



Weare Academy C of E First School

Healthy Eating Policy

Rationale

At Weare School we recognise the importance of a healthy life-style and diet, and understand that establishing a varied and balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. As a school we aim is to provide a safe, secure, and positive environment, where children and staff are happy, confident and motivated and where they are fully supported and informed about the choices they make; including those that contribute to a healthy life-style.

Aims and Objectives

At Weare School we aim to:-

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet (including website links), and how to ensure that food is prepared hygienically.
- To raise the school communities awareness of food issues including sustainability.
- To give our children, parents and staff the information they need to make healthy choices.
- To ensure that we give a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet.
- To ensure that the food and drink available throughout the school day meets government standards for food in school.
- To ensure that the provision and consumption of food is a safe and enjoyable experience.
- To involve pupils, parents and staff in decisions that reflect the quality and variety of food provided at the school.
- To build the confidence of parents in the school meal service.
- To encourage and support the provision of healthy packed lunches and snacks.
- To ensure that the food provision in school reflects the cultural, ethical and medical needs of staff and pupils, e.g. catering for religious groups, vegetarians and people with food related allergies.
- To ensure that the dining experience reflects the schools healthy eating policy.

The Curriculum

Weare School regards healthy eating as a whole-school issue, and we believe that opportunities to teach about the importance of a healthy lifestyle should occur throughout the curriculum. Healthy eating forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food is explicitly taught through Science, DT, PE and PSHE. All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Allergies and intolerance to food will be taken into account when cooking and teaching about food in the curriculum. All factors relating to equal opportunities are addressed as policy by the school.

The Dining Environment

The school is committed to providing a clean, bright and welcoming eating environment, which encourages the positive social and cultural interaction of pupils and staff. It is also committed to the following:-

- Ensuring that children wash their hands before eating.
- Children enter and leave the dining room in an orderly way; to show respect for other diners.
- Demonstrating good manners e.g. using quiet voices and saying "please" and "thank you" to all staff and other pupils.
- Ensuring that the dining room being well staffed with midday supervisors.
- Help for children who find the physical process of school dinners or packed lunch difficult – e.g. carrying trays, opening tubs or packets.
- Provision of beakers and water jugs containing clean water.
- Encouraging the development of good eating skills and table manners.
- Encouraging all children to eat the food they have been provided with, to try a wide variety of foods, but not be made to finish all the food they are offered, because we know that appetites vary from person to person.
- Encourage children to try different types of food for a new eating experience.
- Ensuring that children have time to eat their lunch and do not have to rush.
- Informing parents if their child is not eating well.
- Promoting a healthy and varied diet through the range of food available and through posters or artwork that depict examples of how to achieve a nutritious balanced diet.
- Ensuring that the kitchen and service from the kitchen meets all relevant health, safety and hygiene standards.
- Ensuring that when the weather is warmer and children eat their packed lunches outdoors, they are sat at picnic benches in the playground or seated comfortably in the reception play area located on our school field.

Hot School Meal Provision

Children at Weare School have the choice of purchasing a hot school meal or bringing a packed lunch from home.

The hot meals service is provided by the school kitchen. We are committed to an ongoing process of working with our kitchen staff and Somerset County Council advisors, to ensure that:-

- Hot meals meet with the Government nutritional standards for school lunches.
- We are able to offer a wide range of nutritious and attractive meals to our children.
- Children with individual dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Food is presented in an attractive and appealing manner.
- The lunch menu is sent home to parents and published on our website.

Feedback is sought from parents and children, to monitor and evaluate the food provision. A book is available to children to record their observations and comments.

Packed Lunches

Parents are encouraged to support the school's healthy eating policy by providing a healthy, balanced packed lunch,' either in for eating in school or for the purpose of a school trip. The school council provides guidance to parents and children of what constitutes a healthy lunch box through a newsletter and an assembly. Lunch box guidance is in a leaflet in front entrance and published on our website. Nutritional information and policy is also published on our website, with the relevant links to further information. The school actively discourages some packed lunch foods. These include the following:- crisps, sweets, chocolate bars, squash with added sugar and/or sweeteners. Fizzy drinks are not permitted at any time.

Provision of food and drink, throughout the day.

Breakfast and After School club, 'Larks' and 'Nightingales', follow the whole school Healthy Food policy.

Foundation Stage and Key Stage 1 children are provided with a portion of fruit or vegetable through the National School Fruit and Vegetable scheme. Any surplus fruit is distributed to Key Stage 2 children. KS1 and KS2 children are encouraged to eat their piece of fruit, at break time.

Children are expected to bring a healthy snack in from home to eat at morning break; either fruit, vegetables or seeds. Exceptions to these foods are at the discretion of the headteacher and will normally be related to specific dietary, Special Educational or Medical Needs. The

school will make regular opportunities for children to try different fruit and vegetables, as part of their curriculum and at special events to promote healthy eating.

We do not have a tuck shop in our school, however if we decide to do so in the future, the food policy will apply to all items sold.

Everyone has a right to clean drinking water. We encourage children and staff to drink water at school. Children are encouraged to bring in a bottle of fresh drinking water every day. This is stored in their classroom and is available to them throughout the day, without having to leave the class room. There are two fresh water drinking fountains, which children are encouraged to use throughout the day, including playtimes and lunchtime. The drinking of water will be promoted during hot weather, as well as during and after physical activity. Fresh drinking water will always be provided on school trips.

Milk

Up until the age of 5 years old pupils receive free milk, every day. Our providers are: 'Cool Milk'. After the age of 5, parents can choose to pay for milk. This option is available for all pupils in school from reception class up to and including Year Four.

Food Allergens and Intolerances

The school ensures that pupils are not unknowingly exposed to allergens, such as nuts during school hours and that all staff are aware of pupils food intolerances through the following:-

- Weare School is a nut free school. This is communicated to parents on every newsletter, published on our website and is in our school prospectus.
- Every class register in school has a photo of any child in that class with a nut allergy, so that all teacher, including supply teachers are made aware.
- Details about individual's allergies and food intolerance are collected on entry to school and updated as the need arises. This information is kept in the office and given to the kitchen and all teaching staff.
- All staff are aware of and regularly trained for related medical and first aid procedures.
- As part of our residential trip to Kilve Court, we provide the managers of the site with the relevant information a particular cohort.

Rewards

Food is not given as a reward for effort or achievement. Other methods of positive reinforcement are used in school (see our behaviour management policy).

Celebration

Birthdays; the distribution of any food is not permitted. The school ensures that pupils have the opportunity to celebrate their birthdays in other positive ways.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom, they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc when tasting food.

Monitoring

The head teacher, classroom staff and lunchtime staff monitor this policy on a day to day basis.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the head teacher.

Signed: Chair of Governors:.....Date.....

Signed: Head teacher:.....Date.....