



ST. ANNE'S C.E.(VC) PRIMARY SCHOOL
HEALTHY EATING POLICY

'Together with God, Making Learning a Life Long Friend'

Approved:	28.11.2024
Review Date:	31.12.2026

We are a Church of England School and our policies are written with a commitment to our Christian Character, which is rooted in the Bible.

Start children off on the way they should go and even when they are old they will not turn from it (Proverbs 22:6)

OUR VISION FOR HEALTHY EATING

At St Anne's Primary School, we recognise that good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social wellbeing. The school is dedicated to helping each child understand the role of healthy eating in achieving good health.

AIMS AND OBJECTIVES

The school aims to:

- Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
 - Develop a positive attitude towards eating habits.
 - Provide opportunities within school to pursue a healthy diet.
 - Help children to understand that some foods should be eaten in moderation.

SUCCESS CRITERIA

Through the successful implementation of this policy the intended outcomes are:

- Children are physically, mentally and emotionally healthy

- Children are making informed choices about their lunches, both school dinners and packed lunches
- Children understand the need for a balanced diet, understand the term 'in moderation'
- For staff to be good role models and have access to information which will help them to provide and develop positive attitudes to healthy eating in young children

HEALTHY EATING LEAD

The member of staff responsible for leading Healthy Eating at St Anne's is Mr Anthony Jones.

APPROACHES

The school recognises the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

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. A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- The sustainability of our food supply and the effect on our planet. On occasions as part of the class lesson the children participate in cooking and food tasting. Permission is sought from the parents prior to this, noting food allergies if applicable. Whenever children work with food in the classroom they are expected to follow basic hygiene routines including:
 - Using clean equipment
 - Always washing hands before and after working with the food
 - Children are also reminded to wash their hands after going to the toilet and before eating
 - Using an individual spoon etc. when tasting food.
 - Hair being tied back
 - Clean work surfaces

RESPONSIBILITIES RELATING TO FOOD

Parents are asked to inform the school of any dietary needs, including any food allergies their child has, whether their child is a vegetarian and also if the school needs to take into consideration any cultural, ethnic religious needs. The school office is to be informed of the individual needs. School staff, including the retained school dinners contractor, are also made aware of particular dietary needs and checks can be made through the office record system. Supply Staff are made aware of dietary related issues.

NATIONAL NUTRITIONAL STANDARDS (LEGAL REQUIREMENTS)

There is a free fruit scheme in operation for infant children. Each infant child is offered a piece of fruit/vegetable each day. There is a different fruit each day e.g. apples, pears, carrots, oranges and bananas. This provides that children with a daily snack and the opportunity to socialise. EYFS and KS1 are part of the free fruit scheme therefore are not required to bring their own fruit, although some choose to bring in a healthy snack as well.

HEALTHY SNACKS

Children need snacks to keep their busy bodies and minds going. Healthy snacking can help children get important nutrients, make up for skipped meals and provide necessary fuel for learning, sports and other activities. Eating small, well-balanced snacks between meals can also keep children from eating too much at mealtimes. Many children bring snacks to school or choose toast. Making those snacks as nutritious as possible is important for pupils' performance and the development of healthy eating habits. Half the sugar children are having comes from snacks and sugary drinks. Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay. Fruit and vegetables are always the best choice. Therefore, at St Anne's school, KS2 children are encouraged to bring in portions of fruit and vegetables to eat at break times. This is monitored by the class teacher alongside the sports lead.

WATER

Children are encouraged to drink water throughout the day. Children can bring in suitable containers from home. Throughout lunchtime water is available at each table. Children are actively encouraged to take water bottles home weekly and wash them. During the week, pupils will be encouraged to rinse and fill their own bottles first thing in the morning. Water is given to pupils who do not have a water bottle.

SPECIAL EVENTS

The school actively encourages healthy eating and drinking, in accordance with the NHS change4life initiative. <https://www.nhs.uk/change4life/food-facts> There are occasions

when, as part of a celebration or special event children will be offered other foods. The school takes every care to ensure that the food and drink provided is suitable for children as part of a healthy, balanced diet.

SCHOOL MEALS

The School aims to provide our children with good quality, healthy food and we actively promote healthy choices. We recognise the importance of eating a hot lunch and encourage children who take packed lunch to switch to a hot lunch. The office team liaise with our catering contractor to feedback on children's preferences and try to make adjustments where necessary. Our caterers work to their own nutrition policy that meets the guidelines laid out by the government. They do not use GM modified food, nuts or nut products or additional salt, they actively discourage the use of convenience food and ensure that at least 90% of their dishes are freshly prepared. There is always a salad bar available at lunch time, and an option of fruit or yoghurt for dessert. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. New menus are sent out termly to all families promoting and encouraging children to eat school dinners. Copies of the lunch menu can be found on the school website and in the classroom. School dinners are booked through the School money system online, so parents can discuss the menu and make decisions with their children. At regular intervals the school council will discuss school meals in their classes and feedback the children's views. Meetings are also arranged with the catering Staff, company and the representative of the school council to discuss children's opinions and ideas for new menus.

PACKED LUNCHES

Packed lunches should follow the same advice given by the NHS change4lifeinitiative. It is important for children to have a healthy lunch so that they receive the right nutrients for the rest of the day at school. Monitoring of packed lunches takes places informally. Any concerns noted by a dinner time staff are reported to the Class teacher, who will in turn, speak to parents. Healthy Lunchbox stickers are given to the children periodically to maintain the importance and profile of healthy eating.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied. Set out below are some suggestions:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These are good to fill children up.
 - A good source of protein, iron, and zinc such as meat, fish, beans, nuts and eggs
 - A good source of calcium such as milk, cheese, yoghurt or Fromage Frais
 - A portion of fruit and a portion of vegetable or salad to provide other vitamin and minerals
- The school provides children with water through

Training

All kitchen staff undergo the relevant food hygiene and nutrition training. The Wrap Around Care Team also have basic food hygiene training.

Reward System

Weekly rewards (stickers/Dojos/house points) are handed out to the children recognised for setting good examples at the lunch time.

APPENDIX (Sources of information)

www.nhs.uk/change4life/recipes/healthier-lunchboxes

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eat-well/>

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

