



## **William Fletcher Primary School**

### **Healthy Eating Policy**

*William Fletcher School is a Rights Respecting School, this policy reflects Articles 17 (access to information) 24 (access to health education) 28 (right to education) 29 (goals of education)*

#### **Introduction**

As a Health Promoting School, William Fletcher is committed to encouraging and developing positive attitudes towards food and a healthy diet. As a Rights Respecting School we promote healthy lifestyles; 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 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 explicitly taught through the Science, D.T. and PHSE curriculum.

2.3 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

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

At William Fletcher School, we have agreed the following statements:

3.1 Pupils in FS and KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily snack/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

3.2 All children are encouraged to bring in a WATER bottle so they can have access to water throughout the day. If forgotten, cups are readily available to those who are in need of a drink through the day.

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

3.4 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 which will go home on a termly basis to remind parents/carers of this.

3.5 The contents of pupils' lunchboxes will be monitored by lunchtime staff. If there are any concerns or issues with the content, teachers will be informed and so will parents.

3.6 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".

3.7 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 school office and in the school kitchen.

3.8 Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. William Fletcher cannot guarantee that all parents will comply with the request and for that reason the school does not claim to be a "nut free school". Further, advice from allergies websites 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.

3.9 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 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.

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

4.1 The hot meals service is offered through ‘Fresh Start’ Company. We work closely with the school chef to ensure the healthiest possible menus. Each day a choice of salads and fresh fruit are offered as possible choices. Water is provided at the table to every child each day.

4.2

We will:

Give the children time and space to eat in a calm and attractive environment

Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle

Encourage the children to find out more about achieving a healthy balance

Encourage the children to try new foods and flavours in a supportive environment

Promote school food to children and parents

Listen to and accept constructive feedback and respond accordingly

4.3 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.

4.4 The tables and chairs are arranged so pupils can sit in friendship groups promoting the idea that lunch times are a happy, social occasion. A well-stocked salad bar is located at the front of the room for the children (KS1 and above) to help themselves.

4.5 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

-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 or carers will be advised if their child is not eating well

-Demonstrating good manners in the hall e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, staff and other pupils

-Seeking permission from a Lunchtime staff member before eating dessert and leaving the table

#### **5. The role of the co-ordinator:**

5.1 It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.

5.2 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.

5.3 The co-ordinator encourages positive role models amongst the staff by encouraging healthy options for staff 'treats' in the staff room such as a healthy stocked fruit bowl.

## **6. The role of Parents:**

6.1 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.

## **7. Monitoring and Evaluation:**

7.1 The effective implementation of this policy will be monitored by the co-ordinator and the Head Teacher.

7.2 The policy will be evaluated after 1 year through a survey of the views of the whole school community, particularly the views of pupils.

Policy Name	Healthy Eating Policy
Frequency of review	Yearly
Reviewed	January 2017
Reviewed by	Sarah O'Neill – PSHE Co-ordinator and staff team
Next review date	January 2018