

Bonneygrove Primary School

Healthy Eating Policy

Subject:	Healthy Eating Policy
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Bonneygrove Primary School

"The highest standards of learning and achievement for all"



Introduction

As a health promoting School, Bonneygrove is 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 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. Healthy eating is modelled in the dining room, both by the food on offer and the staff eating together with the children.

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

Fruit, vegetables and water

3.1 Pupils in KS1 & EYFS 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 break time.

3.2 To ensure consistency across the school KS2 children will also be encouraged to bring in from home fruit or vegetables at break time.

3.3 All children have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water. In addition children in the Early Years and KS1 are offered milk (or a suitable alternative)

Packed Lunches/treats

3.4 Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or 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.

3.5 We encourage parents to provide a balanced packed lunch, offering a variety of healthy foods in accordance with the Lunchbox Guidance information given on the school website and newsletters. Lunchtime supervisors observe what the children are eating and will feedback to class teachers who will inform parents regarding any concerns.

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 At Bonneygrove we have children with 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 first aid room, 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. This is communicated through the newsletter. Bonneygrove Primary cannot guarantee that all parents will comply with the request and for that reason the school cannot 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.

Lunch provided by school

3.9 Hot meals service is provided by HCL as part of a county wide contract negotiated centrally. We have a 3 week running menu-displayed in school office, in the dining area and on the school website. We work closely with the school cook to ensure the healthiest options are available. Each day a choice of salads and fresh fruit are offered as possible choices.

3.10 The Headship team monitors the quality of the meals on a regular basis and School Council have meetings about any comments which have been raised by the children.

Dinner Hall

3.11 The dining room is well staffed with midday supervisors, staff 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. They also encourage children to try new foods and make healthy choices and display good manners.

3.12 The tables and chairs allow for the pupils 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 room for the children to help themselves.

Breakfast Club:

3.13 The school runs a Breakfast Club for children from 7.30am to 8.40am. In addition to activities breakfast is provided. Food on offer would be selected from bread, low fat spread, jam, spaghetti hoops, beans, Weetabix, corn flakes, malted wheat, rice krispies and bran flakes. Drinks available are semi-skimmed milk, water, apple and orange juice.

4. The responsibility of the Lead is to ensure that:

4.1 Staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively

4.2 Staff are given sufficient training, so that they can teach effectively

4.3 The Lead liaises with external agencies (when necessary) 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.

4.4 Monitor teaching and learning about healthy eating. PSHE/C/Science/DT Leads to oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating

4.5 The Lead also pays attention to what is on offer to staff

5. The role of Families:

5.1 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 with regard to food we will:

- Inform parents about the school healthy eating education policy and practice;
- Encourage parents to be involved in reviewing school policy
- 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.

6. The role of Governors:

6.1 The governing body is responsible for monitoring the Healthy Eating Policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

7. Monitoring and Evaluation:

7.1 The effective implementation of this policy will be monitored by the Lead, the Headteacher and the governing body

7.2 The policy will be evaluated after 2 years taking into account the views of the whole school community, particularly the views of pupils. This will take place through assemblies, in class discussion, school council and meetings.

