

Stocks Green School Healthy Eating Policy

Last Reviewed	November 2019
Next review	November 2021
Persons responsible	SLT
Governor committee	S&C

Introduction

At Stocks Green, we are committed to giving all our pupils consistent messages about all aspects of health and helping them to understand the impact of particular behaviours and encouraging them to take responsibility for the choices they make. This policy supports other whole school and curriculum policies.

Our school supports the '5 a day' campaign to encourage everyone to eat five portions of fruit and vegetables a day. This initiative has been shown to reduce the onset of certain life threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

Through effective leadership, the school ethos and the curriculum, all staff can bring together the elements of the school day to create an environment which supports a healthy lifestyle. This in turn can impact on pupil achievement, through higher levels of attention and concentration.

Aims and Objectives

- To ensure that we give consistent messages about food and health
- To encourage positive role models, both adults and children, in the positive benefits of making healthy choices.
- To give children the information they need to make healthy choices
- To promote health awareness
- To encourage all members of the community to participate in the '5 a day' campaign
- To ensure that pupils appreciate that healthy eating is one aspect of a healthy lifestyle.

Food and Drink in School

Early Morning Club

Although we do not provide breakfast for pupils attending our Early Morning club, fruit is available should they require it.

Morning Break

All pupils in our Reception class under the age of 5 are entitled to, and encouraged to drink a carton of milk just before their morning break. All other pupils may have a carton of milk if paid for by parents. This is kept in a designated refrigerator in the hall.

As members of the National Free Fruit and Vegetable Scheme, all Reception and Key Stage 1 pupils receive a piece of fruit/vegetables each day. Key Stage 2 pupils are encouraged to bring a similar snack for morning break. Only fruit or vegetables are permitted at this time. Processed 'fruit' products are not permitted.

School Lunches and Packed Lunches

- We provide facilities for all pupils to have access to fresh drinking water at all times.
- We work with pupils to provide attractive and appropriate dining room arrangements, where pupils having packed lunches and those having a school lunch sit and eat together.
- We will work with parents to ensure that packed lunches abide by the standards set out below.
- As refrigerator space is not available in school, parents are advised to send packed lunches in insulated bags with freezer blocks when the weather is warm to keep food as fresh as possible.
- Parents may wish to send in hot food during cold weather and this should be contained in a food flask and is suitable for consumption from the flask.

Our School lunch meal is provided by 'Nourish' – a KCC recommended provider, who have a healthy food policy as part of their tender requirement with the county. Their meals adhere to Government legislation and provide a nutritionally balanced meal and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for pupils. There is always a vegetarian option and choice within the menu. There is water available to drink with a school lunch.

Some pupils prefer to bring a packed lunch to school. We regularly remind parents in newsletters about the contents of these lunches that and we do not allow fizzy drinks, chocolate bars, or packets of sweets in packed lunches. Crisps and processed foods are also discouraged as they have a high salt and sugar content. Healthy packed lunches are acknowledged or rewarded from time to time with a sticker or team points. The constituents of a healthy packed lunch (taken from the Schools Food Trust Guidance see www.schoolfoodtrust.org.uk for more information) are as follows:-

- a portion of starchy food (wholegrain bread, pasta or rice salad, pitta)
- a portion of fruit and vegetables (apple, cherry tomatoes, carrot sticks, box of raisins)
- a portion of dairy food (cheese portion, yogurt)
- a portion of lean meat or fish or alternative (ham, chicken, tuna, egg)
- a drink (fruit juice, water or milk)

When choosing products for healthier lunch boxes, consideration should be given to the levels of fat, salt and sugar as well as additives in processed and convenience foods.

Packed lunches should **not** include:

- snacks such as crisps, instead include breadsticks or savoury crackers served with fruit, vegetables or dairy food.

- Confectionery such as chocolate bars, chocolate coated biscuits or sweets. Cakes and biscuits are acceptable but should be encouraged only as part of a balanced diet. (Sugar based products induce a quick energy rush then fatigue, so impairs learning in the afternoon session)
- Meat products such as sausage rolls, individual pies, etc. should only be included occasionally.

No nuts or nut based products such as peanut butter, cereal bars with nut content should be included in packed lunches to ensure the safety of pupils with nut allergies.

We appreciate that there are some pupils who require a specialist diet, due to particular medical conditions and the Midday Supervisors and other staff are made aware of these pupils when the need arises.

Pupils should not swap or share packed lunch items for health and safety reasons.

After School Club

We expect the after school provision (Rainbow club) to adhere to the same principles regarding the food they serve to pupils. This is detailed in the Service Level Agreement with the organisation.

Water for All

Water is freely available to all members of the school community throughout the day. There are four water fountains outside but pupils should bring a water bottle to school every day. Bottles should be cleaned thoroughly every day to ensure bacteria does not contaminate the bottle or its contents. Water bottles are given to all new pupils to the school. Pupils are encouraged to drink water regularly at convenient times throughout the day and staff have routines and systems in place so that this is facilitated. There are particular times (eg after a PE lesson and in the summer months) when more reminders may be necessary and younger pupils are supported in this.

Food Across the Curriculum

In our curriculum there are a variety of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and an appreciation of where food comes from, together with the practical skills that are needed for activities such as shopping, preparing and cooking food.

English: There are opportunities to explore persuasive texts, such as advertisements, argument and narrative work using food related issues as a stimulus, for example, being a vegetarian, the use of GM crops etc.

Mathematics can offer contextual learning when weighing and measuring ingredients, reading recipes and understanding nutritional labelling.

Science: The Science curriculum includes learning about food groups, their nutritional composition, digestion and the function of different foods in contributing to health. Pupils also have the opportunity to use the school allotment to grow fruit and vegetables which supports the life processes element of the Science curriculum.

Religious Education; Pupils learn about the significance of particular foods to the belief systems of world religions. They have the opportunity to experience some foods that are associated with particular religious festivals during their studies.

Food Technology, as part of the Design Technology curriculum explores the origins of food, and within detailed units of work pupils prepare and cook food, applying healthy eating principles.

Personal, Social and Health Education encourages pupils to take responsibility for their own health and well being. They learn about what is meant by a healthy lifestyle in its broadest sense.

Geography provides a focus on the natural world and changing environment, offering opportunities to consider the impact of our consumer choices on different parts of the world where food is grown. During their studies of specific countries, pupils learn about traditional foods.

Physical Education is crucial in developing a sense of well being and helps pupils identify the link between health and exercise.

Partnership with Parents/Carers

The partnership between home and school is crucial in developing children's attitude and approach to food. As well as promoting healthy eating at home, parental support is needed to reinforce these principles at school by providing appropriate packed lunches, sending fresh water bottles in every day and thinking carefully about any snacks they bring for their children at the end of the school day.

We appreciate that some parents wish to send in treats for classmates to celebrate birthdays and we would not want to stop this as we consider celebrations and sharing is an important element of school life. In addition, parents often bring a snack for children at the end of school and we would ask that this is not sweets or chocolate bars in line with the packed lunch guidelines. We ask that parents work with us to educate our children to understand the importance of a balanced healthy diet.

Monitoring and Evaluation of the policy

All staff have a role in monitoring particular elements of the policy. Subject leaders are responsible for the curriculum development of their subject. Kent County Council working with the Headteacher will monitor the quality and provision of the school meals service. The Headteacher will also involve pupils and staff in the evaluation of the school meals service. Midday Supervisors will also monitor the quality of packed lunches and reward pupils wherever possible. There is a designated governor who has responsibility for monitoring the meals provision as part of their role.

Associated Policies:-

Health and Safety

All curriculum Policies

Drug Awareness Policy