



Healthy Eating Policy

Adopted by Ashby Willesley Primary School on:	Date: 03 December 2021
This policy will be reviewed	As policies, procedures and regulations are updated.
Version	1.0

For the purpose of this policy, the 'Head Teacher' refers to the Executive Head teacher, Head teacher or Head of School.

Healthy Eating Policy

Introduction

Willesley Primary School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition; mainly encouraged through the curriculum and with the support of parents.

This policy was reviewed and formulated through the expression of parent opinion (through Parents Forum), discussion with staff and the decision of the Governing Body.

Aims

- To encourage children to have a healthy relationship with food; which may help to prevent potential eating disorders in the future.
- To encourage a view that 'everything in moderation' is also part of healthy choices.
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide and encourage healthy food choices through the school day.
- To promote a balanced approach to healthy eating which includes both education/encouragement of healthy choices whilst allowing some flexibility for 'treats' to be brought into school.

These aims will be addressed through the following strategies:

1. Equal Opportunities: as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.
2. Curriculum: Food and nutrition is taught at an appropriate level throughout each key stage as part of the healthy lifestyle choices teaching and learning.
3. Effective teaching methods which develop understanding and skills to assist pupils in making informed choices.
4. Staff, Catering Staff and the School Nurse influencing and promoting healthy choices through leading by example, offering a balanced menu and sharing expertise and knowledge (as appropriate).
5. The selection of resources appropriate for the age and stage of pupils which will have the most impact and be the most effective in achieving our aims.
6. Sharing best practice and policy with Symphony Learning Trust and other local schools and updating what we do in line with national and local guidance.
7. Listening to the views and opinions of stakeholders and reviewing when appropriate; taking into account the views of the majority of stakeholders.

Food and Drink Provision Throughout the Day

Free Fruit Scheme Key Stage 1

The school does all it can to encourage pupils to take a fruit snack at break time and to drink water throughout the day. Key Stage 1 are given free fruit and vegetables as a healthy snack every day.

School Meal Provision

School meal provision meets government nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of children and staff. The School Food Trust is also involved in the planning and delivery of menus; managed by the Local Authority School Food Support Service.

Packed Lunches

Parents and carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are not encouraged in packed lunches. Small treat sized cakes are preferred. No peanut butter or nut-based food should be included in packed lunches. **We are a nut-free school** The kitchen sells small cakes and squash type drinks for a small charge, at lunchtime only. Children should not buy them for other children. It is parent choice to allow their child to purchase a cake as a 'treat'.

Break Times

Fruit and vegetables are encouraged as a healthy playtime snack. Other healthy snacks are acceptable; however, **crisps, nuts, sweets, and chocolate bars should not be brought into school as a playtime snack. We are a nut-free school.** Chewing gum is **not** permitted in school.

Parents are asked to clearly mark, or explain to their children, which food item is to be eaten at break time; particularly if snacks are within lunch boxes.

Where possible and practical break time snacks will be stored in the classroom so that they are easily accessible at the start of playtimes.

No children should be sharing food, particularly lunch with each other in order to protect children with food allergies.

Water Provision

Children are encouraged to bring (named) water bottles to school each day. Consumption is permitted both in the class, and during break and lunchtimes.

Milk Provision

Free milk is available for children under the age of 5. Parents of pupils over 5 have the option of paying for milk if they wish their child to have it.

Allergies

Parents and carers should inform the school if a child suffers from an allergy, identifying the foods to which the child reacts, and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of child allergies, details and photos are displayed in classrooms and the medical room, for all staff to see. Children with allergies are also identified for kitchen, lunchtime and school staff.

Individual care plans can be set up for children with specific medically identified allergies and intolerances; this includes involving the school kitchen staff where school meals are required.

Special Needs

Children with special needs are allowed full access to the dining hall and eating facilities; every effort is made to ensure all children are included at lunchtimes in a safe environment.

Lunchtime supervisors are made aware of any specific issues by the Special Educational Needs Coordinator or other members of staff as appropriate.

Pupils are included in any learning activities linked to healthy eating, food and nutrition.

Special dietary requirements are met as far as we are reasonably able to so e.g for religious and ethnic groups, vegans and vegetarians.

Special Events

- The school will try to ensure that healthy options are available, wherever possible, at special events e.g class celebrations and school fairs.
- Small treats are permitted for sharing with class mates for birthdays, with no nut products being brought into school
- If a child brings in small home-made birthday cakes to school or a bag of chocolates/sweets for a birthday, these are divided up for distribution at home time and the younger children will be reminded to seek parental permission before eating. One chocolate/sweet is sufficient per child, rather than a packet.
- Teachers should be aware of allergies before distributing birthday treats.
- Fund raising events e.g cake sales, social evenings, parent-school association events will be mindful of the healthy eating policy and try to use alternatives to sweets where possible and practical.
- Any cakes sold will be nut-free or identified as having nut content.
- Activities shared in school time as part of the curriculum, which involves the sharing or eating of food, will be fully risk assessed with a particular focus on nut containing products or any other potential allergy hazards. Basic principles of food hygiene will also be covered.
- Sweets/chocolates should not be distributed for reward purposes during teaching/lesson time.
- Before any cooking or food technology sessions note will be taken of food allergies and appropriate changes made.
- Any planned fund-raising activities involving cakes/sweets should be agreed with Senior Leadership team, as appropriate.

It is hoped that through this approach to a healthy relationship with food, children understand that there are healthy choices to be made and that 'everything in moderation', is the way to be. An appreciation of food allergies and education about how this affects some people promotes empathy.

Signed:.....(Chair).....(Date)