



# St Michael with St Thomas C of E Primary School



## Healthy Eating & Drinking Policy

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**Owner:** SLT

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***We are a rights respecting school. All our policies and procedures are written and reviewed to ensure that children's rights, as detailed in the United Nations Convention on the Rights of the Child, are respected and promoted and this policy ensures:***

***Article 24:*** (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

***For more information on the convention and the rights of each child visit: <http://www.unicef.org.uk/>***

## Healthy Eating and Drinking Policy

### Overview

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science and in personal, social and health education (PSHE) about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA, and other agencies, to extend healthy eating patterns into the wider lives of our learners.

### Aims

1. To encourage children to adopt a healthy lifestyle and establish healthy eating and drinking habits for life.
2. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert learners to the dangers of an unhealthy diet.
4. To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.
5. To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.
6. To provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed healthy choices both in and out of school.
7. To specify the types of food and drink that we will provide in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.
8. To work in partnership with the catering staff to ensure that nutritional standards are implemented by providing a choice of meals daily that are appropriate.

### Definition of Healthy Eating/Nutrition

A healthy diet is one which allows for a balance of different foods that sustain the well-being of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

### Hygiene

Our school ensures all staff members handling food have access to a basic food hygiene course.

Children are reminded about the importance of hand washing prior to preparing or eating food.

### School Food Provision

At St Michael with St Thomas CE Primary School we recognise a child's healthy, balanced diet should consist of:

1. Plenty of fruit and vegetables.
2. Plenty of unrefined starchy foods.
3. Some meat, fish, eggs, beans and other non-dairy sources of protein.
4. Some milk and dairy foods.
5. A small amount of food and drink high in fat, sugar and/or salt.

This knowledge is reflected in the food provision in school.

Currently, school dinners are provided by Mellors catering contractors. The school and the catering providers are dedicated to providing a balanced menu of school dinners and snacks, with a minimal amount of additives as is possible within the budget. The catering contractors ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils who have school dinners with individual dietary needs, due to medical, cultural or religious reasons are met.

From September 2014, the school has offered free school meals to pupils in Reception, Year 1 and Year 2. For children in KS2 who are not entitled to a free school meal, school dinners cost £2.60 daily.

Menus are developed using the five main food groups and they endeavour to use low fat cooking methods wherever possible. They hope to nutritionally educate pupils guiding them towards choosing healthier, more balanced meals, which in turn will play a crucial role in decreasing their saturated fat, salt and non-milk extrinsic sugar intake.

Our catering staff fully support the government led food-based standards and the school food plan. Their recipes and menus meet the required standard for the appropriate age group within primary schools.

The catering providers work closely with regional and national suppliers to improve the nutritional content of their branded products, ensuring that they are actively meeting the target nutrient specifications set by the Food Standards Agency. Whilst monitoring these levels, they also work to minimise and eliminate, where possible, the use of additives and are continually working towards the removal of trans-fats from within their product range.

### **Special Diets and allergies**

The school recognises that some children require specialist diets or have food allergies. Teachers will be aware of any pupils within their class who this may apply to. Kitchen staff are made aware of any allergies within the school. This information is requested annually and on admission to school and parents/carers are informed about any food related events when food may be sampled. Prior to residential trips a form is sent home which includes information on dietary needs.

### **Packed Lunches and Snacks**

Parents are asked to support the school's healthy eating policy by providing healthy, balanced packed lunches for their children. If further guidance is required, the following food is suggested:

- Vegetable sticks (e.g. carrots, celery and cucumber)
- Bread sticks
- Fruit
- Dried fruit
- Cheese
- Crackers
- Wraps
- Ham
- Chicken
- Tuna
- Salad
- Brown bread/rolls
- Handful of cereal
- Yoghurts
- Fromage fraise
- Rice cakes
- Sugar free jelly

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off. Packed lunch boxes are stored in the cupboards in the hall.

Only toast, fruit and vegetable snacks are permitted to be brought into school for consumption at break time. As an alternative healthy snack, toast is available to purchase.

Children in EYFS & Key Stage 1 receive a free piece of fruit daily. Additionally, children in EYFS receive milk daily. This is supplied by Dairy Crest. Children in reception have snacks provided daily. These will meet the School Food Standards for food.

Parents are asked not to include the following in packed lunches: any nuts or products containing nuts, grapes unless sliced length ways, sweets, fizzy drinks or energy drinks.

### **Dining Room Environment**

All school meals and packed lunches are eaten in the school hall. Pupils are encouraged to take their time to eat their dinner and to eat as much of it as is possible. If a child is unable to finish his/ her meal, the midday supervisors will encourage the child. They will monitor this and if it continues, the supervisors will tell the child's teacher and the parents will be informed.

### **Drinks Provision**

Pupils have been provided with a clear plastic water bottle to keep in school each day. They are kept in the classroom so that pupils can have free access to water without needing to leave the classroom. Water bottles

are washed in the dishwasher weekly and re-filled daily. Children are not permitted to bring in any other drink other than water or bring in their own water bottles.

Parents are advised that fruit smoothies and yoghurt drinks can be brought in for consumption as part of a healthy lunch.

### **Choking and Gagging**

We adopt proactive strategies to minimise the risk of choking/gagging at our school.

#### Training:

Staff and children receive regular training in what to do if someone is choking and gagging.

#### Supervision:

Children are closely supervised during mealtimes, snack times, and activities involving small items. Rolling snack is not permitted in EYs.

Ratios are maintained in accordance with guidelines to ensure effective monitoring.

#### Food Safety:

All food provided is age-appropriate and prepared to reduce choking risks (e.g., cutting grapes lengthwise, removing hard skins, and avoiding whole nuts).

Children are encouraged to sit while eating, and they are discouraged from talking or laughing with food in their mouths.

Where children eat on the yard, children are reminded not to run with food in their mouths, and signposted to any available seating.

#### Toys and Equipment:

All toys and materials are inspected regularly to ensure they meet safety standards and do not pose a choking hazard.

Small objects are stored out of reach of younger children.

#### Pupils with Additional Needs:

The needs of any children whose development is not in line with their chronological age are taken into consideration. Individual Health Care Plans may be implemented for these pupils to mitigate the risk of choking and gagging.

### **Special Events/ Religious Celebrations/ Fundraising Activities**

Special events such as Christmas parties, birthdays and fundraising events are exceptions from the food standards. Religious celebrations such as the celebration following a year group's communion service are also exceptions.

### **School Trips**

These food standards apply to all food provided by the catering contractors to pupils off premises during the school day up to 6pm, including school trips. The only exception is for food provided on a residential school trip where the provider of the accommodation provides the food.

### **Rewards Policy**

The school does not give confectionary as a reward.

### **Curriculum**

Healthy Eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum. Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas. There are also opportunities for cross-curricular coverage of healthy lifestyles. A wide range of teaching approaches and resources are used to deliver the curriculum. Visitors who are able to support the class teachers include Consultants from the Halton Healthy Schools Programme and other external providers. All visits are carefully planned into the curriculum to support the work being done; visits do not take the place of teachers' input.

### **Extra-Curricular Activities**

A cookery club is run by a member of staff for at least one-half term each academic year.

### **Monitoring and Review**

The success of this policy will be monitored by all members of the school community.