

BLACK HORSE HILL INFANT SCHOOL



HEALTHY EATING POLICY

16th May 2019

Approved by Committee _____

6th June 2019

Approved by Full Governing Body _____

Signed _____(Chair)

Signed _____(Headteacher)

A whole school, whole day, food and nutrition policy involves the whole school community working together to ensure that any food and drink consumed on the school premises promotes healthy eating. Having a whole school, whole day, food and nutrition policy in place means that there is consistency between what the school practices in the provision of food and drink and what is taught in the curriculum.

As a health promoting school, Black Horse Hill Infant School is fully committed to encouraging children to have a healthy well-balanced diet and establishing good eating habits.

The Social, economic and health profile of the school

9.8% (16 children) are entitled to free school meals.

39% have milk

Good Practice

These activities already take place in school, and ensure a health-promoting environment in terms of healthy eating for pupils and staff:

Break-time milk or water in Foundation 1

Water provision – children may bring in bottled water, water fountains in toilets / outside in playground / in entrance hall.

Rewards – stickers, certificates, gold stars, pencils.

Snack in Foundation 1 – fruit.

Fruit scheme for all began 28 / 02 / 03.

Break-time Snacks and Drinks

Aim

To encourage children to eat more fruit and vegetables as part of the national 5-a-day scheme. It will also ensure snacks and drinks consumed at break-time promote healthy eating.

Objectives

- A free piece of fruit will be provided for children aged three to seven years through the National Fruit and Vegetable Scheme.
- The school recycles the peel for sustainability and to raise the pupils' awareness of recycling.
- Milk will be provided at break-time.
- The milk will be stored in a fridge prior to drinking.
- Milk charges will be collected at the beginning of every term. Milk is free to pupils in receipt of free school meals and those of Foundation 1.
- The school will ensure that pupils have access to drinking water throughout the day and at break time.
- Drinks, other than water, brought in from home are only allowed at lunchtime.
- Only milk or water will be allowed as an in-between-meals-drink unless there are medical reasons.

- Foundation 1 children will be provided with free fruit from the National Fruit and Vegetable Scheme or a dental friendly alternative e.g. breadsticks, toast, cheese and crackers.

The Food Service at Lunch Time

As of September 2014, all Infant pupils aged 4-7 will be entitled to a free meal under the Universal Infant Free School Meal Scheme.

Any parent/carer preferring their child to have a packed lunch will provide it themselves.

Aim

To provide a good quality food service, which promotes healthy eating, and eating sociably together.

Objectives

- The school will work with the provider to ensure that the National Nutritional Standards for School Lunches are adhered to.
- The school acknowledges its obligations to comply with the 'National Nutritional Standards for School Lunches'. The standards for primary schools state that lunches must contain at least one from each of the following four groups:
 1. Starchy food such as bread, potatoes, rice and pasta.
 2. Fruit and a vegetable will be available every day.
 3. Milk and dairy foods.
 4. Meat, fish and alternative sources of protein.
- Water will always be available as a lunchtime drink for pupils having a school lunch and those having a packed lunch.
- Parents will receive a copy of the menus offered by the provider.
- Pupils will be given help with social skills and appropriate behaviour when eating food.

Packed Lunches

- Parents are encouraged to put an ice pack in their child's lunchbox in order to keep the food cool and fresh.
- The school will work with parents / carers and children to raise awareness about eating a healthy packed lunch
- The lunchtime arrangements for children eating a packed lunch will be given the same consideration as children eating a school lunch.

Water Provision

Experts recommend that children drink at least 6-8 glasses of pure water per day. Low fluid intake can lead to health problems and can affect concentration and learning.

Aim

To ensure that children have access to drinking water and encourage children to drink more water at school so that they remain properly hydrated.

Objectives

- Pupils will have access to water fountains during the lunch and break times.
- Each pupil will be able to have a water bottle filled with water and no other drink from home. The water bottles will be available in the classroom.
- Pupils will be allowed to refill the water bottles at a designated area during the break times.

Special Considerations

Rewards

The school believes in the importance of rewarding and celebrating good behaviour and good work. The school will not use food as a reward. Good work and good behaviour will be rewarded in different ways e.g. praise, gold stars, school stamps, merit certificates and headteacher awards.

Birthday Treats

To maintain a consistent message about healthy eating in school parents / carers are asked not to send in sweets and confectionery to celebrate birthdays.

Celebrations in School

On very special occasions when there are whole school celebrations at Christmas or Easter for example it may be appropriate to celebrate by sharing confectionery with the pupils.

Curriculum

Aim

To raise awareness of the basic principles of a healthy diet, enable children to develop an interest in healthy eating and empower pupils to make healthy eating choices.

Objectives

- The school will ensure that the taught curriculum and the food provision throughout the day present a consistent message.
- Teachers will receive training updates on the health and nutrition messages from health professionals in the community.
- Nutrition and health will be taught in the curriculum from F1-Yr2.
- There will be opportunities for pupils to learn about food handling and food preparation in the curriculum.
- New initiatives will promote healthy eating and active lifestyles." Healthy Body- Healthy Mind Week".

Expected Outcomes

- Pupils understand the importance of a balanced diet for good health and in helping to prevent obesity, tooth decay and chronic diseases in later life.
- Pupils can apply the concept of a balanced diet to planning their own meals.
- Pupils and staff are empowered to make improved choices about food in and outside school.

Working with Parents / Carers

Aim

To work with parents to optimise the education, achievement, health and well being of pupils.

Objectives

- The school will work with and consult parents / carers about the food service in school.
- The School Nurse will give advice to parents / carers about the benefits of drinking water and school milk at new parents' evenings.

Working with Teachers.

Teacher attitudes and support can have a marked effect on pupils. Teachers are encouraged to teach by example so that healthy eating attitudes and values are modelled to pupils in and out of the classroom.

Equal Opportunities

All members of the school community are valued and the school seeks to provide the best environment for their education experience, health and well being in line with the school's equal opportunities policy.

Monitoring and Evaluation of the Whole School, Whole Day, Food and Nutrition Policy

This policy will be reviewed biannually or more frequently if required. The review will evaluate the success of the objectives and expected outcomes for each aim in the policy.

The Physical Development Subject Leader will be responsible for monitoring and evaluating this policy.

Resources

School nurse

Community Dieticians

Other Health professionals

<https://www.gov.uk/school-meals-healthy-eating-standards>

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/whole-school-ideas>

Updated – May 2019

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