



Healthy Eating Policy

Policy Originator	Campsbourne School
Governor Responsible	Chair of Governors
Status	
Last reviewed	
Ratified on	
Review period	Annual
Signed	

1. Introduction

This policy covers all food provided and consumed in school including on school trips and in extra-curricular events.

1.1 Why a policy is needed?

We firmly believe that a healthy diet is important for a child's mental and physical health and wellbeing as well as helping them to learn effectively and achieve.

Nutrition is important for the brain as well as the body. A well fed brain is more likely to lead to good mood, behaviour and learning.

Eating regular meals, and having a diet that includes a wide variety of foods, are the most effective ways of ensuring that the brain is well nourished.

Eating regularly.

The brains of young children in particular, need a regular supply of energy so that they can think effectively. There is evidence that eating breakfast leads to better learning than not having breakfast. It may also be helpful to eat food that is digested more slowly so that the supply of energy lasts until the next meal or snack. This means that meals including fibre may be particularly helpful for the brain.

Eating a variety of foods.

We need nearly 40 different nutrients and the more varied our diet is, the more likely it is that we get enough of everything we need. Most children would benefit from more fruit and vegetables, and fewer sugary drinks, high-fat and high-sugar snacks.

Giving your child regular meals, and a healthy, well-balanced diet helps their development, mental wellbeing and physical health.

Creating Good Habits

Eating behaviours evolve during our first years of life; children learn what, when, and how much to eat through direct experiences with food and by observing the eating behaviours of others. The examples which we set in school and at home will impact our children's attitudes to food for the rest of their lives.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- What we do to provide healthy balanced food throughout the school day.
- How we promote healthy eating.
- How we help pupils eat healthily.
- What we teach so that pupils know how to make healthy food choices.

1.2 This policy will contribute towards other policies in the following way

Behaviour:	We use non-food related rewards for positive behaviour
Curriculum:	We include healthy food choices and practical food education in the curriculum through the Taste Ed Programme. Healthy eating and nutrition is also part of the science curriculum, looking at the impact of diet on the way our bodies' function and Personal, Social, Health and Economic (PSHE)
Equality:	We take account of the needs of all our children, including those with disabilities, food intolerances, cultural requirements and allergies.

2. Improving pupils' health through healthy eating

We aim to

- Provide safe, tasty, and nutritious food that promotes health.
- Enable all pupils to have a healthy school meal.
- To introduce a wide range of nutritious ingredients / foods to children.
- Make healthy eating enjoyable and the norm.
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating / unhealthy food choices.
- Be a role model for healthy eating.
- Monitor healthy choices, including packed lunches and break time snacks.
- Use a range of opportunities to promote healthy eating.
- Increase knowledge and awareness of a healthy diet through workshops and our Design and Technology Curriculum through Taste Ed.
- Providing a culturally inclusive menu

2.1 Promoting healthy eating habits

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience.

Children are encouraged to be independent by making informed food choices, with staff monitoring pupils' choices and encouraging them to try new foods.

All staff promote healthy eating habits through their own choices which they make throughout the school day.

2.2 Teaching about healthy eating and cooking in the curriculum

We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues. Food, its production and preparation is an important part of the curriculum for all pupils and is taught through the Taste Ed Program.

You can find out more information about this exciting program at their website www.tasteeducation.com

2.3 Celebrating Food Festivals

To encourage children to try and enjoy a wider variety of foods we have put together a calendar of food festivals which are celebrated throughout Britain and the wider world. Our aim is that on these days children will have the opportunity to try and enjoy something which is in season and which they may not normally choose and to also celebrate traditions e.g. apple day which is on 21st October

2.4 Training staff to deliver practical cooking lessons

- All teaching staff receive training to deliver the Taste Ed lessons.
- Staff teaching aspects of food with no formal training are supported by those who have.
- We are working towards having all staff trained in basic food hygiene.

2.5 Involving parents and carers

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other and our school is well placed to lead by example.

- Parents and carers are updated on food related matters through school newsletters and the school website.
- Menus are distributed each term and are on display outside the dining hall.
- We also hold termly menu tasting sessions where we invite parents and carers to join the children for lunch.

- We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water or milk should be consumed during the school day.
- The school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered at school events.
- Parents and carers are given information about the annual national weight measurement programme that children in reception and Year 6 take part in.
- We also aim to carry out an annual survey as the school grows to give new parents an opportunity to have their say.

3. School lunches

All our school meals are provided by our in house kitchen staff, in partnership with Chefs in School, and are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

We are working with families who are eligible for free school meals to encourage them to take this up. In KS1 we also encourage all parents to take this up.

3.1 Menus

Menus work on a two week rotation and change twice a year. We notify parents and carers which week we are on in our weekly newsletters. Menus are also displayed outside the dining hall and copies are available from reception and the school's website.

In addition to the main meals on offer children are also provided with small bowls of different ingredients for children to try. The aim of these is to introduce the children to a wider range of foods.

Additionally we discuss healthy food choices, different types of foods and menus with children in advance. This helps them to make informed choices and try new foods on offer.

3.2 Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents and carers are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school.

Children with a nut and/or peanut allergy will have an individual management plan. Staff are trained regularly to recognise and manage allergic reactions.

3.3 Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

3.4 Packed Lunches

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupils with healthy and nutritious food that is similar to food served in schools (and in line with The School Food Standards).

This policy therefore applies to all pupils and parents providing packed lunch.

Packed lunches can include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein 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 aim for wholegrain varieties.
- Dairy food such as milk, cheese, yoghurt, fromage frais, soya products
- For consistency with school lunches only water or milk is permitted.

- Savoury crackers or breadsticks served with fruit, vegetables or dairy food
- For consistency with school lunches we ask that 'fruit / vegetable based' puddings are only included on Tuesday and Thursday which is when they are served in the school canteen. Examples are fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings and fruit based crumbles.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Packed lunches cannot include:

- Fizzy, sugary drinks, juices e.g. orange, smoothies, flavoured milk
- Snacks such as crisps
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage.

Packed Lunch Containers

Pupils, parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

We encourage parents and carers to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Ice packs are an option but parents and carers are encouraged to ensure that the food is not at risk of bad bacteria if stored at a warm temperature.

Monitoring packed lunches and snacks

To promote healthy eating we will regularly monitor the content of packed lunches and morning snacks and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

In some circumstances, if a packed lunch does not meet any of our guidelines children will be provided with a school meal and parents will be charged.

If children consistently bring packed lunches that do not adhere to these guidelines, a letter will be sent home with a copy of this policy and guidance on how to put a healthy packed lunch together.

The school will regularly carry out a packed lunch audit to monitor the food consumed from packed lunches.

3.4 Snacks

Reception and KS1 (Years 1-2)

All KS1 classes include a morning break time snack of fruit and vegetables.

As part of promoting healthy eating we encourage the children to eat the fruit and vegetables on offer.

What will happen in KS2 (Years 3-6)

Children will be asked to bring a snack for just before playtime to eat at school.

The school council run a tuck shop during morning break times which sells healthy snacks for children to buy.

Only healthy snacks, such as fruit or vegetables are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school and will be confiscated.

4. Rewards

Staff do not provide any form of food including sweets as a reward in school.

5. Breakfast and After School clubs

This policy will be shared with 'Breakfast' and 'After School Clubs'.

6. Events and Celebrations

Part of the school life and an important learning about the world around us is taking part in celebratory events and activities such as end of term fairs, discos, class parties and other events the school and the HSA puts on.

Food is a big part of these events and we want pupil to enjoy themselves whilst making healthy choices. We therefore have guidelines on what can be brought into school to mark these occasions.

6.1 Birthdays

We want to give children the opportunity to celebrate their birthdays and we do so with special cards, assemblies and other activities to help make children feel special on their birthday.

The school has decided not to allow sweets, fizzy drinks, cakes, biscuits and party bags to be brought and given out to children during school hours on their birthday.

This is to reduce the amount of high fat; sugar and salt foods children eat and prevent children being excluded due to allergies or special diets.

We are therefore asking that parents/carers do not send in these items to school on children's birthdays.

If parents want to bring something in to celebrate birthdays we ask that healthy foods such as fruit be brought in. Alternatively non-food items are a good alternative or even bringing in a special book for the class to read is a good option, instead of cakes or sweets.

6.2 Fundraising and party events

Cake sales are a great fundraiser and we have a number of fundraising opportunities throughout the year, where we will allow cakes to be sold and consumed. We ask that they be labelled with ingredients to take account of different allergies and special diets.

A healthy alternative will be provided at all cake sales.
Fizzy drinks and sweets will not be permitted.

6.3 Water for all

During school meal times only drinks that comply with the policy may be consumed. This includes water and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy.

We have water fountains in all the playgrounds and children are encouraged to drink water regularly throughout the day.

Further Information

This policy takes account of national guidance produced by the Department of Health and the Department for Education, The School Food Plan, Children's Food Trust and Change4life.