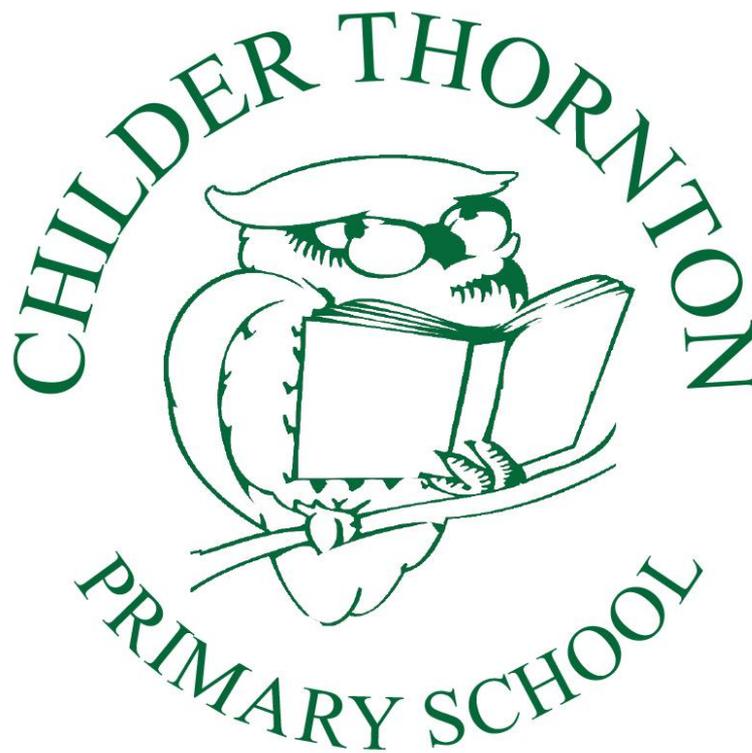


CHILDER THORNTON PRIMARY SCHOOL

Healthy Eating Policy



Policy Reviewed: Summer Term 2016

Next Review: Summer 2017

HEALTHY EATING POLICY

Introduction

Childer Thornton Primary School is dedicated to providing an environment that promotes healthy eating and provides pupils with the opportunity to make informed choices about the food they eat. The school will promote healthy eating in curriculum lessons (Science, PHSE) and in the food served for school meals in association with Eric Wright FM Ltd.

A member of Senior Management will meet regularly with Eric Wright FM Ltd to discuss any issues relating to the provision of school meals and to also organise activities involving the catering staff and pupils working together.

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

The school's Healthy Eating Policy is totally voluntary and school realises that a child's diet is ultimately the responsibility of the parent. However, we do encourage full participation through staff disposition, teaching topics and activities carried out within school.

The main aims of our policy are:

- To enable pupils to make more informed choices about healthy eating through the provision of information and development of age appropriate skills and attitudes
- To provide pupils with healthy food choices throughout the day
- To encourage the drinking of water during the school day

These aims will be address through the following areas:

Equal Opportunities

As in other areas of the curriculum, we recognise the value of the individual and strive to provide equal access and opportunities to all our pupils.

Curriculum

Healthy Eating/Food and Nutrition is taught at an appropriate level throughout each Key Stage by developing:

- Scheme of work – Science and PHSD
- Teaching and learning skills
- Input in the classroom – visitors into school
- Resources selected to compliment the delivery of the curriculum in other subject areas

Food and Drink provision throughout the school day

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

The children who attend our before school club are also offered suitable food before the start of the school day.

Mid-morning Snack is provided for our EYFS and KS1 pupils through our participation in the Schools' Fruit and Vegetable scheme. All other pupils may also bring in snacks and are regularly reminded that these should be healthy choices.

School lunches are provided by Eric Wright FM Ltd. There is a 3 week rotating menu offering both hot meals and a deli style bar. Food prepared by the school catering team meets the Nutritional Standards for School Lunches and other School Food as detailed on the www.education.gov.uk website.

They do not apply to packed lunches provided by parents, although we ask parents to think of a healthy option as many times in the week as possible.

Throughout the school year, parents will be reminded of the criteria and contact details to check on eligibility for Free School Meals.

Drinking Water is available through fountains in all of the classrooms. There are also drinking fountains which can be easily accessed by all pupils on both of the playground areas during break times and outdoor PE lessons.

If required, pupils may also bring in named drinking bottles containing water and they will have easy access to their drinks at appropriate times during the school day.

School Trips

When a packed lunch is required, parents will be given as much notice as possible and a text reminder will also be sent to avoid pupils coming into school without any lunch.

Special Dietary Requirements

School caterers will offer food in accordance with pupil's religious beliefs/cultures, to accommodate for food intolerances and allergies, and dietary requirements, eg: vegetarian/vegan. Close links exist between school staff and the catering team so that appropriate measures are taken.

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 adequate storage and washing facilities are available, refrigerators are used when necessary, appropriate training, suitable equipment and clothing are available and good personal hygiene is maintained.

Eating Environment

We respect the pupils as valued customers and appreciate their feedback/comments through surveys, Pupil Parliament and class suggestion boxes.

The dining hall is well staffed by both catering staff and MDA's who are able and willing to assist the pupils as necessary. The atmosphere is maintained at a calm and relaxed level for the children to enjoy socialising with their peers. Good manners are encouraged by all members of staff, children are to enter and leave the hall in an orderly fashion and show respect to other diners. EYFS and KS1 children will ask for permission before eating dessert or leaving the table.

If there are any concerns regarding a child's eating, parents will be informed.

During the warmer weather pupils are permitted to have packed lunches outside – there are picnic tables and seating areas around the playground which the children are able to use as well as the perimeter of the field.

School Association

We are aware that our School Association organise many fundraising events during the year which may sometimes appear to be in conflict with our school's Health Eating Policy. As a school we will keep the School Association informed of our policy and request that parents are notified in advance of the type of refreshments that will be offered so that informed choices may be made.

When the School Association organise Cake Sales, we will restrict the sale during school time so that pupils are only permitted to buy one cake. Any unsold cakes will then be passed to the School Association so that they may sell them to parents at the end of the school day.

Monitoring and Evaluation

The effective implementation of this policy will be monitored by the Head Teacher or Deputy and the Teaching and Learning committee of governors.

The policy will be reviewed annually during the summer term.