



*Our Best Preparation for Tomorrow
Is Doing Our Best Today*

Westbrook Old Hall

PRIMARY SCHOOL

HEALTHY EATING/FOOD POLICY

JULY 2017

SCHOOL MISSION STATEMENT

We believe that the best preparation for tomorrow's future is striving to do our best today.

We believe that because **our children matter**, they have the right to be safe and healthy, happy and confident, recognised for the individuals they are and for those they might become.

We believe that because **our children's achievement matters**, they have the right to an excellent learning environment that promotes high expectations, ensures inclusion, recognises diversity and promotes progress and attainment.

We believe that because **our children's future matters**, they have the right to lead, the right to follow, the right to take best advantage of present and future technology and the right to a global life free from threat

Aims (Outcomes)

Our school aims that all children:

- Are tolerant and responsible
- Are happy and confident
- Are safe and healthy
- Are skilled and willing
- Are eco aware
- Are techno 'cute'
- Are leaders and partners
- Are flexible
- Are given every opportunity to attain and progress
- Are mindful of the joy of diversity
- Are focused on being excellent in all they do
- Are expected always to do their best

SCHOOL AIMS

Our **children** matter, as does their **achievement** and so too does their **future**.

Because our children matter, we will work to:

- Ensure they are safe and ensure that they can keep themselves and others safe too
- Make sure that school life is happy, enjoyable and rewarding - taking each and every opportunity to build confident, positive citizens of the future
- Develop individuals with a sense of responsibility to themselves and to their community, able to respond positively to different views and beliefs

Because our children's achievement matters, we will work to:

- Release and develop the excellence latent in all our children
- Ensure high expectations in all we do, developing a culture that remains positive about the steps to success and able to celebrate success accordingly
- Provide an inclusive learning framework where individual needs are recognised and catered for, where diversity is celebrated for what it offers our school community
- Ensure that all children make good progress leading to attainment appropriate to potential
- Develop learners with a love of learning and a commitment to future learning in life

Because our children's futures matter, we will work to:

- Develop their ability to release the opportunities provided by technologies present and future
- Develop their awareness of their footprint upon this 'one' world and how they can contribute to its sustainability
- Develop a skills base and a solution-focused attitude that can be applied to effect in a variety of circumstances now and in the future
- Develop an ability to lead others and to be led by others in productive working partnerships

EQUALITY STATEMENT

Equal Opportunities are the responsibility of the whole school community and must be reflected throughout the organisation of the school and be addressed in the taught and hidden curriculum.

All staff, governors, parents/guardians and pupils will be involved in developing, implementing and monitoring the equal opportunities policy and practice.

All staff, governors, parents/guardians and pupils regardless of race, religion, ethnicity, disability, age, gender, sexual orientation and socio-economic background, are welcome and will be encouraged to participate in the life of the school.

The school recognises its responsibilities under the Equality Act 2010 to eliminate discrimination and to promote good race relations.

BRITISH VALUES

The government set out its definition of British Values in the 2011 Prevent Strategy. At Westbrook Westbrook Old Hall we reinforce regularly the following values through an agreed programme: Democracy, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance of those of Different Faiths and Beliefs.

PROCESS:

This policy was developed by the Healthy School's Co-coordinator. The Head-teacher and Governors have endorsed the policy. Teachers and catering staff have been consulted and LA guidelines have been followed.

AIM

- To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to Westbrook Old Hall Primary School.
- To ensure consistent messages about food and health are given by ensuring our pupils make healthy choices using the information they are given.
- To promote all areas of health awareness.
- To work in partnership with the catering staff to ensure that nutritional standards are implemented by providing a choice of meals daily that are appropriate to pupils needs and that the consumption of food is an enjoyable and safe experience.

RATIONALE

Westbrook Old Hall Primary School's Healthy Eating Policy enables us to develop and maintain a healthy philosophy on all aspects of food and drink. Westbrook Old Hall is a healthy school and so it is important that we promote health awareness to all members of the school community.

Effective leadership, the school ethos and the Westie Curriculum have brought together to elements needed to create an environment, which builds and supports a healthy lifestyle.

OBJECTIVES

Formal Curriculum

The 'Westie Curriculum' will reinforce the importance of a balanced diet and healthy lifestyle to pupils across key stages. It will give them the skills and knowledge to select a healthy, balanced diet. Key healthy eating messages are taught within Science, Design & Technology and PSHCE. This is during the autumn term when the schools focus is 'Healthy Westie'. Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross-curricular subjects (e.g. German Day, Spanish Day etc.) and, where possible, these will be linked with school meal theme days.

Hygiene

The school will ensure staff members handling food have access to a basic food hygiene course through their professional development programme. Certification from this course is displayed in the school kitchen. Food safety and hygiene is promoted and modeled by staff at all appropriate times. Staff will talk to parents about the importance of healthy eating and lunchboxes at new intake parents evening. Children are reminded about hand washing prior to preparing and/or eating food.

Special Diets and Allergies

The school recognises that some children require special diets, or have food allergies. The schemes of work are sensitive to this and teachers are made aware of any pupils within their class who this may apply to. Kitchen staff are made aware of allergies within the school. This information is requested annually and on admission to school and parents/carers are informed about any events when food may be sampled. Prior to residential trips, a form is sent home which includes information on dietary requirements. For further information, please refer to the schools allergy policy.

Breakfast Club

No breakfast club is provided at Westbrook Old Hall Primary School. During KS2 SATs week, Year 6 children are invited into school early to have breakfast. This encourages the children to eat well and relax before their SATs. Children are offered toast and water/squash. No other snacks are available and children need written permission off their parents to attend.

Break Times

KS1 are involved with the 'Free Fruit for Schools' scheme and are provided with a portion of fruit/vegetable each day. Children are actively encouraged to eat these as a step towards their '5-a-day.'

KS2 children are able to bring in their own fruit as a snack. They do not bring in crisps/chocolate etc. In addition to providing their own fruit, children have the opportunity to buy toast from the kitchen.

Milk and water are also available.

No snacks are provided for afternoon break time.

Lunch Times

School lunches are prepared on the premises and the cook has taken account of the 2009 nutrient standards for school meals. Hot lunches provide a choice of meat/vegetarian option. Pupils select one item from each of the food groups. Midday assistants encourage the children in making good, healthy choices. Rice and pasta is often provided as an alternative to potatoes and chips are only available once a week. Sandwiches and salads are offered as a cold choice. Dessert is fresh fruit, hot pudding or a homemade cake or biscuit. Drinks available are water, squash or milk.

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school will encourage children to bring a healthy lunchbox from home and provide pupils, parents and carers with information about this. It is the responsibility of the parents or carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunch period. Parents are advised to include an icepack. Food products prepared and stored at ambient temperatures, can have increased levels of bacteria in them after a period of time, which may be harmful to a child. The school will provide a storage area for packed lunches, however, the school cannot provide cooled storage areas and cannot take legal responsibility for foods prepared at home and brought into school.

Dining Room

Westbrook Old Hall Primary School provides an excellent dining area. We are aware of the importance of the physical environment of the school dining room and endeavor to ensure that the dining room is inviting, well equipped and fun to be in.

Water Provision and Drinks

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability, distraction and can help concentration. With this in mind, pupils are provided with a school water bottle, free of charge, when they join school in our Reception classes. They are encouraged to drink water throughout the day and bottles are filled up regularly following breaks and lunchtimes. The children should take bottles home once a week, to be cleaned thoroughly.

Westbrook Old Hall Primary School actively discourages the consumption of sugary/fizzy drinks at lunchtimes and on school trips.

Extra Curricular Activities

Extra-Curricular activities will reinforce healthy eating and lifestyle messages and will comply with food and nutrient guidelines for the provision of food by schools.

After School Provision

Westbrook Old Hall Primary School is keen to ensure that out of school provision also encourages pupils to eat a healthy balanced diet and endorses the aims of this policy. Any snacks or drinks provided should meet or exceed current national standards/guidelines.

Prizes, Rewards and Birthdays

The school does not encourage sweets/biscuits/chocolates etc to be used as rewards but are given as treats during parties (Christmas discos etc). Healthy treats are offered as an alternative.

Staff do not encourage children to bring in sweets to celebrate birthdays or special occasions. Where pupils bring in sweets for this purpose, the children are clearly instructed to take the treat home and seek permission from parents before eating.

Events and Lettings

Events and lettings are an important aspect of school life and event organizers will be encouraged to provide refreshments that are in line with this policy. This is to encourage clear and consistent healthy eating messages on the school premises.

The Role of the Governors

It is the responsibility of the Governing Body to approve and monitor the policy. They should also work alongside the Healthy Schools Co-ordinator to ensure that it is implemented and upheld successfully. Guidance is also offered when a member of the body has expertise in the area.

The Role of the Parents and Carers

Parents and Carers are asked to reinforce healthy lifestyle choices at home. They are informed of the guidelines stated in this policy and others relating to food and drink. They are asked to consider these when making choices for their children.

Monitoring and Review

The Healthy Schools Co-ordinator is responsible for monitoring the policy with the help of all staff and the SLT. Subject leaders are responsible for the curriculum development of the food policy. The LA is responsible for the quality of food provided as part of the contract with the caterers.

The policy will be reviewed annually to take account of new developments and standards.