



Abingdon Primary School Healthy Eating Policy

Introduction

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

Why a policy is needed?

At Abingdon Primary School, we recognise 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.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm

- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices. Healthy eating is taught and provided through science and PSHE.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

This policy will contribute towards other policies in the following way

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food choices and practical food education is included in the curriculum
Science	Healthy eating and nutrition is part of the science curriculum
Equality	We take account of the needs of all our children, including those with disabilities and allergies

Development of the policy

This school policy takes account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the department of health and NHS.

Teaching about healthy eating and cooking in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and DT. We ensure that pupils have the opportunity to study food technology in line with the new national curriculum and emphasise safety issues.

School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards.

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents about this. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take this up.

Snacks

All FS and KS1 classes include a morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. We have staff who are trained to recognise and manage allergic reactions.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through parent workshops, school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water or milk be consumed during the school day.

Parents are given information about the annual national weight measurement programme that children in reception and Year6 take part in and we give information to parents about local weight management services where applicable.

Events and Celebrations

Children are only permitted to bring a birthday cake into school to celebrate their birthday. The birthday cake must not contain nuts.

Water for all

During school meal times, only drinks which comply with the School Food Plan guidelines may be consumed including water and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers to remind them of the school food policy.

Packed lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Why was this policy formulated?

To make a positive contribution to children's health and reflect and Healthy School

To promote consistency between packed lunches and food provided by schools which must adhere to national food standards set by the government.

Packed lunches should include:

- . At least one portion of fruit or one portion of vegetables every day
- . Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- . Oily fish, such as salmon, at least once every three weeks
- . A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day, aim for wholegrain varieties
- . Dairy food such as milk, cheese, yoghurt, fromage frais, soya products every day
- . Water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted
- . If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are – fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (e.g. Muller Rice), fruit smoothies and fruit based crumbles
- . Savoury crackers or breadsticks served with fruit, vegetables or dairy food

Special diets and allergies

The school recognises that some pupils may require diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed lunch containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines, a letter will be sent home with a copy of this policy.

Monitor and Evaluation

- . This policy will be reviewed biennially in light of improvements and changes
- . Events weeks: Portfolios are to be kept as evidence of the activities held during these weeks which include photographs/displays of children's work and participation
- . Curriculum: The PSHE/Healthy Schools coordinator will regularly evaluate and monitor plans and ensure information relating to food and nutrition in different curriculum areas, is consistent and up to date
- . To continue to monitor the fruit scheme in place at Abingdon to ensure inclusion