



## **Healthy Eating Policy**

### **Background**

This policy has been developed in consultation with all staff in the school, governors, pupils, parents/carers, Healthy Schools and the health visitor. Some parts of this policy are on display as posters around the school.

Food served in schools is regulated by national standards set by the government (The Requirement for School Food Regulations 2014 and the Standards for School Food in England January 2015) which outline the requirement to provide food to registered pupils. This policy ensures that we adhere to these standards and provide consistency between food provided in schools and packed lunches provided by parents/carers.

### **Aim**

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school and that our children learn life long skills in healthy eating as part of a healthy lifestyle. We aim to ensure parents/carers are involved wherever possible. We think it is important for children to enjoy their school mealtimes, and to understand the impact of nutrition on concentration, energy levels and positive self image.

### **Objectives**

- To work with our cook and other staff, pupils and parents/carers to monitor and improve the children's diet at lunchtimes so that every child has access to safe, tasty and nutritious food and a safe, easily available water supply throughout the day.
- 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.
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools.
- To further develop key partnerships to provide extended opportunities for food awareness e.g. establishing a gardening project, cooking activities and an understanding of foods from different cultures.
- 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.
- To introduce children to new tastes and encourage them to be adventurous in their choices of fresh fruit and vegetables.
- To promote playtime fruit and water, highlighting the accessibility of these in school.
- To continue a dialogue with parents/carers on healthy eating e.g. letters and questionnaires home regarding school dinners, menus are sent to parents/carers and also displayed in the dinner hall.
- To increase parent/carer and family awareness of the importance of eating more fruit and vegetables.

- To give the children an understanding of how food is prepared, and an opportunity to cook.

## **Curriculum**

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.

The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, DT and PSHE curriculum. All pupils have the opportunity to learn about safe food preparation and to learn about 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

We will also promote healthy eating through the informal curriculum. We encourage children to participate in school games and club sports, and so learn the enjoyment of a healthy lifestyle. We sometimes arrange school visits to outdoor pursuits centres and provide opportunities for children to explore the natural world. Our school site will be fully utilised in the interests of the children's physical and emotional development through playground activities.

## **Management of Eating in School**

Children are offered the choice of having either school dinners or packed lunches. There is an option to change dinner choice at the beginning of every half term, by completing a Dinner Option form (see Appendix for example). We allow children who have just started in reception classes to change their dinner option at any time during the first term.

Water is available in every classroom for children to drink when they become thirsty. Each child has a tumbler labelled with his/her name to drink out of, or can bring a bottle of water from home. We do not allow soft drinks in school. *Only water is allowed.*

Fruit is provided with the children's milk and lunch. Fizzy/soft drinks, juice, chewing gum, chocolate bars, nuts and sweets are not allowed in school or while the children are representing the school. Salt is not provided on tables or service counters.

No child is made to finish all the food that they are offered or have brought from home, because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day.

Parents/carers will be advised if their child is not eating well.

Food and drink offered to visitors will be nutritionally healthy and, where possible, produced locally. We will not provide food to visitors that contains nuts.

## **The school environment**

We will ensure that our school environment promotes healthy eating. All classes have the opportunity to utilise the school wildlife garden and allotment, and there is an extra curricular gardening club after school. Pupils help to grow produce in the school allotment.

We ensure that children are given time and space to eat in a calm and attractive environment, so that they see that enjoying food and eating meals with others contributes to a happy lifestyle. Children can sit freely with their friends i.e. packed lunches and school dinners sit together, and there is no distinction made between children who pay for meals and those who are entitled to Free School Meals.

The dining room is well staffed with midday supervisors and older pupils who assist the children in a variety of ways such as opening yogurt lids or helping the children to salad, keeping table surfaces clean and tidy. Meal supervisors will encourage children to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.

Pupils are allowed to sit in friendship groups promoting the idea that lunch times are a happy, social occasion. A well stocked salad bar is located in the centre of the room for the children to help themselves.

Children will be encouraged to develop good eating skills and table manners at lunch time, including:

- Entering and leaving the dining hall in an orderly way; to show respect for other diners
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, Midday Supervisors and other pupils
- Seeking permission from a Midday Supervisor before eating dessert and leaving the table

Older Year 6 buddies may help younger children with their lunch in a variety of ways including accessing the salad bar, cutting up food etc.

### **Packed Lunches**

Packed lunches should offer balanced nutrition. Across a week parents/carers and carers are encouraged to offer a variety of healthy foods in accordance with the Healthy Lunchbox Guidance leaflet that is available for parents/carers in the reception area.

Packed lunch boxes should be placed in the appropriate basket outside the school entrance at the beginning of the day.

#### **Packed lunches should include:**

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every 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. sandwich, pasta salad)
- dairy food such as cheese, yoghurt, fromage frais or custard everyday
- a healthy dessert.
- only water (no fruit juice, flavoured water, semi-skimmed or skimmed milk, yoghurt or milk drinks, or smoothies).

#### **Packed lunches should not include:**

- snacks such as crisps. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed (provided they do not contain nuts) but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- Any product containing nuts, including peanut butter

If a child forgets his or her packed lunch and the parent cannot be contacted, the school will ensure that appropriate food is made available.

Unfortunately we are not able to heat food brought in a packed lunch, because to do so would take a member of staff away from supervising the children and this would be a health and safety risk.

### **School Meals**

The hot meals service is offered through Chartwells. We work closely with the school cook and with the Local Authority to ensure the healthiest possible options. Each day a choice of salads and fresh fruit are offered as possible choices.

The two-weekly school lunch menu is displayed in the front entrance for parents/carers and is sent home on a termly basis for parents/carers and children to discuss meal choices.

The Headteacher and the school meals monitoring sub-committee of the governing body monitor the quality of the meals on a regular basis and there is a feedback book available to the children for them to record their observations and comments.

### **Breakfast Club**

The school's Breakfast Club can accommodate 50 children and operates between 8am and 8.45am.

Cereal, toast and fresh fruit are provided every day. There is also one hot breakfast item each day, e.g. porridge, toasted sandwiches. Once a week (currently Thursdays) a cooked breakfast is served, e.g. beans/scrambled egg on toast. After they have eaten, children stay in the hall for quiet activities. Children in Key Stage 2 are permitted to play outside in the playground until school starts.

The breakfast club staff follow the Healthy Eating Policy and encourage children to make healthy, balanced selections.

### **Allergies, cultural sensitivities and personal preferences**

- A list of medical conditions including food allergies and intolerances is kept in the children's profiles and all staff are made aware of these. The information will be displayed in the school kitchen.
- Children with severe allergies or intolerances will have an individual care plan, a copy of which will be given to the class teacher and kept in the school office.
- The school promotes all cultural and religious practices in relation to food, customs and celebratory events.
- Vegetarian choices are available at lunch time as a daily menu option.
- There are children who can develop a very severe reaction to even a mild contact with particular nut products, even a light touch or inhalation of a small crumb of nut contaminated dust. For this reason pupils are taught not to share packed lunches and parents/carers are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the school newsletter.
- We cannot guarantee that all parents/carers will comply with the request and for that reason the school does not purport to be a "nut free school". Further, advice from allergies web-sites suggest that it is in the interest of pupils longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.

## **Treats**

- Because we recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation. Once every half term the Friends of Dalmain organise a cake sale after school, which raises funds for the school.
- Birthdays, and special events such as Christmas parties 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”.

## **The role of the Health Eating Co-ordinator**

The Headteacher is the Healthy Eating Co-ordinator.

- It is the responsibility of the co-ordinator to ensure that staff and parents/carers are informed about the healthy eating policy, and that the policy is implemented effectively.
- It is the co-ordinator’s role to ensure that staff are given sufficient training, so that they can teach effectively.
- The co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.
- The co-ordinator monitors teaching and learning about healthy eating. The co-ordinator oversees the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- The co-ordinator encourages positive role models amongst the staff by encouraging healthy options for staff ‘treats’ such as fruit.

## **The role of parents/carers & carers**

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

- Inform parents/carers about the school healthy eating education policy and practice;
- Encourage parents/carers to be involved in reviewing school policy and making modifications to it as necessary;
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.

## **Review and monitoring**

Food at Dalmain Primary School is monitored and reviewed by the Headteacher and the school meals monitoring sub-committee.

Monitoring of school meals is done on a daily basis and governors hold half-termly meetings with Chartwells, our school meal caterer.

The contents of pupils’ lunchboxes will be monitored e.g. once a term, by the Healthy Eating Co-ordinator and/or school governor. Parents/carers and carers of children whose packed lunches do not comply with the school’s Healthy Eating Policy will receive a leaflet in the packed lunch box reminding them of the policy.

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

The policy will be evaluated every 2 years through a survey of the views of the whole school community, particularly the views of pupils. This takes place through assemblies, in class discussion and school council.

### **Dissemination of the policy**

The school will write to all new and existing parents/carers/carers to inform them of the policy.

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, etc.

The school will use opportunities such as parents/carers evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

<b>DALMAIN PRIMARY SCHOOL</b>	
<b>This policy was agreed by the Governing body on</b>	
<b>Implemented:</b>	November 2015
<b>Updated:</b>	November 2017
<b>Review Date:</b>	November 2019
<b>Author:</b>	<b>Luisa Element</b>



## **REQUEST TO CHANGE PUPIL MEAL OPTION**

### **AUTUMN (2) 2017**

Please complete the details below indicating your child/children's choice of meal by ticking the box.

By selecting this option you agree that your child will not change their dinner option for the duration of the half term (30/10/17-20/12/17).

<b>NAME OF CHILD</b>	<b>SCHOOL DINNER</b>	<b>PACKED LUNCH</b>

I understand that the payment for a school dinner is £10.50 per week, and that this is payable in advance

**[OR]**

I am eligible for Free School Meals

**Signed:** \_\_\_\_\_  
Parent/Carer

**Print name:** \_\_\_\_\_

**Date:** \_\_\_ / \_\_\_ / \_\_\_

My child is allergic to \_\_\_\_\_