



# HEALTHY EATING POLICY

Date Ratified by Board of Governors: 11/9/23

Date of Review: 11/9/25

## **INTRODUCTION**

This policy was in recognition of the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health. A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being, and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

## **A STATEMENT OF THE SCHOOLS VALUES AND ETHOS**

Our mission statements acknowledge the school's responsibility in developing each child as a whole person in their own unique way. We believe schools have a role to play in encouraging children and young people to develop healthy eating habits.

## **AIMS AND OBJECTIVES**

We aim to encourage our children to develop healthy eating and drinking habits. We aim to encourage our children to eat at least 5 portions of a variety of fruit and vegetables a day. We will promote clear and consistent messages about food, drink and nutrition through the classroom setting, through the provision of food and drink and in all other aspects of school life.

## **THE TAUGHT CURRICULUM**

Through education about healthy eating, we aim to enable children to make healthy and informed choices by increasing knowledge, changing attitude and enhancing skills.

The health education focuses on five strands of the curriculum framework:

- Curriculum
  - Curriculum topics, settlements; religious festivals etc.
- Personal development
  - Developing confidence and responsibility and making the most of their abilities.
- Active citizens
  - Preparing to play an active role as citizens as part of their school, parish and wider community and as a global citizen.
- Health & Safety
  - Developing a healthy, safer lifestyle. From time-to-time whole school activity days/weeks may encompass healthy living.
- Relationships
  - Developing good relationships and respecting the differences between people.

## **ETHNIC AND CULTURAL DIVERSITY**

Different ethnic and cultural groups may have different attitudes to Healthy Eating. The school will consult children, parents and carers about their needs take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

## **THE FOOD SERVICE**

We aim to provide a service that is consistent with our teaching of Healthy eating including the 5 a day initiative, thus enabling children to put into practice their learning in the curriculum. The following are available at St. John's P.S.

- Early Club (run by Parent Group)
- Monitored healthy break time snacks
- School lunch
- Water
- Monitored packed lunches

## **SCHOOL MEAL PROVISION**

We aim to provide our pupils with the opportunity to eat a healthy, balanced meal. School meal provision meets government nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of children and staff.

The School Council is asked to report on school dinner provision. They consider the organisation of the dining experience and the food provided. Catering staff monitor the temperature of food daily.

Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can, to ensure that they are not hungry later on in the day.

The school lunch menu is displayed on the school website for parents and children to discuss meal choices.

## **MARKETING**

In conjunction with the school catering service, we will have strategies in place to promote healthier options which will take into consideration the following:

- Information prominently displayed in dining area
- Recognition of the importance of the appearance and presentation of food
- Encourage the children to eat at least 5 portions of a variety of fruit and vegetables a day
- Appropriate portion size
- Reasonable cost
- Promotion of healthier options/ special events day

## **QUALITY OF THE ENVIRONMENT**

We aim to make our dining area user friendly by:

- Monitoring noise levels
- The opportunity to eat food without being rushed
- Appropriate furniture and seating

- Staff supervision

### **BREAKFAST/CLUB**

We will encourage children to eat breakfast before attending school or come to the 'Early Club' provided by the Parent Group. At breakfast Club children are provided with cereal, toast, healthy spreads and healthy drinks at minimum cost.

### **BREAK-TIME SNACKING**

We will actively discourage children from consuming high fat, high sugar snacks by:

- Encouraging children to bring in fresh fruit and /or vegetables from home
- Promoting the 5 a day initiative
- Regularly reviewing provision and promote more "tooth friendly" and healthy snacks such as fruit, breadsticks or crackers

### **REWARDS AND TREATS**

Rewards take the form of stickers, team points, certificates, free choice (not involving food) and golden time.

Class of the month certificate for 'healthy eating'.

### **WATER**

Fresh drinking water is available at all times through individual pupil 'sports' type water bottles. All children and staff have access to drinking water at all times. Consumption is permitted both in the class, and during break and lunchtimes. Water is also available during sports activities.

### **PACKED LUNCHES**

Parents and carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate, sweets and crisps are not encouraged in packed lunches, and only fruit or hard cheese is allowed as a playtime snack.

We will encourage parents/carers to provide their children with a healthy varied pack lunch each day by:

- Healthy eating articles in newsletters
- Advice and resources such as leaflets re lunch boxes, 5 a day initiative
- Advice on hygienic lunch box preparation and storage e.g.:
  - Store in the fridge until morning if you make the night before
  - Keep away from direct sunlight and/or radiators
  - Small cartons of juice can be frozen and packed with sandwiches to keep them cool
  - Pack your food in an insulated cool bag or lunch box along with an ice pack

## **FOOD SUPPLIED AT SCHOOL EVENTS**

Where possible we will ensure that food supplied at school events is consistent with the school's healthy eating principles.

- Water will be available at Sports Day
- Healthy options will be available at 'Parent / Friends' events.

## **SPECIAL EVENTS**

The school ensures that healthy options are available at special events, like class Christmas parties. If a child brings a birthday cake to school or a bag of sweets back from a holiday, these are divided up for distribution at home time. Birthdays, and special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "everyday food".

## **HYGIENE**

Children are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by food service providers. Cleaning and disinfectant schedules are regularly inspected by the Health & Safety Representative and the catering service provider. All staff employed in food preparation holds a basic food and hygiene certificate.

## **ALLERGIES**

Parents and carers inform the school if a child suffers from an allergy, identifying the foods to which the child reacts, and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of child allergies, a list of class health issues is part of the class 'supply folder'. Children with allergies are also identified for kitchen, lunchtime and school staff.

## **WIDER AGENCIES**

On healthy eating issues in school, we will work with:

- Oral Health Team
- Community Dietician
- School Nurse
- Catering Services
- Health Promotion Agencies / Partnerships
- Healthy School Co-ordinator

## **MONITORING AND EVALUATION**

We will use the following success criteria to monitor and evaluate our work on healthy eating:

- Increased uptake of healthier food in the canteen
- Reduction in the amount of high fat, high sugar and high salt food being consumed during the school day
- Greater understanding/awareness by children of the need to eat a nutritious and balanced diet
- Greater understanding/awareness by children of the need to eat at least 5 portions of a variety of fruit and vegetables a day
- Consultation with the School Council & Eco Committee Methods of data collection may include:
  - Monitoring the coverage of healthy eating in the curriculum
  - Questionnaire indicating the awareness/understanding of the 5 a day initiative
  - Monitoring the amount of litter in school grounds
  - The number of visits to the breakfast club
  - Audit of packed lunches