



**HIGHER  
WALTON**  
C. OF E. PRIMARY  
**SCHOOL**

**HEALTHY  
EATING  
POLICY**

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*This policy has been produced in consultation with the staff and reflects current practice. It should be read alongside the school's Teaching and Learning policy, SEN policy and PARR policy which cover general teaching and learning issues, special needs, planning, assessment, recording and reporting*

*L.Downey  
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*September 2005  
October 2009*

*This policy was reviewed and agreed by the Governors' Curriculum Committee on November 9<sup>th</sup> 2009*

## **Process**

This policy was written as a result of consultation with governors, teachers, parents, catering staff and lunchtime organisers and pupils.

## **Rationale**

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos, which promote attitudes of care and responsibility. As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

We recognise that it is important for the whole school to use consistent messages around healthy eating. Therefore our message is:

There is no such thing as bad foods just poor diets. We need to eat more fruit and vegetables but some foods, like crisps and sweets need to be eaten in moderation.

## **Aims**

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety;
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices';
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs;
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil;
- involve pupils and parents in all decision making.

## **We aim to promote healthy and balanced eating by:**

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health’ and the new nutritional standards;
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products;
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- encouraging fruit juices, lower fat milk and sugar-free drinks;
- discouraging sugary drinks and less healthy snacks between meals.

## **Objectives**

To work towards ensuring that this policy is both accepted and embraced by

- governors
- school management
- teachers and support staff
- pupils
- parents
- food providers
- the wider school community

To integrate these aims into all aspects of school life, in particular

- food provision within school
- the curriculum
- pastoral and social activities

## **Links to other policies**

Several policies link to this whole school healthy eating policy, including:

- curriculum areas such as Science, DT and PSHE through which healthy eating messages are taught;
- teaching and learning, particularly the fact that well nourished and hydrated pupils learn better;
- behaviour management which identifies the link between behaviour and food and sets out the reward systems used within school. This school does not use food as a reward;

## **Provision of food and drink across the school day**

### **Breakfast**

The importance of having a good breakfast is reinforced and encouraged.

### **Mid-morning snack**

In consultation with parents it has been agreed that the only snack children can bring to school is fresh fruit. This helps to reduce litter and ensures children still have an appetite for their lunch.

We are involved in the School Fruit and Vegetable Scheme. Every child in the infants is encouraged to have an extra piece of fruit or vegetables each day. This is usually given before morning break and is eaten within the classroom, in an atmosphere conducive to social eating.

### **School tuck shop**

The tuck shop has been re-developed as a result of a survey sent out to parents and pupils. The consensus of opinion was overwhelmingly in favour of healthy snacks. So a range of healthy options is now available every day at cost price.

### **Drinks Policy**

Children are encouraged to drink 3–4 glasses of water at school particularly after PE, active play and in hot weather.

Schools Council have purchased re-fillable drinking bottles for all children. These remain in the children's class bases and are accessible throughout the day. They are re-filled regularly to ensure the children have the recommended daily water intake. The messages about the importance of drinking water are reinforced on a regular basis.

Subsidised school milk is promoted as a vital contribution to calcium intakes. All infant children are encouraged to have milk. A specific time is set aside for this and those that do not wish to have milk have a drink of water instead.

### **Packed Lunches**

A range of leaflets is issued to parents, to provide nutritional information, ideas and options which could be included in a child's lunch box. For example: Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate are actively discouraged. Diluted fruit juice in a screw top

bottle is cheaper and easier to manage than prepared drinks. The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

### **School meals**

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

School lunchtime meals are provided by the Lancashire County Commercial Services. They have joined with Lancashire Healthy Schools and Lancashire County Developments Ltd to form a new partnership aimed at raising the standards in Lancashire schools by ensuring that all schools have access to healthier food and drink. The LCC managers are also members of the Lancashire schools healthy eating development group.

All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion. Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.

All children are offered a choice, and are encouraged to choose a balanced meal with healthy options, this promotes acceptance of a wide range of foods. A system of pre-ordering school meals is being trialled, where children choose their meal in discussion with parents or lunchtime staff. This reduces waste and enables children to have a well balanced diet with food they enjoy.

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

### **Dining room environment**

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills.

Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

Non-teaching staff are supported by the school behaviour policy.

All reception children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

Liaison with secondary schools provides an opportunity for the smooth transition to a cash cafeteria system.

### **Out of hours clubs**

Breakfast club and after school club are run by a voluntary management committee. Breakfast club operates from 7.45am and offers healthy breakfast options. After school club runs until 5.30pm and offers all pupils who attend a healthy snack. Examples include brown bread, yoghurt, fruit and a low sugar drink.

Healthy eating messages are also encouraged through clubs run through school. For example, cookery club allows pupils the opportunity to prepare and sample healthy foods, and share their skills with family members.

### **Treats and Rewards**

To ensure consistent messages, sweets are not used as rewards or prizes. Instead, positive behaviour is sometimes rewarded with tokens to spend at the tuck shop.

### **Sponsorship/ incentive schemes**

The school will carefully consider the use of any promotional scheme and does not encourage children to collect tokens from foods that should only be eaten in moderation (eg foods high in fat, salt and sugar).

### **Curriculum, teaching and learning**

Key healthy eating messages will be taught within science, DT and PSHE. They will also be delivered through assemblies and theme days/ weeks.

Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross-curricular subjects including geography, history and RE.

### **Children with Special Needs**

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets, including nut allergies, diabetes and Coeliacs. The schemes of work are sensitive to this and the

teachers will be aware of any children within their class who this may apply to. Information is requested from parents on admission and whenever food is sampled within school, a letter is sent home informing them of this. Prior to residential trips, a form is sent home which includes information on dietary needs.

## **Parental Involvement**

All new parents are given a summary of the school food and drink policy plus a range of information leaflets on healthier eating.

Information about school catering is provided at parents' evenings and in school newsletters eg menus, theme days, free school meals.

Feedback from parents is invited in e-mails, and through teachers and governors.

Information about healthy packed lunches and snacks is discussed at induction meetings. The school nurse attends some staff meetings when liaison is needed for pupils with special dietary needs.

A progress report on the school healthy eating policy is considered by the governors every 2 years and action identified in the school development plan. Parents are consulted before any major changes are made.

## **Food Hygiene**

Children are reminded on a regular basis about the importance of hand washing before eating and improved facilities are being installed to reinforce this message.

Whenever children are to sample or handle food in the classroom, there are a number of rules that should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new jay cloth.
- If necessary, cover work surfaces with disposable/ plastic tablecloths before starting the task.
- Ensure all utensils have been thoroughly cleaned beforehand.
- Always wash hands using soap before any preparation/ sampling tasks.
- Ensure sleeves are "rolled up" and disposable plastic aprons are worn for all food preparation.
- Keep the group/s manageable and use support assistants where necessary.
- When sampling always let individuals have their own spoon/ cup etc.
- Allow plenty of space to work, with all "classroom items" away from food and utensils.



- Encourage thorough washing up after the tasks and return utensils to where they are stored.
- Dispose of finished/ unwanted food after the task.
- Remove disposable items and wash down work surfaces thoroughly.

Careful consideration is given to the correct storage of food within school. This includes the storage of packed lunch boxes, which are kept in a cool area, away from radiators. Parents are encouraged to send packed lunches in cooler bag style packed lunch boxes.

This also includes the correct storage of fruit and vegetables from the School Fruit and Vegetable Scheme. School follows the guidance set out within this scheme.

### **Monitoring and assessing the policy**

The co-ordinator and senior management team monitor the healthy eating policy. It will be reviewed on a planned two-yearly cycle, with views of the whole school community taken into consideration, including those of the pupils.

The uptake of healthier options at lunchtimes and break times will be monitored and reviewed. Packed lunches will also be monitored on a regular basis.

Written work carried out will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored. In line with the school's teaching and learning policy, at the beginning and the end of topics, children will be encouraged to reflect on what they already know and what they have learnt. Their views will help to shape the future of the healthy eating programme within school.

The school has achieved accreditation on the Lancashire Healthy Schools Programme to achieve recognition for the school's developments in this area.