



Ashton West End Primary Academy

Whole School Healthy Eating Policy

Introduction

In our school we are committed to giving all 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 policy should be read alongside the school's PSHCE, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Aims and objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness

- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign

Food across the Curriculum

In FS, KS 1 and KS 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use locally grown or organic foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in untuned percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.

Extended learning opportunities and gardening clubs from time to time and all the children have a class garden plot in which they can grow food.

After School Provision

The school is keen to ensure that out of school provision linked to the school also encourages pupils to eat a healthy balanced diet. They will ensure that the children have access to clean fresh drinking water.

Snack Time

All FS and KS 1 classes include a morning break time snack of washed fruit to all children. In the FS snack is accessed freely throughout the morning. Children are given responsibility for passing the fruit to others and for helping to clear away. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day.

KS 2 children have the opportunity to buy toast and fruit at playtime— no other snack is allowed during break. Any leftover fruit is taken into the hall and KS 2 pupils have access to this as some children do not bring snacks regularly.

Two pupils from year six are the fruit monitors and help deliver the fruit and milk to each class every morning. The fruit and vegetables are always rinsed and a bin is provided on the playground for any waste.

Water bottles: The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided.

Dining Room

The school believes that pupils of Ashton West End Primary Academy deserve a welcoming and positive dining environment in which to eat and socialise. The school is committed to ensuring all children eat the food they are provided with, all pupils both school dinners and packed lunches are treated equally through supervision and provision and help for those who find lunch times difficult e.g. opening tubs and packets, carrying trays.

School Meals

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is available from the school office. Staff monitor food choices and encourage pupils to try new foods. 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.

Lunch Boxes

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school will encourage children to bring a healthy lunchbox from home. Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

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. The school have recently taken part in a packed lunch audit to monitor the food consumed from packed lunches.

Special diets and allergies

The school recognises that some pupils may require special 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.

Food allergy/intolerance procedures

School recognises that some children may have a food allergy or intolerance. Once parents/guardians have made school aware of any allergies/intolerances a meeting will be arranged by the school with the pupil's parents/guardians, the head teacher, the kitchen staff and preferably with the school nurse/health visitor linked to the child. At least seven days before the meeting a letter from the GP or hospital consultant will be required giving details of the allergy/intolerance.

At the meeting the parent will be required to verify the pupil's allergy/intolerance and discuss the following information:

- The menu and what the pupil can eat on the menu and any other relevant information from the parent/guardian that is required.
- Procedures to be followed in the instance of an allergic reaction and whether or not the pupil will require additional support from a member of school staff.
- The process for providing an up-to-date photograph of the pupil at regular intervals to be displayed in a prominent place within the kitchen. The photograph is to be updated at least once a menu cycle whilst the pupil is having school meals.
- The roles and responsibilities of the school, kitchen staff and parents/guardians for catering provision throughout the day.

All staff should be made aware of the details of the pupils with allergies/intolerances in school. Any temporary staff should be offered as much assistance as possible by staff to identify pupils with allergies/intolerances.

Parents/guardians should inform school of any changes to the pupil's diet due to changes to the allergy as soon as possible after the change has taken place. A review should be undertaken annually.

Partnership with parents and carers

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 regularly updated on our water and packed-lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out-of-school events, e.g. school discos etc., the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

Monitoring and review

The healthy schools coordinator is responsible for supporting colleagues in the delivery of the food policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

Signed

Date

Review Date