

# Featherstone Primary School

## Healthy Eating Policy



**Governing Board approval date:** 23.01.23

**Monitoring, evaluation and review:** Every three years

### Introduction

At Featherstone Primary School we recognise that good health is vital and that healthy eating, being one of the many contributors to this, can influence physical, mental and social well-being. We are dedicated to helping each child understand the role of healthy eating in achieving good health.

### Aims

#### The school aims to:

- Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health
- Develop a positive attitude towards eating habits
- Provide opportunities within school to pursue a healthy diet
- Help children to understand that some foods should be eaten in moderation

### Purpose of the Policy

#### Through the successful implementation of this policy the intended outcomes are:

- Children are physically, mentally and emotionally healthy
- Children are making informed choices about their lunches, both school dinners and packed lunches
- Children and parents/carers understand the need for a balanced diet and understand the term "in moderation"
- For staff to be good role models and have access to information which will help them to provide and develop positive attitudes to healthy eating in all children

### Allergies, vegetarians, religious needs

Featherstone is a "nut free" school. Staff are made aware of particular allergies through the Individual Medical Needs Register, which is kept in the staff room. Vegetarian and religious needs are planned for and provided by the school catering team.

### Water

Children are encouraged to drink water throughout the day and drinks bottles containing only water can be kept in the classroom. A separate drink for lunchtime is kept in lunchboxes. The school encourages parents/carers to provide low sugar drinks. Fizzy drinks are not allowed. Children are encouraged to take water bottles home daily and wash them. Water/ milk/ sugar free squash is also available at each table during lunchtime.

### Free fruit and vegetable scheme

There is a free fruit scheme in operation for our Reception and Key Stage 1 children. Each child is able to choose a piece of fruit/vegetable each day.

### Morning Break - toast and snacks

KS2 children have the opportunity to purchase a slice of wholemeal toast, fruit flakes and/or a drink at morning break. Children are able to bring a healthy snack from home for morning break. This must be a piece of fruit or vegetables. Biscuits, chocolate, sweets and crisps are not to be eaten at morning break. Parents will be reminded by text/ letter if their child is regularly bringing food to school which does not follow these guidelines.

### Milk

Reception children are provided with milk daily.

### Packed Lunches

A healthy packed lunch should contain a mix of foods from the Eat Well plate (see below). The Eat Well Plate shows how much should be eaten from each of the five food groups. No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles
- A good source of protein, iron, and zinc such as meat, fish, beans and eggs
- A good source of calcium such as milk, cheese, yoghurt or fromage frais
- A portion of fruit and a portion of vegetable or salad to provide other vitamin and minerals

**Fast food, sweets and fizzy drinks are not allowed in lunchboxes. Parents will be reminded by text / letter if their child is regularly bringing food to school which does not follow these guidelines.**

Any uneaten food from personal lunchboxes is returned in the child's lunch boxes so the parents are aware of what the child has eaten at school. Individual monitoring/observation can also take place on parental request.

### School meals

All Foundation Stage and Key Stage 1 children are eligible for free school dinners, under the government funded Universal Free School Meals initiative and are encouraged to take up the option. Our school meals comply with the School Food Standards and copies of the checks that we make to ensure we are complying are kept in the catering office.

The dinner system offers a choice of foods over a three-week menu cycle, which allows the pupils to exercise their knowledge of healthy eating. New menus are sent out to all families promoting and encouraging children to have school dinners. Copies of menus can be found on the school website. The catering team put on theme days, such as cultural food and Christmas Lunches, which are promoted through advertising on posters within school, flyers and the school newsletter.

At regular intervals the School Council will discuss school meals in their classes and feedback the children's views. Meetings are also arranged with the School Cook and the School Council to discuss children's opinions and ideas for new menus.

### Dining environment

The children enter the hall in an orderly manner and queue to collect their lunch. On collecting lunch children are encouraged to visit the salad bar before finding a place to sit. School dinners

and packed lunches sit together and enjoy the time to socialise. Children are praised positively throughout their dining experience. Other staff members are encouraged to take the opportunity to sample school lunches and sit with the children. Displays are situated in the hall to remind children of lunchtime expectations and provide information on our school meals.

### Curriculum

In Foundation stage, KS1 and KS2, healthy eating is addressed through:

- Science units
- PSHE units – Ourselves
- Design and Technology
- Discrete teaching sessions
- Discussion between teacher and pupils
- Assembly teacher led or outside visitor
- Whole school projects
- Special days and events

### Cooking/food tasting in lessons

On occasions as part of the class lesson the children participate in cooking and food tasting. All allergies are taken into account by class teachers, to ensure children can try new foods with confidence.

### Special Events

The school ensures that healthy options are available at special events, such as, Year 6 Graduation Lunch, Christmas Parties and themed days. Birthday cakes or sweets that are sent into school are divided up for distribution at home time. On occasions cake sales occur to raise money for school fund or charity events.

### Lunchtime staffing arrangements

Lunchtime supervisors are employed to support children both in the hall and on the playground. They are led by the lead lunchtime co-ordinator, who oversees lunchtime matters. Each class is allocated a lunchtime supervisor, where the lunchtime supervisor follows a rota basis to ensure the smooth and efficient running of lunchtime activities. Lunchtime supervisors are encouraged to recognise healthy eating and promote positive behaviour. In-service training is arranged as required and Lunchtime supervisors meet weekly with the Pastoral Team Co-ordinator or Deputy Head Teacher to discuss relevant issues.

# The Eat Well Plate



Foods Standards Agency – [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

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