3 The Principal liaises with external agencies regarding the healthy eating and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.

7.4 The Principal monitors teaching and learning about healthy eating. The co-ordinator oversees the content of the curriculum to ensure that all pupils have the opportunity to learn about healthy eating.

7.5 The Principal encourages positive role models amongst the staff by encouraging healthy options for staff ‘treats’ such as fruit.

## **8. The role of Parents**

8.1 The school is aware that the **primary role model in children's healthy eating education lies with parents**. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will: -

- Inform parents about the school healthy eating education policy and practice
- Inform parents about the best practice known with regard to healthy eating so that the **parents can support the key messages** being given to children at school.

## **9. The role of Governors**

9.1 The governing body is responsible for monitoring the healthy eating policy and delegate the day to day operation of this policy to the Principal. The Governors support the Principal following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

## **10. Monitoring and Evaluation**

10.1 The effective implementation of this policy will be monitored by Principal and the governing body.

10.2 The policy will be evaluated after 2 years.

This policy has been adapted \_\_\_\_\_

Signed \_\_\_\_\_ Chairperson B.O.G.