



Healthy Eating Policy

1 - INTRODUCTION

At Wanborough we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style 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 Wanborough we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

2 - AIMS AND OBJECTIVES

- 1) 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.
- 2) To ensure staff and volunteers are trained so that children receive a consistent message.
- 3) 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.

4) To encourage and promote 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 now regulated by national standards.

5) 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.

6) To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

3 - SCHOOL LUNCHES

1) We will serve only nutritionally balanced food and drink for our school lunches.

2) The lunches will be prepared by on-site catering staff, who will be committed to providing healthy food, following National Standards and Guidelines. This includes the provision of fresh fruit and vegetables on a daily basis.

3) Catering staff will, where possible, use fresh produce grown and cultivated from our school allotment.

4) The cook is informed about children who have special dietary needs or allergies.

5) The school occasionally has themed days related to a topic or festival.

6) School lunch menus include allergy information for both parents and staff.

4 - 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 Wanborough we are committed to encouraging parents to provide healthy lunchboxes for children.

1) Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.

2) We encourage parents to supply lunch boxes that should not contain more than two of each of these foods: crisps, chocolate bars and sweetened drinks.

3) Fizzy drinks, chewing gum, nuts and sweets are not allowed.

4) Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches/food containing nuts. Some children are allergic to nuts and a life threatening reaction could occur if they come into contact with them.

5) 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.

7) 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 letters and the school's weekly newsletter.

8) 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.

5 - ORGANISATION - DINING ENVIRONMENT

At Wanborough 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.

1) The dining room is well staffed with lunchtime supervisors who assist the children in a variety of ways such as opening yogurt lids, opening containers, keeping table surfaces clean and tidy.

2) 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.

3) 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.

4) Children will be required to enter and leave the dining hall in an orderly way; to show respect for other diners.

5) Parents or carers will be advised if their child is not eating well.

6) The children will be encouraged to demonstrate good manners in the hall.

7) The children will seek permission from a Lunch Supervisor before leaving the table and they will be encouraged to eat the food they have been provided with.

6 - ORGANISATION - CURRICULUM

1) 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.

2) Assemblies to offer an opportunity to explore health and food related issues.

3) 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.

4) 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.

7- EXTRA CURRICULAR ACTIVITIES

1) We will provide opportunities for our children to enhance and extend their interests, skills and knowledge relating to food and healthy eating, through after-school clubs.

2) Through the provision of a Cookery Club, pupils will be given opportunities to enjoy cooking and eating the foods they make, learn basic food skills, apply food safety and hygiene rules and embrace other cultures through the food they produce.

3) The school Gardening Club will provide pupils with a context for looking at food chain issues and understanding where food comes from. They will learn to grow fruits and vegetables and harness the full potential of the outdoor classroom as a teaching and learning resource for healthy eating.

4) We will use the knowledge and opportunities provided by outside interests, to promote a healthy, balanced diet and lifestyle among our pupils and staff. This may involve off-site visits, or inviting guests to the school to share their knowledge and expertise.

8 - SNACKS AT MORNING BREAKTIME

1) It is too long for children to go from breakfast time to lunch without a snack and so parents are asked to send in a healthy snack to eat at morning break - for example, fresh or dried fruit and vegetables, plain rice-cakes, wholemeal crackers, bread sticks or similar foods low in sugar will be encouraged. Children's packed lunches should be left for lunchtime and an appropriate snack will hopefully not deter children from eating their lunch which will also save the amount of wastage we sometimes experience.

2) Children in KS1 can benefit from the Governments Fruit and Vegetables Scheme. These children will be encouraged to eat their piece of fruit or vegetable as part of their daily snack time.

3) 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.

3) Chocolate, biscuits, crisps, and cakes are not encouraged 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.

4) For medical reasons nuts are also not allowed. As a school we have a duty of care to all our children.

5) Children are able to purchase milk from Cool, which they can also drink at break times.

6) 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.

7) Wanborough recognises that healthy snacks are crucial to aid learning and development.

9 - DRINKING WATER

1) Drinking water is provided in all classes, and children are encouraged to drink water sensibly.

2) We recognise that children learn better when they are kept hydrated during the day and so all children are encouraged to bring a bottle of water to keep in the classroom. Children are not allowed squash inside their bottles due to the sugar content and its effect on teeth when a meal is not taken with it. Squash may however be drunk at lunchtimes. Fizzy drinks are not permitted, however, smoothies, fruit juice and similar drinks are fine for lunch.

3) The school has a water fountain to hydrate children during lunch and break times.

10 - ROLE OF THE SCHOOL

1) As well as addressing food and healthy eating within the curriculum, the school will ensure relevant staff are adequately trained and qualified to teach and develop food related topics in school. Food handlers will receive Basic Food and Hygiene training and continuing professional development is actively encouraged in this area.

2) The PSHE co-ordinator has responsibility for ensuring requirements relating to Healthy Schools accreditation are implemented and reviewed on a regular basis.

3) A member of staff will meet with the School Council on a regular basis to discuss matters pertinent to improving the health and welfare of pupils and staff in our school.

11 - ROLE OF PARENTS

- 1) We will work closely with parents to ensure that the messages about food and drink we give in school, are reinforced and supported at home.
- 2) We encourage parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.
- 3) We will keep parents informed through meetings, newsletters and information literature, to explain to them the importance we place on healthy eating, and why we endorse this policy.
- 4) Sweets or chocolates for special occasions, such as birthdays, are permitted but should be minimal in size. (however not whilst COVID rates are high)

12 - MONITORING AND EVALUATING

- 1) The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies.
- 2) Parents will be reminded of the school's expectations if their child is bringing snacks/lunches which are causing concern. The School Nurse or Family Support Worker may be contacted for further support for families.
- 3) The effective implementation of this policy will be monitored by the Headteacher and the Governing Body.

Approved: (FGB) November 2023

Next Review: November 2025