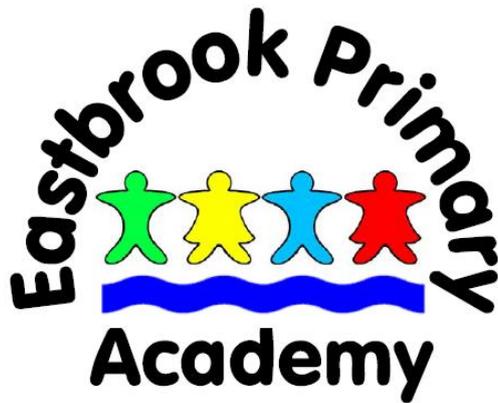


# *Healthy Eating*

## *Policy*



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<b>Ratified by Governors</b>	<b>Louise Askew</b>
<b>Next Review Date</b>	<b>September 2023</b>
<b>Signed – Governor</b>	<b>Louise Askew</b>
<b>Signed – Headteacher</b>	<b>Paul Wade</b>

## **INTRODUCTION**

At Eastbrook we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As a school we endorse fresh, local food.

As a school we know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community.

At Eastbrook we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

## **AIMS AND OBJECTIVES**

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure staff and volunteers are trained so that children receive a consistent message.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that packed lunches brought in from home provide the child with healthy and nutritious food that is similar to food served in school, which is guided by national standards.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## **ORGANISATION – PACKED LUNCHES**

The Food Standards Agency survey of packed lunches showed that many children’s lunches contained too much sugar, salt and fat and little fruit and vegetables. At Eastbrook we are committed to encouraging parents to provide healthy lunchboxes for children.

- Pupils’ lunch boxes should offer balanced nutrition. Across a week, parents are encouraged to offer a variety of healthy foods.
- Lunch boxes should not contain more than one of these foods: crisps, confectionary, chocolate bars and sweetened drinks.
- Fizzy drinks, chewing gum, nuts (if someone in the school has an allergy) and sweets are not allowed.
- The contents of children’s lunchboxes will be monitored, to ensure a balanced meal is being provided and the portion size is appropriate for the age of the child.
- Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts if someone in the school has an allergy. Some children are allergic to nuts and a serious reaction, including breathing difficulties can occur.
- Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.
- At special events such as Christmas parties, food contributes to a sense of celebration and sharing. On these occasions party food may be allowed, but the staff will remind the children that this is an “occasional” treat and not “every day food”. Details of such events will be shared with parents through the school’s website, letters and newsletters.
- The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided.

## **ORGANISATION – DINING ENVIRONMENT**

At Eastbrook we are committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of children. The school will aim to provide a calm, ordered environment conducive to good behaviour and mutual respect.

- The dining room and main hall are well staffed with lunchtime supervisors and older pupils who assist the children in a variety of ways such as opening yogurt lids, pouring water, keeping table surfaces clean and tidy. A member of the Leadership team is always on duty.
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. They will also be encouraged to eat their sandwiches and savoury things first.
- Children will be encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Children will be required to enter and leave the dining hall in an orderly way; to show respect for other diners.
- Parents or carers will be advised if their child is not eating well.
- The children will be encouraged to demonstrate good manners in the hall e.g. using quiet ‘indoor’ voices and saying “please” and “thank you”.

- The children will seek permission from a Lunch Supervisor before leaving the table (by raising their hands) and they will be encouraged to eat the food they have been provided with.
- EYFS children start lunch first and are collected from the dining hall in different groups so that they all have long enough to eat their meals.
- KS1 children are expected to remain in the dining hall until a lunchtime supervisor indicates that playtime has started, to ensure they have plenty of time to enjoy their food.
- KS2 children are encouraged to eat all of their food before leaving the hall.

#### **ORGANISATION - CURRICULUM**

- We regard healthy eating and healthy lifestyle education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Assemblies (one per term) to offer an opportunity to explore health and food related issues.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, Design and Technology and PSHE (Personal, Social, Health Education) curriculum.
- All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain, healthy lifestyles (exercise, sleep and the components of a healthy diet) and its effect on the human body through the Science curriculum.

#### **SNACKS**

- We have agreed the following statements:
- Children in Reception class have a 'rolling snack' system which allows them to eat when hungry.
- Children in KS1 will benefit from the Government's Fruit and Vegetables Scheme. These children will be encouraged to eat their piece of fruit or vegetable as part of their daily snack time.
- To ensure consistency across the school KS2 children will also be encouraged to eat fruit or vegetables at break time. Other healthy snacks could include; bread sticks, wholemeal crackers or rice cakes.
- Chocolate, sweets, biscuits, crisps, and cakes are not allowed as everyday snacks in school. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- For medical reasons nuts are also not allowed. As a school we have a duty of care to all our children.
- Children are able to purchase milk from Cool, which they can also drink at break times.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. It has been recognised that drinking plenty of water improves behaviour and concentration.
- Eastbrook recognises that healthy snacks are crucial to aid learning and development.

## **7 - MONITORING AND EVALUATING**

- The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors will inform and consult with the parent council and the school council about the healthy eating policy as required.
- The effective implementation of this policy will be monitored by the co-ordinator, the Headteacher and the Governing Body.
- The policy will be evaluated after 12 months through a survey of the views of the whole school community, particularly the views of pupils. This takes place through assemblies, in class discussion and school council.