



All Saints CEVA Primary School

"I can do all things through Christ who strengthens me."
Phillipines 4:13

Healthy Eating Policy

"A school family learning and growing together with Jesus Christ."



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Introduction:

At All Saints CEVA Primary School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle. We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Aims:

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- 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.
- To encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, region, religious, medical and allergenic needs.
- To provide opportunities for pupils and adults to share food in a controlled environment, where possible, as a way to celebrate cultural diversity.

Objectives:

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all.

Responsibility:

It is the responsibility of all staff including teaching, support and admin staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to

healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor and catering company.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum.
- The governors are responsible overall for health and safety.
- The catering company is 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.
- Parents are responsible for providing a healthy and balanced packed lunch.

Snacks:

We encourage children to have a snack at break time to support concentration and as a way of eating 5 portions of fruit or vegetables per day. All Foundation Stage and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 children are encouraged to bring fresh or dried fruit or vegetables for consumption during playtimes and a 'fruit stop' is also funded by the school. All other snacks are discouraged during break time. Parents are informed via school newsletters on what snacks are appropriate.

Lunchtime food provision:

The school provides school meals, free school meals and facilities to eat packed lunches. All children have an hour for lunch using the canteen. At All Saints CEVA Primary School, we try to make the dining environment as pleasant, calm and enjoyable as possible. Midday supervisors are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to assist where needed. All children are encouraged to eat well and to try all foods chosen and praise is given for this.

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:

- entering and leaving the dining hall in an orderly way, to show respect for those who are eating
- sitting with friends as far as practicable
- eating school dinners and packed lunches together
- promoting the correct use of cutlery
- tidying up after themselves
- being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- saying please and thank you
- parents or carers being advised if their child is not eating well

Whilst the Lunch Time Supervisors strives to keep the noise level down in the canteen and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking quietly with their friends on their table whilst eating.

School Dinners:

Our school meals are cooked on site and provided by Kingswood Catering Services who provide meals which meet the national guidelines for nutritional standards. A menu is sent home for both parents/carers and pupils to look at before they make their choices. A drink of water or juice is provided with each meal and jugs of water are available on each table.

Packed Lunches

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit. Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted. Water is available for pupils who may have forgotten a drink or who want more than what has been provided as part of their lunch. Children put all their leftovers from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten.

Packed lunches should not include:

- Nut products due to severe allergies within the school community
- Fizzy drinks
- Sweets and confectionary
- Chocolate items

Breakfast Clubs:

If a child misses out on breakfast, or has an insufficient amount, they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid-morning. Individual children may be invited to attend an early morning breakfast club by the Inclusion Leader where they will be offered a healthy breakfast in a calm environment in the canteen. Factors usually considered for this club are:

- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages.
- To improve the punctuality of some children who were frequently late.
- To provide a relaxed environment for any child with social, emotional and mental health difficulties.

From 8:40am to 8:55am, any child is given the opportunity to attend breakfast club if they have not eaten that morning where they will be offered an item of food. For parents that work early, Oscars Out of School Club is offered to all parents on the school site who provide nutritional breakfasts at a fee.

A private provider, Oscars All Saints, provide a breakfast provision before school for any child funded by parents.

Curriculum Enrichment:

When providing food for the children to enhance their curriculum (e.g. Greek Day), parents will be informed prior to this for another opportunity to make the school aware of any allergies. When ingredients are being used within the curriculum (e.g. baking in DT), food items will be supplied for all children with an opportunity given to parents to bring in extra ingredients. When curriculum

opportunities are being planned for such events, the Healthy Eating Policy's aims and objectives will always be considered.

Social Events and Special Occasions:

Staff will avoid confectionery items when purchasing prizes and treats for pupils on special occasions. However, at Christmas and Easter a small amount of chocolate may be given.

Children with Dietary Needs:

Children with special dietary needs e.g. anaphylactic, diabetics or those with other allergies or intolerances should always be considered in any curriculum events or special occasions. Children do not share food with one another and staff will not eat in a classroom where a child has severe allergies. These are outlined in the children's Medical Care Plans.

Partnership with Parents and Carers:

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example.

We will:

- Keep parents informed about healthy eating policy and practice through our newsletter.
- Take seriously and respond to any issue which parents/carers raise with teachers, head or governors about this policy and practice in school.
- Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
- Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events, e.g. school discos.
- Remind parents regularly about the desirability of their child/ren having a bottle of fresh water every day and those children in Key Stage 2 having a healthy snack of fresh/dried fruit or vegetables.
- Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods and to complete a Medical Care Plan if necessary with the Inclusion Lead.

Monitoring This Policy:

This policy will be monitored through the following:

- The contents of pupils' lunchboxes will be informally monitored on a daily basis
- Seeking the views of parents and governors
- Discussions with staff, including Lunch Time Supervisors and the catering company
- Observations of the canteen at lunchtime by the Senior Leadership Team
- Observations of break time eating habits
- PSHE, PE and DT leads to monitor that the curriculum is being followed including a focus on health and diet