

ST BERNADETTE'S CATHOLIC PRIMARY SCHOOL



Healthy Eating Policy

PREPARED BY: Denise Duke

DISCUSSED WITH: SENIOR MANGEMENT TEAM

AGREED WITH – ALL SCHOOL STAFF AND GOVERNORS

DATE: September 2018

Rationale

At St Bernadette's, 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. 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 that the right message is sent out. Therefore, our message is:

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

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 and hygienic food preparation.

To ensure that 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 ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergic needs.

To make the provision and consumption of food an enjoyable and safe experience.

To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Objectives

To work towards ensuring that this policy is both accepted and embraced by Governors, School management, Teachers, support staff, Pupils, Parents, Food providers and 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

Integrating Healthy Eating into the curriculum

Healthy Eating is taught through a cross curricular approach. Every opportunity is taken to reinforce the messages of healthy eating through the curriculum, therefore ensuring that its coverage is broad and on-going, not taught simply as a single unit of work.

The main subjects through which Healthy Eating will be taught are Science, DT and PSHE. We do however recognise that other subjects have their contributions to make, for example learning about past diets through history, exploring what food

grows where through geography, looking at food from other cultures through RE etc.

Other opportunities are taken to discuss health issues surrounding food during specific celebrations for example Harvest and Pancake Day.

Cook and Eat

Children throughout the school have an opportunity to learn how to prepare and cook healthy dishes in Cook and Eat Sessions held in the school small hall.

As part of their learning, children from every class will take part in a cook and eat session with Mrs Duke and family volunteers.

Children cook both sweet and savoury dishes using, where possible, fresh ingredients. When available children will use produce grown in the school garden.

The School Environment

To reinforce the messages that are expressed through the taught curriculum, we recognise the importance of leading by example. We therefore encourage the eating of healthier foods at break-times and lunchtime.

All children are encouraged to bring a filled water bottle at the start of each day refilled as necessary from the water coolers or the class taps throughout the day. The messages about the importance of drinking water are reinforced regularly.

(No water bottles in the classroom throughout the day should contain any juice or flavoured water. If children have a medical need that requires them to have juice, their parents should contact Mrs Duke SFSW)

We are involved in the School's Fruit and Vegetable Scheme. Every child in the infants is encouraged to have an extra piece of fruit each day. This is eaten in an atmosphere conducive to social eating.

Blackpool Council provide free breakfast for every child in school. The children have a food product such as toast, waffles or brioche, a piece of fruit or vegetable and a carton of milk.

(This is correct at the time of printing)

All children are encouraged to have milk. A specific time is set aside for this and those that do not wish to have milk can have a drink of water instead.

Due to children suffering from known and unknown allergies, it has been decided that we will not distribute sweets or cakes brought in by parents or carers when it's their child's birthday.

We recognise the importance of dental hygiene and encourage it both through the taught and informal curriculum.

We recognise the importance of having parental support in this area and send home information on a regular basis in regards to healthy eating issues. Information about healthy packed lunches and snacks is discussed at meetings with parents.

We aim to create an environment which is conducive to the enjoyment of safe, tasty nutritious food.

The children are reminded of the importance of washing their hands before they eat. The children are also reminded of the importance of tidying away their litter. They are encouraged to put their rubbish back into their lunch boxes to help parents monitor what has been eaten at lunchtime.

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 SEND 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.

Food Hygiene.

Children are reminded on a regular basis about the importance of hand washing before eating.

Whenever children are to sample or handle food in the classroom/hall, there are a number of rules which 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 or gel before any preparation/sampling tasks.
- Ensure sleeves are "rolled up" and disposable plastic aprons are worn for all food preparation.
- Long hair tied back.
- 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 their “homes”.
- Dispose of finished/unwanted food after the task.
- Remove disposable items and wash down tables etc. thoroughly.

Monitoring and assessing the policy.

The Healthy Eating policy is monitored by the Senior Management Team. 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. 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 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.

Signed: *Denise Duke*

To be reviewed: September 2020