



## Hallam Primary School

A member of Tapton School Academy Trust  
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Executive Headteacher: Mr C Stewart  
Head of School: Mrs J Ramsden  
Chair of Governors: Mrs R Bustani

Dear Parent/Carer,

### Whole School Healthy Eating Policy

At Hallam Primary School we are committed to giving all of our children consistent messages about all aspects of health to help them to understand the impact of their behaviours, choices and attitudes. We encourage children to take responsibility for the choices they make and ensure they are given the information they need to be able to do this. This policy should be read alongside our Anti-bullying, Equality and Sex and relationship education policy. Hallam supports the Change4Life campaign to encourage children to eat well and move more. We have introduced the 'Daily Mile' and have recently installed a running track to encourage children and staff to incorporate exercise into their school day.

#### Rationale

Hallam is entirely committed to achieving a healthy school status. The school can provide a valuable role model to pupils and families with regard to food and healthy eating patterns whilst also encouraging children to make their own choices. Through effective leadership, consistency, the school ethos, and working with both parents and children, all school staff can bring together elements of the school day to create an environment which supports a healthy lifestyle.

#### Aims and objectives

- To ensure that we are giving a consistent message about food and health throughout all areas of school
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy and physical development of all members of our school community
- To encourage children to eat a well-balanced, healthy diet
- To encourage children to take responsibility for their own health and to make good choices for themselves

#### School lunches and packed lunches

Hallam's school meals are provided by Tapton School Academy Trust and follow the government guidelines of a nutritionally balanced meal and the recommended portion sizes for children. A healthy choice menu is on offer daily with the option of a hot or cold meal and a dessert. As well as their school dinner, children always have access to bread, fruit and salad. Many children bring in a packed lunch to school. Whilst we hope that children will think for themselves requesting nutritious and healthy options for their own packed lunches, we also have a 'Healthy Lunch Box' policy. The policy provides a consistent approach to match the balanced meal that the school lunches provide and we encourage children and parents to make healthy choices when bringing in a packed lunch.

### Snacks

For KS1, fresh fruit and or vegetables are provided as a snack mid-morning. In KS2, children can bring their own snack, but are encouraged to make healthy choices (Please see the 'Healthy Lunch Box' policy as this covers snack options too). We encourage children to be mindful of the sugar content in the snacks they choose and ask that children don't bring in sweets unless there is a birthday or celebration in the class.

### Drinks

Water is freely available throughout the school day to all members of the school community. Children have access to their water at any reasonable time during the day, and we ask that children bring a water bottle into school to access water in the classroom and during playtimes and lunchtimes. The school has a water fountain that children have access to at all times of day. Whilst we encourage children and parents to bring in water, we do allow sugar free squash if a child has difficulty drinking water. We make this decision with the hope that children will drink more fluids this way. Whilst we allow sugar free squash, we ask that parents do not bring in any sugary or fizzy drinks.

### Breakfast club and After School Club

Breakfast Club and After School Club have designed their own menu and you can find example menus of these on the school website, under the 'About Us' section. The After School Club menu has been chosen by children and parents to ensure that children's likes and dislikes are taken into consideration and acts as a light snack between meals. Children and parents have had lots of involvement in this menu to ensure children's preferences are taken into consideration and to give children the responsibility to make a healthy choice.

### Food across the curriculum

In class across the curriculum, there are some opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and some practical skills such as planning, preparing and cooking.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals or cultures.

### Partnership with parents and carers

At Hallam we know that the partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. At Hallam we ensure that parents are kept up to date with any changes in policy or initiatives and where possible ask for their input when making decisions. A parent working group has been set up specifically for healthy eating and what that looks like at Hallam to ensure that parents are involved in the decision making process. School council also play an active role in healthy eating by helping to monitor snacks in KS2 and acting as a pupil voice to feedback about the food on offer in school. The catering team who are also responsible for Breakfast club and After School Club have involved children in choosing the menu to allow ownership of what is on offer and to also allow children to make healthy choices.

Yours sincerely,



Jenna Ramsden,

Head of School

