

Healthy School (including Food and Drinks) Policy

1 Introduction

1.1 We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

1.2 Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. This Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about healthy lifestyles can be really effectively conveyed. This document sets out our policy on this.

2 Aims and objectives

- To promote a whole school approach to a healthy lifestyle
- To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle
- To increase the children's knowledge and understanding of the importance of water in their diet
- To develop the teaching of Food Technology aspect of the Design and Technology Curriculum with regard to Healthy Eating
- To provide children with more choices as to how they use their playtime by the development of the school grounds
- To help children develop greater confidence, motivation, self esteem and have the skills, information and understanding to make important life and health choices.
- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.

3 The curriculum

3.1 We will plan explicit teaching about healthy living (including healthy eating) in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops.

In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while

other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

- 3.2 We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

4 The school environment

- 4.1 We will ensure that our school environment promotes healthy living. We will not allow children to bring sweets, crisps or chocolate into school at any time.
- 4.2 We will not give sweets or chocolate as prizes or rewards in school.
- 4.3 We will not have vending machines on the school site that dispense sweets or chocolate.
- 4.4 We will encourage children to drink plenty of water by encouraging them to bring a bottle of water into school for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.

5 School lunches

- 5.1 We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.
- 5.2 The parents or carers of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch.

6 Provision

- County Catering Services provides the School Meal provision,
- The pupils are encouraged by the catering and school staff to make healthy choices.
- Water and milk is provided at lunchtimes and pupils are encouraged to bring named water bottles to school to access water at other times. Drinking fountains are provided in school. Pupils are taught about the health benefits of water.
- After physical activity and during hot weather, children will be encouraged to drink more water.
- Reminders are given in newsletters.
- Hygiene – water bottles will be taken home daily to be washed.
- Fruit is given out at break times.
- We grow in season vegetables and fruits and are encouraged to cook and eat these and share with the rest of school.
- Cooking is a part of the Curriculum throughout the school and an emphasis is placed on healthy eating.
- Foundation Stage and Key Stage 1 pupils are provided with a healthy food snack daily.
- School actively partakes in the Fruit and Vegetable Scheme.

- Sweets should not be given as rewards for achievement, good behaviour or effort – alternative rewards will be discussed.

The food standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions.
- Fundraising events.
- Food used in teaching food preparation and cookery skills.
- Food brought in on an occasional basis by parents or pupils.
- Prizes for competitions or other events.

7 School Lunches – County Catering

For schools included in this agreement with Lancashire Caterers our caterers will:

- Ensure lunch menus comply with the school lunch nutritional standards, including having the menus nutritionally analysed and providing schools with documentary evidence of compliance when requested.
- All other food served in school by our caterers will comply with the regulations.
- Ensure food used for school catering does not contain additives suspected or known to be a problem for sensitive people, does not contain artificial sweeteners and does not contain hydrogenated fats.
- Not knowingly use any food ingredients that have been genetically modified. Contracts with suppliers will stipulate this.
- Cater for special diets, at no additional cost, when requested on medical, cultural or religious reasons.
- Promote and market healthy school meals in our school, help pupils make healthy choices and attend school councils to discuss school catering when required.

8 Role of parents and carers

- 8.1 We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home.
- 8.2 We expect all parents and carers 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.
- 8.3 We will hold parent meetings each year to explain to parents and carers the importance we place on healthy eating, and why we endorse this policy.

9 Monitoring and review

- 9.1 The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.

Tatham Fells CE (VC) Primary School

Food Policy

Signed (Headteacher):

Signed (On behalf of the Governing Body):

Date: January 2014

Review date: January 2017