



INTRODUCTION

Valence Primary School is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating and drinking, enabling pupils to make informed choices about the food they eat and drink. This will be achieved through a whole school approach to food and nutrition documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

The Whole School Approach

A whole school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the whole school community about healthy eating and good nutrition within school.

FOOD POLICY CO-ORDINATOR

This policy and healthy lifestyle strategy is co-ordinated by leading staff including members of the Senior Leadership Team, the Science Team and the P.E. Lead.

POLICY AIMS

The main aims are:

To enable pupils to make healthy dietary choices through the provision of evidence-based education and the development of appropriate skills and attitudes.

To provide healthy dietary choices throughout the school day.

These aims will be addressed through the following areas:

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T). This includes the teaching of cooking skills in D&T.

Science

Pupils study a range of topics that provide an opportunity to learn about the types of food and drink available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children's learning about living things includes growing plants which are prepared and eaten in D&T. In addition, pupils learn about care of their bodies, including their teeth, and the impact different dietary choices as they grow and age.

Design and technology (DT) Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught in each year group through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products. Much of the work covered links with their science topics.

Cross curricular links

Physical Education (PE) Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physical activity for both their short term and long-term wellbeing.

Personal, Social and Health Education (PSHE) Encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle. This area also addresses issues such as body image and the impact of legal consumables that may cause harm i.e. energy drinks, alcohol and caffeine. Pupils can discuss issues of interest to young people.

PHSE

Resources for the teaching of a healthy diet in PSHE have been selected to complement the delivery of the curriculum in other subject areas, particularly science. Resources are available to all staff via the staff intranet. Books are available for pupils in the library and Healthy Diet tips are shared on our School Website for all stakeholders e.g. How to Make Healthy Packed Lunches.

Religious education (RE) Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers planning meetings.

All staff have a key role in accurately shaping pupils' knowledge, skills and attitudes regarding what constitutes a healthy diet. It is important that all staff are familiar with healthy dietary guidelines.

Resources

Resources for the teaching of Healthy Eating have been selected to complement the delivery of the curriculum in subject areas. The range of materials used is available for review on request to the Head teacher. Books on Healthy Eating are available for pupils in the library.

Extra-curricular activities

The school aims to provide a cookery club, developing basic skills in planning, preparation and cooking healthy meals and an understanding of basic food hygiene.

Pupils are involved in growing foods in the outdoor garden areas, developing an understanding of where food comes from. From time to time, visits may be planned to local allotments, supermarkets or farms.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at. <http://www.schoolfoodplan.com/standards/>

Extended School Provision

Breakfast is an important meal that should provide 25% of a child's energy requirement and contributes significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes low sugar cereals, fruit, toast, milk and water.

In addition, we have teamed up with an organisation called **Magic Breakfast**, to offer free breakfast snacks to all pupils. A **Bagel Bar** will be in the playground every day. We aim to ensure that all pupils start the day with something nutritious in their stomachs.

The school also offers a meal for after school club children.

Breakfast and After School clubs meet the School Food Standards.

SCHOOL LUNCHES

The school aims to provide pupils with the opportunity to eat a healthy balanced Meal. The food is prepared by the catering team and meets the School Food Standards for School lunches. Pupils are encouraged to have a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime.

A sugar smart school

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake
- Cooking lessons or afterschool clubs with the emphasis on savoury dishes or low sugar recipes
- Promoting oral health - for free resources you can visit the Oral Health Foundation's website: <https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on ohp@clch.nhs.uk
- Encouraging families to register with a dentist and arranging dental checks in school.
- Running competitions that encourage families to raise awareness of healthy home choices.
- Providing free water and milk at meals. We do not permit any other drinks.
- Sweets and cakes for birthdays are not permitted.

Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Fresh fruit and milk are offered to children in the lower school during the morning. Older children are permitted to bring fruit or a healthy snack for playtime.

Drinks during the School Day

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water throughout the day. In addition, the school provides free milk at lunchtimes to all children, on request, in order that a healthy drink choice is available.

Packed lunches

The school encourages families to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting and rewarding healthy packed lunch decisions. Only milk or water are permitted with packed lunches, both are provided free to children.

Special events

Food provided for special events e.g. Head teacher tea party and class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable), a savoury item, a sweet item and a drink. Food is not used as a reward. Children are not permitted to bring sweets and/or cakes in to school on birthdays.

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour, end of term treats or other achievements. Other methods of positive reinforcement are used in school.

PROMOTING HEALTH EATING MESSAGE THROUGH THE SCHOOL ENVIRONMENT

Role of Staff

It is the responsibility of the School Leaders to:

- Ensure that all staff and parent/carers are informed about the Food and Drink Policy, and that the policy is implemented effectively.
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils.
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.
- Liaise with caterers.
- Monitor teaching and learning about healthy eating.
- Oversee the content of the curriculum to ensure that all pupils have the opportunity to learn about healthy eating.
- Encourage positive role models amongst staff.

Roles of Parents/Carers

The school is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and cooperation. In promoting this objective, we will:

- Inform parents/carers about the school Food and Drink policy and healthy eating practice.
- Inform parents/carers about the best practice known about healthy eating so that parents/carers can support the key messages being given to children at school.
- Discuss with parents/carers how we can jointly support their child if they are not eating well at lunchtimes.

Role of Governors

The governing body is responsible for monitoring the Food and Drink Policy. The governors support the Head teacher in following guidelines from external agencies. Governors inform with parents/carers about the policy as required.

Quality of the Environment

The eating environment and social aspects of meal times

Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining areas user friendly by;

- Monitoring noise levels
- Giving the opportunity to eat food without being rushed
- Having appropriate furniture and seating
- Staff supervision
- Appealing presentation
- Providing positive messages about food

SPECIAL DIETARY REQUIREMENTS

In healthy dietary education, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and vegans

We offer a vegetarian option daily on our School Meal Menu. When necessary the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets and facilities are agreed in consultation with families.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

MONITORING AND EVALUATION

The school will evaluate the impact of the Food and Drink Policy by feedback received from parents and governors. This policy will be reviewed annually.

Review Date: Feb 2020