

THE FLYING START FEDERATION

Healthy Eating and Lifestyles Policy

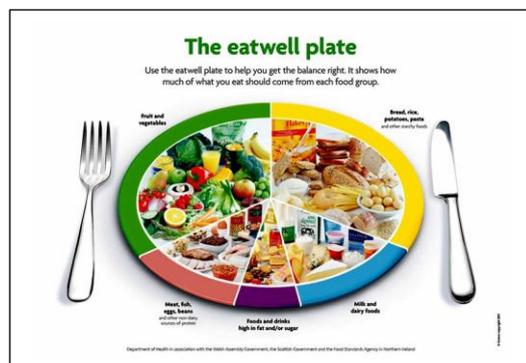
The Flying Start Federation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment

The Purpose of this policy:

- ✓ To encourage children to have a healthy diet.
- ✓ To inform adults of the school community about healthy eating in school.
- ✓ To have a healthy school community

We aim to:

- ✓ Eat a well-balanced and varied diet based on The eat well plate model and the National Food Standards 2014



- ✓ Learn about the effects of healthy eating in science and P.S.H.E (Personal, Social and Health Education) especially the effects of not eating enough or eating too much
- ✓ Consult with pupils and parents on ways to improve eating habits and experiences.

Our Healthy Eating guidelines (as recommended by <http://www.foodafactoflife.org.uk>) are:

- ✓ Have breakfast before we come to school
- ✓ Eat a variety of food that includes lots of fresh fruit and vegetables
- ✓ Drink lots of water throughout the day.
- ✓ Eat more fish
- ✓ Base meals on starchy foods
- ✓ Cut down on saturated fat, sugar and salt
- ✓ Get active to maintain a healthy weight

At the Flying Start Federation-

- ✓ In our packed lunches we try to have a balance of food groups.
- ✓ School dinners will meet the National Standards for Nutrition as set out by the Government
- ✓ School catering/MTA team actively encourages active playtimes.



Teaching and Learning

On regular occasions, staff sit with children during meal times to provide a good role model, encourage good manners and conversation.

Food and cooking activities are used in a variety of ways to teach children and widen their experience they are given the opportunity to touch, taste, smell and feel a variety of foods.

Equal Opportunities

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEN (Special Education Needs).

Health and Safety

Food will be stored according to instructions on packaging and regulations. Temperature of cold storage and hot food are monitored and logged daily. Advice will be sought from the School Food Plan and Environmental Health Agency if necessary.

We adhere to environmental health guidance. All staff handling and serving food have completed Level 2 Food Safety training.

Annual and ongoing risk assessments are carried for the Kitchen areas, chemical storage, Fire safety, and lone working. Any potential risks are reported to SBM/HT immediately.

Food for Life awards

The school will strive to improve the eating experience of all children by working towards the Bronze, Silver and Gold awards available through the Food for Life partnership. <http://www.foodforlife.org.uk>

- **BRONZE** schools serve seasonal school meals that are at least 75% freshly prepared by a well-trained school cook. Pupils and parents are involved in planning improvements to school menus and the dining experience via a school nutrition action group, boosting school meal take-up. Every pupil has the opportunity to visit a farm during his or her time at school, and opportunities are given for cooking and food growing activity.
- **SILVER** schools serve school meals on plates, not flight trays, and a range of locally sourced and organic items are served. All chicken, bacon and sausages served are Freedom Food certified or free range and no fish from unsustainable sources is served. The school has a cooking club, and pupils get to cook with and eat the produce grown in the school growing area. Parents and the wider community get involved in food education via food-themed events.
- **GOLD** schools are hubs of good food culture in their community, actively involving parents and community groups in cooking and growing activity. School meals are at least 75% freshly prepared, 50% local and 30% organic, and more than 70% of pupils are choosing to eat school meals. Every pupil learns to cook and has the opportunity to grow food, and groups of pupils are actively involved in the life of a local farm.

Signed _____
Chair of Teaching and Learning Committee

Date _____

Date approved:	15.01.2019
Approving committee:	Teaching and Learning
Date revised:	15.01.2019
Version:	2.1
Date for Review	January 2021

Version History

Version	Date Issued	Brief Summary of Change	Owner's Name
0.1	28.01.2015	Policy passed for consideration	Wendy Ainscough
1.0	25.02.2015	Policy Approved	Wendy Ainscough
2.0	10.01.2017	Reviewed with minor amendments	Wendy Ainscough
2.1	15.01.2019	Annual review – Healthier packed lunches for Children added to appendix	Claire Saltearn

Appendix

i)

Healthier Packed Lunches for Children

What you need to know.



Eating well is important. Children need to eat well as it gives them energy and nutrients to grow, develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.

Practical tips for a healthier lunch box:

- ♥ Vary the contents of the lunch box daily to provide a wide range of nutrients, Make lunches more appealing by providing a wide range of colourful fresh foods.
- ♥ Base each meal on a starchy food such as:-whole wheat bread, brown rice and whole wheat pasta. Starchy foods give energy, fibre, vitamins and minerals.
- ♥ Add protein from:-lean meats, oily fish, soft cheese or Edam, eggs, meat alternatives such as Quorn or tofu, hummus, dishes containing beans or pulses. Protein foods build muscle and provide minerals.
- ♥ **Meat products such as sausage rolls, chipolatas, processed meat snacks and pies are not a healthy source of protein.**
- ♥ Include a dairy product or dairy alternative such as fromage frais or low fat yoghurt. Dairy foods provide calcium necessary for strong bones and teeth as well as providing protein and vitamins.
- ♥ We all need to be consuming a minimum of 5 portions of fruit and vegetables a day so adding them to your child's packed lunch is a great way of towards their daily target. Use fresh, tinned, frozen or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and keep you strong and healthy.
- ♥ Drinks, especially water help children to concentrate and feel well; water is freely available in school. Only water, milk or a single carton of pure fruit juice should be included in the lunch box. **Juice drinks and flavoured waters often contain up to 3 times a child's recommended daily amount of sugar in each bottle!**
- ♥ **Remember packed lunches should not contain chocolate, biscuits, sweets, salted snacks, squash and sandwich fillings of jam and chocolate spread.**



Get kids on the go



Healthy food choices combined with an active lifestyle provide the basis of health and vitality for life supporting this is a fantastic initiative from the British Heart Foundation which alongside a healthy nutritious diet aims to improve health outcomes for children through physical activity.

Physical activity helps your child to:

Be happy*sleep well at night*listen and learn at school*control their weight*grow up healthy and strong*manage their behaviour*learn new skills* reduce anxiety and stress

How much physical activity?

- ♥ A child under 5 who can walk unaided should be having at least 180 minutes daily of moderate and aerobic activity.
- ♥ Children over 5 should be having at least 60 minutes a day of aerobic activity alongside strength and conditioning activities to build muscle.
- ♥ **To support these physical activity goals minimise time spent restrained in a pushchair or car seat, allow a maximum of 2 hours daily of screen time(tv,computers, and mobile devices) reduced to 0 hours if your child is under 2 years of age.**

We hope you will support our federation's healthy policies and guidelines for an active lifestyle, for further information please contact:-

www.bhf.org.uk/parents

www.nhs.uk/livewell/goodfood





www.nhs.uk/livewell/childhealth

www.change4life.co.uk

www.bbcgoodfood.com/howto/guide/healthy-lunches-for-kids