



Food and Healthy Eating Policy

Agreed and adopted:

Next Review:

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Introduction

We are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This will be achieved by the whole school approach to food provision and food education documented in this policy. This policy is one of several that support children's personal and social development.

This policy aims to inform a balanced approach towards food in school. It recognises the importance of healthy packed lunches and snacks, whilst also acknowledging the need for variety, and the consumption of foods that will stimulate and support us with all learning and personal development. How our children are fuelled has a big impact upon their level of concentration, as well as their capacity to make good choices and achieve their maximum potential.

Aims and Objectives

- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To empower our pupils with the knowledge and skills they need to make healthy choices
- To provide clarity around whole school approaches

Commented [h1]: I wonder if you might consider adding something about 'empowerment' here. Children can have both knowledge and skills but need to feel empowered to effect changes within their own families and communities. E.g. Asking parents to buy cereals with fewer red traffic lights

Procedures and Practice

Nut Free School

Nuts and nut products (including Nutella) are not permitted in school. Should your child be found with a product containing nuts then we will keep this safe, provide them with an alternative snack or lunch, and return the food item to the parent/carer at the end of the school day. This policy helps to keep our children safe.

For further information on how Lockerley School manages allergies please refer to our Allergy Safety Policy.

Snacks

All foundation stage and KS1 children are given a morning break-time snack of either fruit or raw vegetables and so do not need to bring morning snacks into school themselves, although they may if they wish.

Fresh semi-skimmed milk is provided without charge every morning break to children aged 4, and is available to purchase for children aged 5 and over.

Children in KS2 may bring a healthy break-time snack from home, i.e. fruit or vegetables. Crisps, chocolate and biscuits are not suitable as break-time snacks at school. We recognise that some children may need a more filling mid-morning snack so suggest that parents/carers may provide plain bread rolls/sandwiches, or plain crackers, in addition to a packed lunch or hot meal. Healthier lunchbox recipes from the NHS can be found here: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Commented [h2]: I think this guidance is brilliant. The 'plain' should be highlighted!

School Dinners and Packed Lunches

School dinners are prepared on-site. They are prepared every day by Aspens. Four hot options are provided every day, a vegetarian and non-vegetarian choice as well as a jacket potato and pasta. This is in addition to bread, salad and fruit. Meals are nutritionally balanced; providing part of a child's daily recommended calorie intake. Ingredients for school dinners are carefully sourced with many organic and/or locally sourced items, where possible.

Children with allergies or intolerances are catered for with specific menus. Parents/carers should communicate with the school office, and then make their request supported by a letter from the child's doctor.

For further information on how Lockerley School manages allergies please refer to our Allergy Safety Policy.

School dinners are planned on a 3 week cycle, and are carefully considered by Aspens staff. School dinners can be ordered in advance using the Aspens App.

Many children bring a packed lunch to school. This policy aims to support children to have a balanced lunch, and best prepare them for learning in the afternoon.

We take our guidance on packed lunches from the Change4Life resource provided by the NHS. This makes reference to lots of healthy suggestions with regard to children's lunch boxes, and provides further information on how to provide your child with a healthy and balanced diet. This also provides some very helpful advice on how you can make 'swaps' in your child's diet, which in turn may help you to find a healthier balance. Further information can be found at: <https://www.nhs.uk/change4life>. Additionally, and as above, Healthier lunchbox recipes from the NHS can be found here: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Some examples of what packed lunches should aim to include are:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit or vegetables or salad
- Dairy food such as cheese or yogurt
- Meat, fish, or another source of protein such as eggs, beans, pulses, hummus, falafel

Packed lunches must not include:

- Sweets
- Fizzy drinks, isotonic energy drinks (e.g. Lucozade Sport) or drinks in glass containers

Packed lunches should contain a balance – crisps and chocolate bars should be limited, to a suggested maximum of one of each per day.

Water for All

Water bottles are brought from home. They can be taken home and washed daily. Water is freely available throughout the school day to all members of the school community via taps in classrooms and the staffroom. Water bottles should only contain water; other drinks are not permitted. The consumption of water is regularly encouraged throughout the school day. Should there be a medical defined reason as to why a child may need an alternative drink, then clarification will be sought from parents and medical practitioners.

Commented [h3]: This would be unusual – the kitchen aren't egg free as they serve omelette and cakes!

Commented [h4]: Sweets, fizzy drinks and glass seem absolutely fair. I think you could ask parents to limit crisps and chocolate bars and be mindful of providing a balanced lunch as per the link above? Difficult to ban it when school dinners sometimes include ice cream or chocolate brownie!

Birthdays

We do not allow cakes, chocolate or sweets to be brought in from home for the whole class to share for individual birthdays.

Rewards and Celebrations

Cakes, biscuits, chocolate and sweets will not be used as presents, prizes or rewards as part of the usual school day. For parties, celebrations or themed days in school, where parents/carers have been informed, these treats can be part of the food provision, however. Parents are then able to make informed decisions about the foods they may allow their children after school.

Food and Healthy Eating Policy in Action Across the Curriculum

There are a wide range of opportunities for children in all age groups to develop knowledge and understanding of health, including healthy eating patterns and preparing and cooking food as part of the national curriculum.

English provides children with the chance to explore poetry, cultural stories and a variety of other genres of writing with food and food-related issues as a stimulus from across the world. Here, for example, children can consider the influence of climate and culture upon diet.

Maths offers many possibilities for weighing and measuring, calculating quantities for recipes and developing understanding of the nutrition labelling on foods. This helps to teach children about nutritional scores and values, and how to interpret this information of different food types.

Science as above, provides children with the opportunity to learn about different types of foods, their nutritional composition and how to create a balanced diet.

Food Technology is part of Design Technology and allows children to have practical experiences of preparing and cooking food and learning about where food comes from and how to do this safely.

RHSE helps children to learn about how to live a life that is physically, mentally and emotionally healthy. This includes considering diet, exercise, prescribed medicines and drug and substance misuse.

Computing affords children the opportunity to research food issues using the internet. Children may also use a range of software to design posters, packaging and adverts for healthy food, or to highlight the risks of living an unhealthy lifestyle.

Geography provides a focus on the natural world, changing environments and sustainability. Children can consider the impact our consumer choices have on people who rely on growing food as their source of income (Fair Trade), as well as issues such as the carbon footprint inflicted by transporting food all over the world.

History gives us an insight into how food and diets have changed over time and how our health and lifespans have been altered as a result.

Outdoor Learning is a great way to learn about how our food can be grown, and what is involved in the process. Children see processes come to fruition and grow a greater appreciation for fresh produce and what this means vs. say processed.

PE provides pupils with the chance to develop physically and to understand the practical impact of healthy eating on sporting activities as well as daily life.

Fruit Breaks and Snacking supports the children in understanding and reflecting upon the fuel that they put in to their bodies.

Governance and Review

This policy will be adapted and reviewed as required, and as a minimum, every two years. Should there be changing needs or dietary requirements that need a whole school response then the school's approach will be tailored appropriately to ensure the safety and wellbeing of all involved (e.g. allergies).