

Healthy Eating

Rationale

We believe that proper nutrition and fluid intake are essential to all members of the school community. Good nutrition is essential for good health and effective teaching and learning. We therefore want to play our role in establishing and maintaining lifelong healthy eating and drinking habits.

When producing this policy and setting our aims and goals, we have chosen areas of concern, these include: lack of exercise, dehydration, eating five portions of fruit/vegetables per day and healthy eating/snacks.

This policy is a working document which provides guidance and information on all aspects of nutrition and fluid intake within the school for staff, parents/carers and governors. To be accessible to all these groups the document needs to be available on request and presented in a way that is easy to understand.

Purpose

The school prides itself on providing a happy, secure, stimulating environment for all children to be able to learn and access the curriculum. If a child is not healthy and their body is not receiving the right nutrients and fluids they will find the school day a struggle. It is therefore our aim and vision to:

- teach from a curriculum that informs the children about their growing bodies, its needs and what it means to be healthy
- to equip them with the knowledge to make informed choices both at school and home.
- to involve the whole school in developing and maintaining healthy eating and drinking habits.
- to have a pleasant and sociable dining experience which enhances the social development of all children.
- to encourage fluid intake with an easily accessible water supply throughout the day.
- to take into account and accommodate dietary requirements.
- to ensure high standards of hygiene amongst the children.
- to have as many staff as possible to have food handling/hygiene knowledge and certification.
- to involve the community around us to help and assist with the teaching of our aims.
- to encourage parents to support the school in establishing good eating and drinking habits. Nutritionist advice to support parents is available before children access the provision.
- Ensure all children in EYFS and KS1 take up the free school meal option. This is clearly communicated to parents on the child's entry to school

Broad Guidelines

1. The school has a kitchen that is used to store, prepare, cook and serve school meals to every year group. This kitchen is used to provide toast and juice during first playtime. The food is prepared, cooked and served by a small catering

team all of whom have received achieved a Food Hygiene Certificate. This kitchen also stores milk for the Foundation Stage.

2. The menus used for lunchtime run on a three week rota and have been designed by Warrington Borough Council School Meals Department. They are responsible for managing and training the catering staff as well as ensuring that the kitchen is in a safe and hygienic condition for the preparation and serving of food. The menus are reviewed by the school and WBC at regular periods during the year, in order to ensure that the children are receiving good quality food and are encouraged to have a well balanced meal each lunchtime. The SEBS team monitors the quality of service and food and liaises with the head cook and school council during regular up date meetings throughout the year.
3. In the nursery there is a small kitchen, which they use to provide the Foundation Stage children with hot and cold snacks. The only food stored in this kitchen is bought by the nursery staff specifically for the children's snack that day. The nursery teaching assistant holds a valid food hygiene certificate.
4. In the Foundation Stage 1, the children pay a small amount of money each week for their snack. This snack is bought, prepared and served by the teacher or assistant, unless the children make and prepare their own snack as a classroom activity. In the Foundation Stage the children sit down to eat their snack at the table and are encouraged to have good table manners. Milk or water is provided to all children in the foundation stage.
5. In KS1 and KS2, a piece of fruit or vegetable is provided each day through the free fruit from schools scheme. Children who do not wish to have this snack in KS1 are welcome to use the toast scheme on offer at first playtime. In KS1 and FS2 the children sit down to eat their snack.
6. In KS2 children have the option to purchase toast and juice for 50 pence, to purchase from the healthy snack stall or bring their own healthy option in. Free choice Friday is where the children can bring in a snack of their choice to understand that healthy eating must contain some sweeter foods in moderation.
7. Children have the option to pay for schools lunch by direct debit or daily/weekly. Teachers collect lunch money each morning for the kitchen staff.
8. The food is served at the catering hatch and then the children sit at tables in the infant hall. All classes work from a rota to indicate when it is their turn to go into the hall.
9. The school through its kitchen garden grows fruit and vegetables and provides freshly laid eggs and honey to the kitchen to be prepared and cooked as part of the dinner menu. This has been agreed with Warrington Borough Council's Catering Service.
10. Each year new parents meet with staff and the school cooks to promote new menus and talk about school dinners. Regular updates on menus are sent to parents via the newsletter and to pupils via the school council. FS2 begin lunch 10 minutes earlier and KS1 5 minutes earlier than KS2, to allow for manners and good eating skills to be taught by the MDA's

11. Children eat packed lunch in the Infant Hall. The children are encouraged to bring a healthy lunch each day and have regular assemblies, workshops and letters home advising and educating both the children and parents about what makes a healthy lunch. It is the responsibility of the SEBS team to ensure that this is being carried out at regular intervals during the year. Children are educated within lessons through the use of the science and PSHCE schemes of work.
12. The MDA's are equipped with healthy eating stickers and reward cards which they use to reward any child who eats all of their lunch, chooses extra vegetables or has good table manners etc. To encourage children to bring a healthy packed lunch.
13. Children are encouraged to drink water regularly throughout the day. In the Foundation Stage and KS1 water jugs and cups are provided. At KS2 children bring in their own water bottle to use in their classrooms, if this runs out during the day they are free to refill this. We advocate drinking water only during class time, as advised by Warrington NHS Oral Health Team.
14. The message that the school communicates to the children is that it is acceptable for them to have the odd treat as part of their well-balanced diet. This includes occasions when a child may bring sweets or cake into class to share with their friends for birthdays etc. these must be handed out at the end of the day. Occasionally a teacher may run a special day or event that may involve eating different sorts of foods. Such events are welcomed as a method of extending children's experiences of food within social settings.
15. We do not encourage teachers to reward children with chocolate, sweets or fatty or sugary foods for good behaviour or work. Non-food prizes are provided for them to us as an alternative.
16. The school follows a specific PSHCE curriculum and science scheme of work which covers all area of healthy eating, food preparation and hygiene, sensitive issues around food such as obesity and healthy living.
17. Before the children have a snack or lunch they are encouraged to wash their hands as part of their daily routine. If the children are cooking in class they are required to roll their sleeves up, wash their hands and wear an apron. The teacher must also ensure that the surface they are working on is clean and sufficiently prepared for working with food.
18. We do not allow children to bring nuts into school due to allergies. Due to the risk of accidents we also do not allow hot drinks/food in flasks.
19. All staff members, governors and PTFCA members will receive a copy of this policy and training will be delivered to staff on the policy content. Copies will be available from the school office on request from parents.