

Overton CE Primary School

Our Approach to Promoting Nutrition and a Balanced Diet Policy

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1. Aims, purpose and responsibility

Why children need to eat well

- What children eat today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love. <http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eat><http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eat-well/well/>
- Tooth decay is the leading cause of hospital admissions for children in England for those aged 5 to 9 years

This policy covers all food provided and consumed in school including before, during and after school (our wrap around care) and on school trips and in extra-curricular events.

Why a policy is needed?

At Overton, we recognise the important part nutrition and a balanced diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and promoting a balanced diet in messages in the curriculum, and with the support of the whole school.

This policy explains

- How we promote a balanced diet
- What we do to provide a balanced diet throughout the school day
- How we help children to make a balanced diet enjoyable and the norm
- What we teach so that the food choices we promote at school act as a role model for balanced diets
- Our approach to improving children's health through promoting a balanced diet

We aim to

- Increase knowledge and awareness of nutrition and a balanced diet through workshops and our PSHE and Science curriculum
- Provide safe, tasty, and nutritious food that promotes health
- Enable all children to have a balanced and nutritious school meal
- Make balanced diets enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Be a role model for balanced diets
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote nutrition and balanced diets
- Ensure consistent messages regarding nutrition are reinforced throughout the school day and children develop their understanding that there are no good or bad foods, but that frequency and quantity are important to maintain balance in their diet

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to nutrition and a balanced diet by developing children's awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about nutrition and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning
- The lead governor on health and safety ensures the policy is implemented

- Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance.

This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

2. Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all children and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that children are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

Behaviour: Children who eat a nutritious and balanced diet are more focussed on their work and behaviour is better

PSHE: A balanced diet with choices and practical food education is included in the curriculum

Science: A balanced diet and nutrition is part of the science curriculum

Enrichment: Hands on opportunities for children to prepare and cook food within a mixed age social group

Equality: We take account of the needs of all our children, including those with disabilities and allergies

Curriculum assessment

Children's learning about nutrition is assessed in line with the school's assessment policy through science, DT, PSHE and enrichment.

3. School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the school website, and is sent home, via email, termly. The menu is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage children to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

4. Packed Lunches

Aim

This applies to all children and parents providing packed lunches to be consumed within school and nursery or on school trips during school hours.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with a balanced diet with nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

These expectations are monitored by lunchtime staff, who communicate with parents when necessary.

Special diets and allergies

The school recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, children are also not permitted to swap food items.

Packed Lunch Containers

Parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Children are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Wherever possible, these will be taken on school trips.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote nutrition, we will regularly monitor the content of packed lunches and involve children and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines, a letter will be sent home with a copy of this policy.

5. Snacks

All Key Stage 1 classes are provided with a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school. As part of promoting nutrition, children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Key Stage 2 children are asked to bring in fresh fruit or vegetables for playtime. Other snacks that are allowed are crackers, plain rice cakes, bread sticks, pitta or a buttered bread roll (we encourage whole grain, whole wheat or whole meal). If you really feel that your child needs some protein, then hard cheese is acceptable.

6. Wrap Around Care including nursery

Breakfast club including nursery

Aim

- To provide food for children of families that have an early start to their day
- To improve children' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- To improve the punctuality of some children who were frequently late
- To improve links between parents and school and children and class teachers

The club offers a calm, clean, pleasant environment for children to eat a nutritious breakfast and to socialise with other children and adults.

A good variety and balance of foods as recommended by the Balance of Good Health (Food Standards Agency, 2001) are available:

- A good portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit or a crumpet
- Fruit and vegetable choices
- A portion of milk or dairy food e.g. semi skimmed milk on cereals

- A choice of drinks e.g. water and semi skimmed milk
- An opportunity to have exercise outside when the weather permits

After School Club including nursery

In addition to the snacks listed above, our After School Club also offer a snack for children who attend and these include, rice cakes, bread sticks, pitta, crackers and cheese. Cereal is only offered at Breakfast Club.

Parents are not allowed to send in any additional food to our wrap around clubs unless agreed due to a medical need or allergy.

Special diets and allergies

These are catered for after detailed discussion with parents

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

7. Partnership with parents and carers

We inform and involve parents and carers about nutritious eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Our Parent Council has also been involved in reviewing this policy.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our healthy eating policy and we remind them that only water or milk should be consumed during lunch time.

During out of school events such as trips the school will encourage parents and carers to consider this policy. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents and carers do not to send in birthday cakes or foods that do not comply with our food policy. If parents want to bring something in to celebrate birthdays, we suggest that healthy foods such as fruit are brought in

instead of stickers or colouring sheets but we will allow a small packet of wrapped sweets to be given out at the end of the day so parents can make the decision as to when to eat these.

We have a number of fundraising opportunities throughout the year and limit cake or biscuit sales to roughly one per term. At Christmas, we also may share an advent chocolate as part of the importance of the part food plays in celebrations and provide a balance of foods for the Christmas parties (cocktail sausage, hoola hoops/Pom Bears type crisps, jaffa cake type biscuit and satsuma)

Water for all

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy.

Children are encouraged to drink water regularly throughout the day and have water bottles in class. Water is available to staff and visitors in the staff room.

8. Disseminating the policy

Key information from this policy will be incorporated into the school website.

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

9. References and further reading

1. Eat Well Plate FSA
2. School food plan (www.schoolfoodplan.co.uk)
3. Change 4 Life (www.nhs.uk/change4life)

This policy was agreed by governors and will be reviewed every four years

| Signed: | Date: | Review Date: |
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