

E P COLLIER PRIMARY SCHOOL

HEALTHY EATING POLICY

INTRODUCTION

E P Collier is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to the curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we are aware that healthy food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values and experiences with peers and adults.

We encourage adults (staff, parents and carers) to be good role models and to support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

1. AIMS AND OBJECTIVES

1. To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
2. To ensure pupils are well nourished at school and that every pupil has access to nutritious, tasty and safe food and a safe, easily available water supply throughout the school day.
3. To ensure that food provision in the school acknowledges the ethical and medical requirements of pupils and staff e.g. religious, ethical, religious, medical and allergenic needs.
4. To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

2. ORGANISATION - CURRICULUM

1. We regard healthy eating education as a whole school issue and we believe that opportunities to educate children about the importance of a healthy lifestyle and diet occur throughout the curriculum.
2. Healthy eating education will form an important part of the school curriculum. The importance of balanced nutrition and healthy food choices will be explicitly taught through the Science, PHSE and DT curricula.
3. All pupils will have the opportunity to learn about safe food preparation and to learn about the production of food and where it comes from.
4. Pupils will learn about the requirements for plant growth, the food chain and the components of healthy and unhealthy diets through the Science curriculum.

3. ORGANISATION - MANAGEMENT

1. Pupils in KS1 benefit from the free Fruit and Vegetable Scheme. These pupils are encouraged to eat their piece of fruit as part of their morning breaktime.
2. For consistency KS2 children will also be encouraged to eat only fruit and vegetables at break time.

3. Children will be encouraged to bring in a water bottle on a daily basis so that they can have access to water throughout the day. Drinking water will also be available through taps and water fountains for refilling water bottles and for additional access to drinking water.
4. Chocolate, sweets, biscuits, crisps, cakes and cereal bars with a high sugar content will be actively discouraged as everyday snacks or as part of lunch-boxes. Chewing gum and carbonated drinks will not be permitted on school premises or when the children are representing the school off school premises.

4. ORGANISATION - LUNCH-BOXES

1. Pupil's lunch-boxes should offer balanced nutrition. Across the week parents will be encouraged to offer a variety of healthy foods and the school will offer information about what this might constitute. The contents of pupil's lunch-boxes will be monitored on an ongoing basis.
2. Special events in class are times where food contributes to a sense of celebration and sharing. On these occasions food other than fruit and vegetables may be offered but staff should remind children that this is an occasional treat.
3. The school community should be aware of the possibility of allergies within the school population. Parents or carers of children who have allergies or who are on special diets for medical or religious reasons should provide as much information as necessary about which foods should be avoided and which are permissible. This information should be displayed in the school kitchen, staffroom and office.
4. Pupils will be taught not to share the contents of their packed lunches. Nevertheless those responsible for the contents of the lunches will be reminded about the possibility of food allergies especially nut allergies and will be asked to provide nut-free lunch-boxes and snacks.
5. Any food in a lunch-box not eaten by the child will be taken home so that parents and carers are aware of their child's eating habits.

5. ORGANISATION - SCHOOL MEALS

1. The in-house prepared meals service is offered through Chartwells. There are strict guidelines determining the meals that will be made available daily and during the course of a week and these are in accordance with the Revised Standards for Foods in Schools (June 2014).
2. The termly school lunch menu will be available on the school website and will be available at the front entrance.
3. All Reception, Year 1 and Year 2 children are entitled to a free prepared school meal provided by the school kitchen.
4. Children in other year-groups may be entitled to a free school meal - parents and carers need to register for these at the school office.
5. The school will recommend to parents and carers that a prepared meal supplied by the school is the best option.

6. ORGANISATION - THE DINING ENVIRONMENT

1. The school will provide a welcoming eating environment which encourages social interaction of pupils. Children will be allowed to sit freely with friends i.e. packed lunches and school dinners sitting together.
2. Children will be encouraged to develop conventional eating skills and table manners and when possible will be given time to eat.

3. The dining room will be well staffed with lunchtime controllers who will monitor the behaviour of the children, encourage good manners such as saying 'please' and 'thank you', will be prepared to help the children when necessary and will arrange for parents to be advised if their child is not eating well.
4. When possible a member of the teaching staff will be present in the dining hall and will preferably be taking advantage of the school meal service.
5. Children will enter and leave the dining hall in an orderly way to show respect for other diners.

7. THE ROLE OF THE HEALTHY EATING CO-ORDINATOR

1. It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the healthy eating policy and that the policy is implemented effectively.
2. It is the co-ordinator's role to ensure that staff are given sufficient training so that they can teach the elements of the policy effectively.
3. The co-ordinator will liaise with external agencies regarding healthy eating within the school and the school policy.
4. The co-ordinator will monitor teaching and learning about healthy eating. The co-ordinator will assist in monitoring the content of the school curriculum to ensure that all children have the opportunity to learn about healthy eating.
5. The co-ordinator will encourage positive role modelling amongst the staff.

8. THE ROLE OF PARENTS AND CARERS

1. The school is aware that the primary role models in children's healthy eating education are parents and carers. The school will strive to build a positive and supportive relationship through mutual understanding, trust and co-operation.
2. The school will inform parents and carers about the healthy eating policy and practice.
3. The school will encourage parents and carers to be involved in the evolution of this policy and any modifications that may be necessary.
4. The school will inform parents and carers about best practice with regard to healthy eating so that they can support and model the key messages being given to children at school.

9. THE ROLE OF GOVERNORS

1. The governing body will be responsible for monitoring the healthy eating policy and will appoint a governor to oversee this.
2. The governing body will support the Head and staff in following this healthy eating policy.
3. The governing body will inform and consult with parents and carers about the healthy eating policy as and when required.

10. MONITORING AND EVALUATION

1. The effective implementation of this policy will be monitored by the co-ordinator, Head and governing body.
2. The policy will be monitored at a maximum of two-yearly intervals through consultation with the whole school community.