



Healthy Eating Policy

Healthy Eating: Charlotte Bonas
Spring 2023

The difference between try and triumph is UMPPHHH!

Healthy Eating Policy

Original date approved	Spring 2023
Current date approved	Click or tap to enter a date.
Date of next review	Spring 2024
Policy owner	C.Bonas@skeltonprimaryschool.co.uk
Policy type	Non statutory

Document History:			
Version	Date of review	Author	Note of revisions
2	07/02/2023	Chris Clements	Template Change

Table of Contents

Food Policy Aims	3
Equal Opportunities.....	3
Curriculum	3
Food and drink provision throughout the school day	4
Breakfast	4
Snacks.....	4
Food as a reward	4
Drinking water.....	4
Food and Drink Brought into School.....	5
Mobile caterers serving food on site	5
Packed lunches	5
Special Dietary Requirements.....	6
Religious & Ethnic groups.....	6
Vegetarians & vegans.....	6
Food allergy & intolerance	6
Food Safety	6
The Food and Eating Environment	6

Food Policy Aims

Skelton Primary School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

This policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This has also included consultation with parents, the kitchen staff, questionnaires and discussion with the Rights Respecting team.

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage

Teachers support pupils to develop their understanding of healthy eating issues and nurture appropriate skills and attitudes to assist them in making informed decisions.

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this information is received from the Healthy School's team and shared amongst staff.

A valuable contribution is made by the school nurse and outside agencies in supporting class teachers, eg Mellors. The school's code of practice for visiting speakers is adopted regarding safeguarding.

Resources for the teaching of healthy eating in PHSE are selected to complement the delivery of the curriculum in other subject areas.

Elements of healthy eating within the National Curriculum are assessed through the science curriculum

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: toast, cereal and fruit. There is a separate breakfast club for children in the Foundation stage.

School provides all children with a bagel every morning in the classroom.

School Food Standards

The current school food standards were introduced by the government in January 2015

They cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the Food Based Standards for School Lunches. We have worked closely with the Food for Health campaign. All teaching staff carry out an online food safety in the classroom course.

Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. We are a nut free school.

The school discourages the consumption of snacks high in fat and sugar at break-time.

All children from FS1 to Y2 receive a piece of fruit every day as part of the fruit scheme available to schools. The children also receive milk in FS1 and FS2.

Food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, such as behaviour and house points or swimming vouchers for full attendance.

Drinking water

The Food Based Standards recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. All of the children receive a water bottle to be used in school, also available are cups and water fountains.

Food and Drink Brought into School

Mobile caterers serving food on site

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements. They must also meet the school's safeguarding requirements.

Packed lunches

Packed lunches prepared by the school caterers adhere to the Food Based Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. Our school will provide facilities for pupils eating packed lunches and ensure that fresh drinking water is available at all times. As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible. We allow pupils eating packed lunches and pupils eating school lunches to sit together.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- Oily fish like salmon, at least once every three weeks.
- A starchy food, such as bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food like milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products like sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal.
- Salty snacks like crisps

Packed lunches should not include:

- Confectionery like chocolate, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, like squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value)
- Anything containing nuts.

Special Dietary Requirements

Any child requiring special requirements has a photograph of them displayed in the school kitchens together with any relevant information.

Religious & Ethnic groups

Food is provided in accordance with pupils' religious beliefs and cultural practices.

Vegetarians & vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy & intolerance

The children concerned are introduced to the school cook and dinner staff.

Individual care plans are created for pupils with food allergies. These documents include a photograph, symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Epipens are brought to the hall at meal times and staff receive annual update training.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

The Food and Eating Environment

Menus are uploaded to the Friday Flyer weekly to inform parents and families. Children order their lunch choices the day before. All staff on duty attempt to encourage the children to try new foods and use their cutlery correctly. As part of the transition process the Year 6 children use plates rather than trays.

Monitoring and evaluation

Parents are invited to contribute to a healthy eating approach where appropriate.

Our teaching staff, catering staff and midday supervisors will review packed lunches regularly.

Where packed lunches which aren't in line with our policy are regularly brought into school, leaflets will be included in the lunchbox to go home. If a child regularly brings a packed lunch that does not meet our policy, we will contact parents to discuss this.