

Brindle St James' Church of England Primary School



Healthy Eating Policy

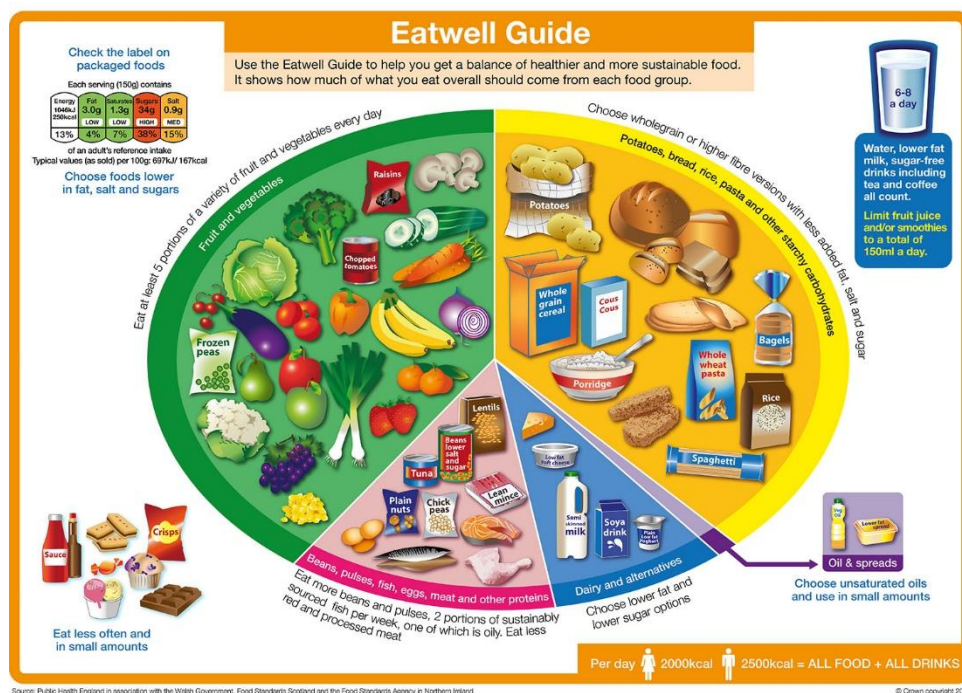


Brindle St James' Church of England Primary School Healthy Eating Policy

We value all members of the school community and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively. We recognise that food and drink play an important role in our different cultures and for all of our emotional and social well-being and are committed to communicating consistent messages across the school.

The purpose of this policy is to inform all members of the school community and implement systems and structures to be consistent about the food and drink provision at our school.

The scope of this policy encompasses all food and drink consumed on the school site and as part of a school activity. It aims to promote the Eatwell Plate (see Fig 1 below) - a healthy diet is defined as one where there is a balance of food and drink providing the nutrients required in the right amounts. It also promotes sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.



Aims and objectives:

Our aim is for all aspects of school life to promote the health and well-being of all members of the school community, including food and nutrition, as part of our commitment to being a Healthy School.

Objectives:

- To set out a consistent approach to food and drink provision throughout the school day
- That all our pupils learn about food and drink as part of a curriculum that supports health and well-being across a broad range of subjects
- To provide high quality school meals to our pupils, in line with The School Food Standards, within the resources available
- To provide suitable social settings for pupils and staff to consume food and drink
- To work in partnership with parents and carers

The Curriculum:

Teaching about food and drink forms part of the curriculum in: science, design and technology and PSHE.

Areas of study which are covered throughout the key stages with regard to healthy eating are:

- What is meant by a healthy lifestyle
- How to maintain physical, mental and emotional health and wellbeing
- How to make informed food choices
- To identify different influences on health and wellbeing
- How to prepare and cook a healthy dish

Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop food preparation skills, in the analysis of food and in maintaining personal health. Lessons using the creative learning opportunities of food and drink will also be developed across the curriculum.

The whole school nature of learning about food and drink is reinforced through assemblies and in celebrations. When visitors, such as parents or specialist cooks, are involved in lessons about food and drink, they will work in accordance with this policy and always with a member of the teaching staff present.

We will ensure that pupils with disabilities or special educational needs receive access to Healthy Eating education through a differentiated approach.

Food and drink provision

- School meals:

School meals are provided by Lancashire County Council and follow the Food Standards set out by the Department for Education. The implementation of national nutritional standards and information about the style of service and menu content are identified in the catering contract.

Steps will be taken to excite and motivate pupils to try new foods, and also to involve and consult with pupils and parents/carers about school meals. These could include theme days and tasting sessions with menus displayed prominently. We are committed to non-discriminatory procedures to ensure all pupils who are eligible for free school meals take up their entitlement.

The importance of pupils and staff having enough time to eat and digest lunch will be taken into account when planning the school day.

- Special dietary needs:

Parents/carers are expected to inform schools of allergies and other diet related medical conditions. The school will support pupils with special dietary needs during the school day.

- Packed lunches:

The school is committed to informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. Information is available via the school website. The school identifies areas for the eating of packed lunches where pupils have easy access to drinking water and facilities to dispose/recycle waste.

Snacks provided for pupils in KS1 (fruit or toast) or brought from home in KS2, should be low in saturated fat, sugar and salt, preferably fruit, in line with the School Food Standards. These will only be available at break time.

- Celebrations, fundraising and treats:

The school recognises that food is often an important element of celebrations. Foods at these time are exempt from the School Standards, but it will be encouraged that healthy options are always available.

- Drinks:

The school recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. The school meets its legal requirement to make clean, palatable water available to all pupils and staff throughout the school day. Parents/carers will be encouraged to provide an appropriate container for drinking water and ensure that containers are kept clean.

- Dining environment:

The school aims that all eating environments are welcoming and encourage the positive social interaction of pupils and staff. The school specifies areas for eating meals and ensures all such areas have easy access to drinking water and facilities to dispose of/recycle waste.

Extended school and social activities

The school will endeavour to ensure that all school social events and school clubs operate consistently within the objectives of this policy.

- Breakfast club and after school club:

The after school club and breakfast club will provide healthy and tasty foods in accordance with The School Food Standards and ensure food is prepared in healthy and safe conditions by trained staff.

- Partnership with parents:

The school will work actively with parents / carers around food and diet. This will include: -

- Menu consultation and tasting of school dinners;
- Information about a balanced and healthy packed lunch available on the school website;

- School events:

All events will aim to take place consistently with this policy.

Health and safety

All food preparation in school will adhere to the school's health and safety policy and be carried out according to good food hygiene and safety standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the school.

The school's risk assessment procedures will include consideration of food hygiene. Parents/ carers should notify the school in writing of any special medical dietary needs and the school will work in the best interests of the child.

Monitoring the Policy

Provision for healthy eating throughout the School will be monitored by the Headteacher. The Headteacher will also give support and advice to members of staff and visitors about the provision and the delivery and implementation of provision.