



Abingdon Primary School

Healthy Eating Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and data from the national child measurement programme. This school food policy is co-ordinated by the Healthy School Leader.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for all pupils from 8:30 – 8:45. Breakfast is served in the classroom by the Teaching Assistant and is available to all children.

Family breakfast events are organised throughout the year.

Lunch

School meals are provided by Middlesbrough council and served between 12.00- 13.00 in the dining halls. The school meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds a catering award Food4health gold award.

School meals are planned on a 2-week cycle and always contain a meat (halal), and vegetarian option. A sample school meal menu is available on request from the school office.

All children in Reception and Key Stage 1 are entitled to a school lunch free of charge.

Packed Lunches

Parents have the option to provide their child with a packed lunch instead of a school provided meal. Parents must notify the school office that they will be providing a packed lunch for their child in advance of the start of the school half term. Children must continue with this chosen option for at least the duration of the whole half term; it is not possible to change options part way through the term.

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch of healthy and nutritious food and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon
- No more than 1 item containing cake or chocolate
- A drink of water or juice

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Chocolate bars
- Fizzy drinks
- Food containing nuts

For further guidance around our packed lunch policy, please see our parent/carer packed lunch guide which is displayed in the school main entrance vestibule.

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.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the session, and include: fruit, water or milk.

Children in Key Stage One are provided with fruit from the school fruit and vegetable scheme.

Drinks

Milk is provided for children in the Early Years each day.

Water is provided throughout the school, with children having a school water bottle which is kept in school and refilled as required.

At lunchtimes, jugs of water and cups are available. Adults encourage children to drink water with their meal. A drink of milk is also available for children who have school lunch.

School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: certificates, books, pens and pencils.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, we welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. Food containing nuts must not be sent to school.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Food containing nuts must not be sent to school.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and extra-curricular activities

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is the Parent Support Advisor, supported by the SENDCo.

Pupil's food allergies are displayed in a sensitive way on the door inside classroom cupboards. A full display of all pupils with food allergies is displayed inside the medical cupboard in the school office and at the serving hatches in the school kitchen. These are kept up to date by the Parent Support Advisor.

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. 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.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Teaching staff are encouraged to eat a school lunch and sit with pupils in the dining hall.

Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year, both in school and through the Children's Centre, for family members to attend. Individual families are supported using our parent support advisor.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Policy date: 1/7/2021

Review date: 1/7/2023

Appendix 1 -Eatwell Plate.



