

## **HEALTHY EATING AND FOOD POLICY**

### **March 2024**

#### **Aims of Policy**

At Samuel Allsopp Primary and Nursery School, we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. This policy states the ways in which our school community supports pupils to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives and supports the '5 A Day' initiative set by the government. This policy also describes how the school community helps pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. In order to reflect the importance of healthy eating, this policy specifies the types of food and drink that we will provide in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.

#### **Policy Background**

At Samuel Allsopp Primary and Nursery School we aim to work together to help each other take responsibility for our own health and to adopt health-enhancing attitudes and behaviours. In order for us all to meet our full potential we need to be healthy and fit – physically, mentally and socially. We continue to find ways to increase people's knowledge, understanding and attitudes towards healthy eating.

- Discussion in the classroom about school meals
- Through Health, Fitness and Safety week
- Research within school community (PSHE)
- Advice and consultation from local health and education services
- Consultation with staff and school kitchen staff

#### **Definition of Healthy Eating/Nutrition**

A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individual need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

#### **Curriculum**

Healthy Eating is explicitly addressed within the curricular subjects of Science, PSHE, PE and D&T. There are also opportunities for cross curricular coverage of healthy lifestyle throughout all curricular subjects. A wide range of teaching approaches and resources are used to deliver the curriculum.

Visitors who may support our school are: Burton Albion staff, health workers and Phunky Food staff. These visitors strengthen the learning in the classroom.

#### **Children with Medical Needs**

All staff members are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the classrooms and

staffroom. Information relating to individual needs is discussed with all parents before their child's admission to Nursery or throughout the school.

### **Parental Involvement**

Healthy eating is discussed with all parents on the home visit before their child starts Nursery or their admission into school. Parents are invited to participate in a variety of meetings that provide advice on a range of parenting skills, including developing healthy eating habits at home.

### **Food Hygiene**

Children are always reminded about the importance of hand washing before eating or handling food. Children are required to wash their hands before eating their lunch each day. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

### **School Food Provision**

At Samuel Allsopp Primary and Nursery School we recognise that most of us need to eat more:

- Fruit and vegetables
- Cereals and grained bread
- Fish and lean meat

We also need to eat less:

- Fat
- Sugar
- Salt

This knowledge is reflected in the food provision in school. All school meals meet the School Food standards (January 2015). The school provides a balanced menu of school dinners with a minimal number of additives as possible, within the budget.

As of September 2014, the government funds schools in England so that every child in reception, year 1 and year 2 receives a hot, nutritious meal at lunch time. The aim is to improve academic attainment and save families money.

Universal free school meals for primary school pupils were a key recommendation in a review of school food produced independently for the Department for Education. The review found that, in pilots where all children have been given a free school dinner, students were academically months ahead of their peers elsewhere and more likely to eat vegetables at lunchtime instead of less healthy food like crisps.

More information is available in the document "The School Food Plan" by Henry Dimbleby & John Vincent (July 2013).

### **Healthy Eating Policy** (taken from the Staffordshire Healthy Eating Policy)

The school support a healthy lifestyle by:

- Actively encouraging the choice of a healthy and well balanced diet.
- Providing our children with the widest possible choice of healthy food.
- Utilising food products and production methods that best compliment a healthy eating policy:
  - Recipes low in fat, sugar and added salt
  - Baking rather than frying

- Co-operating with initiatives for the promotion of healthy eating
- Practical demonstrations with school staff involving curriculum activities
- Providing information on the nutritional requirements for good health
- Actively working with community dieticians to develop menus and products attractive to young people

The school works closely with the school cook to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils with individual dietary needs, due to medical, cultural or religious reasons – who have school dinners – are catered for appropriately.

Children are encouraged to take part in school dinners using themed days to celebrate events, for example Christmas dinners.

Dinners are eaten in the main hall where children are given an opportunity to mix with their peers, children from other year groups and adults. Currently, a child's school dinner costs £2.50 per day and an adult school dinner is £2.90 (as of June 2024). The school currently does not have any vending machines on site.

### **Drinks Provision**

- Everyone has a right to access clean drinking water. We encourage pupils to drink water at school using their own water bottle brought from home. These bottles should go home every day for cleaning and refilling. Drinking water is also available in each classroom.
- Jugs of water and beakers are provided in the hall each dinner time for all children.
- The Nursery Milk Scheme is operated by the Nursery Milk Reimbursement Unit (NMRU) on behalf of the Department of Health. It entitles children under 5 years who attend approved day care facilities to receive 189ml (1/3 pint) of milk each day, free of charge. This means that milk is provided to our Nursery and Reception pupils each day.
- Those children who are having a school dinner have a choice of drinks: milk or water.

### **Packed Lunches and Snacks**

Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children. (See Appendix A).

During playtime only healthy snacks are to be eaten, this includes:

- Any raw fruit – apples, oranges, pears, banana, etc.
- Any vegetables – carrots, cucumber, celery, tomatoes, etc.
- Snacks sold by the school tuck shop during the morning break include healthy fruit bars, fruit snacks, boxes of raisins and sparkling juice.
- Toast and crumpets sold each Friday for the children to purchase.

Pupils may bring squash or fruit juice to have with their packed lunch; fizzy drinks are not allowed.

The School Fruit and Vegetable Scheme is government funded and provides fruit and vegetables to children aged 4 to 6 years as one of their 5 A Day. This scheme helps to increase awareness of the importance of eating fresh fruit and vegetables, encouraging healthy eating habits. The fruit and vegetables supplied are seasonal and every child in Reception to Year 2 are encouraged to eat their daily portion.

## **Seating Provision**

All school meals will be eaten in the school hall. Pupils will be encouraged to take their time to eat their dinners and to eat as much of it as possible. Dinner supervisors have received training to deal with reluctant eaters. Individuals giving concern are monitored and the class teacher informed. If the situation persists, parents will be informed and a plan of action will be drawn up to ensure that the child is able to perform at their optimum in the afternoon.

The school will review the eating environment termly to ensure that a calm and enjoyable atmosphere is maintained.

## **School Trips**

School trips and visits form a valuable educational experience for the children, and as such are an important part of the curriculum. The children usually bring a packed lunch for their midday meal. This should follow the guidelines for a packed lunch (including no fizzy drinks) as if the child was remaining on the school premises for a normal day at school.

A trip to the theatre is a treat that most adults enjoy and as such we aim to encourage the children to enjoy the experience in a similar way. The children may be supplied with some form of refreshment at the interval, so as not to impede upon others enjoyment of the experience.

## **Sponsorship/Incentive Schemes**

The school will not take part in any incentive schemes that encourage children to collect tokens from foods that should only be eaten in moderation e.g. collecting chocolate wrappers or crisp bags.

## **Celebrating Healthy Eating in School**

Healthy eating is part of the Design and Technology National Curriculum and is also included in the PSHE scheme. Children actively participate in researching, planning and making healthy foods.

Children's tastes change and develop over time, something they do not like one day can quickly become a favourite food another day. The children should be encouraged as often as possible to try new foods. Health, Safety and Fitness week provides an ideal opportunity for children to sample new tastes.

The annual Christmas/Eid Dinner and children's parties provide additional opportunities to encourage all children within a class or year group to sit together and enjoy the social aspect of food.

## **Monitoring and Assessing the Policy**

The school food and healthy eating policy is to be monitored by the PSHE coordinator and Headteacher. It will be reviewed on a planned two year cycle.

### Healthy lunch boxes for children

- Healthy lunches and snacks are important for children and help with concentration and learning. Healthy eating changes are not always easy to make.
- Encourage children to be involved in their own lunch preparation, and their choices about foods to include. Praise your child when they choose well.



### Healthy items to put in a lunch box

- Crunchy vegetables
- Fresh fruit
- A dairy food - cheese, milk or yoghurt
- A protein food - slice of lean meat, hard-boiled egg
- Starchy food - bread, roll, flat bread, fruit bread or crackers
- Water or fruit juice (no sugared or fizzy drinks, please)

### Items not allowed in a lunch box

- Nuts
- Spreads containing nuts such as peanut butter or chocolate spread
- Sweets and chocolate bars
- Burgers
- Rice

**10 NUT-FREE**   
**SANDWICH-FREE**  
**LUNCH BOXES** 