



## **Newbottle and Charlton C.E. V.A. Primary School**

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# **HEALTHY EATING FOOD POLICY**

**(Non-statutory)**

## **NEWBOTTLE & CHARLTON CEVA PRIMARY SCHOOL FOOD POLICY**

### ***INTRODUCTION***

Newbottle & Charlton CEVA Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people.

The policy is referred to in the school prospectus and is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

[www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

[www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)

### **FOOD POLICY CO-ORDINATOR**

This school food policy and healthy eating strategy is co-ordinated by **The Head teacher**.



## FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too
3. To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school

These aims will be addressed through the following areas:

### 1. CURRICULUM

At Newbottle & Charlton CEVA Primary School we believe it is essential that nutrition education is embedded in the curriculum and we ensure that there is consistency across different subjects- science, technology and PSHE that it remains consistent with the whole school food policy.

Food and nutrition is taught at an appropriate level throughout each key stage in many subjects. There are numerous opportunities in the curriculum for pupils to develop knowledge of healthy eating and healthy lifestyles.

#### **Science**

Healthy eating is discussed in science, most notably in KS1 and Lower KS2. We will hold annual week's which will highlight these key messages to the whole school. (BNF Healthy Eating week- June)

#### **Design and Technology**

##### **Cooking and nutrition**

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Pupils should be taught to:

##### **Key stage 1**

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

##### **Key stage 2**

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

#### **PSHE**

As part of the teaching of PSHE within the whole school curriculum map healthy lifestyles is included.

These objectives are addressed through:

### 2.2 Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching



methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions, role-play, practical work and school trips. These decisions are made with the whole staff.

### 2.3 Resources

We use a variety of resources to promote and inform children about healthy eating that are all centered around the 'Eatwell plate'. There are many on-line resources used such as those provided on [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk). The library services also provide books to certain year groups when they study healthy eating topics throughout the year, particularly in Years 2 and 3. We use resources from 'Farm to Fork' as well as other resources sourced from local farms and individual research e.g. Change 4 life. There are many practical opportunities for children in our school to learn about healthy eating.

### 2.4 Outside learning/visitors to the school

We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. Wherever possible and in line with our ethos of enhancing learning in this way we arrange visits out and visitors in where able e.g. farm visits, supermarkets.

### 2.5 Extra-Curricular

Within each academic year gardening and cookery clubs are available to the children.

## 3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops, vending and after-school clubs.

### BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards.

The breakfast menu includes: **range of cereal, toast, fruit, toasted items (crumpets), jam (reduced sugar), fruit juice (ltd amount), milk and water.**

### BREAKTIME SNACKS

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time.

We encourage a fruit and vegetable only policy for break time snacks as this positively enhances the free fruit in key stage 1.

All children in the school will be provided with fresh fruit and vegetables at break time. Initially the cost is covered by the school with a donation towards it being asked for- this equates to £24 for the whole year.

*The staff room also has fruit and vegetables available to promote and to be role models too.*

### SCHOOL LUNCH



Food is prepared by Fresh Start who meet the National Nutritional Standards for School Lunches. *Meals are well balanced and offer a variety of healthy options.* As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them.

Healthy options are promoted at lunchtime.

## **PACKED LUNCHES**

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal.

Newbottle & Charlton CEVA Primary School discourages crisps, chocolate, sweets and fizzy drinks in lunchboxes.

Food safety issues around packed lunches will be conveyed to parents.

Due to a child in school with a nut allergy no items are to be brought in containing nuts including Nutella and as a school encourage a healthy lunchbox with a range of items in. As a school we have on our website links to other websites to support this as well as sending home lunchbox idea leaflets.

Water only is allowed in our school including in lunchboxes during the school day. Milk may be drunk and is offered through the Cool Milk scheme.

Other drinks are strongly discouraged.

## **AFTER SCHOOL CLUB**

The food and drink provision at our after school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

## **USE OF FOOD AS A REWARD/ BIRTHDAYS**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements including birthdays. Other methods of positive reinforcement are used in school. **At times children may be given a reward which includes a sweet treat but this will not be a regular occurrence and will need to be approved by the headteacher (i.e. Ice lollies after sports day etc)**

## **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

School water bottles have been purchased for each child and are done so for all new starters both in year and annually. On rare occasions this is adapted to meet the needs of the child particularly if for a medical reason.

Children will have access to these water bottles throughout the day including at lunch-time in the hall.

## **4. SPECIAL DIETARY REQUIREMENTS**



## **SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

## **VEGETARIAN DIETS/HALAL MEALS**

School caterers offer a vegetarian option at lunch everyday.

## **SPECIAL DIETS - MEDICAL**

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

**The allergy UK link is below:**

<https://www.allergyuk.org/schools/whole-school-allergy-awareness-and-management>

Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal, available from the relevant school food supplier.

## **5. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

At least one member of Breakfast club and After school staff hold food hygiene certificates.

## **6. THE FOOD AND EATING ENVIRONMENT**

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

## **7. LEADING BY EXAMPLE AND STAFF TRAINING**

All staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. The school lunch team will be kept up to date from their providers as well as the Headteacher sharing with staff any relevant updates and information. It is essential that staff are committed to setting an example with food in school and they are encouraged to eat and drink healthy food products when in school. All staff promote the drinking of water. Fruit is available in the staffroom and is eaten around children to again promote this.

## **8. CONSULTATION/MONITORING AND EVALUATION**



This policy has been developed through wide consultation with the whole school community – Governors, Pupil Parliament, parents and staff. It is also shared with the school meal provider.

The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

## **9. REVIEW**

Date policy implemented: 4 May 2017

Reviewed annually.