

# BEORMUND PRIMARY SCHOOL HEALTHY EATING & FOOD POLICY

## INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

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

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

## FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **Julia Padmore**.

## FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

### 1. 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.

### 2. CURRICULUM

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

This is addressed through: Healthy cooking lessons during design and technology; PSHCE lessons where healthy lifestyles are discussed.

### 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 role-play. These decisions are made at teachers planning meetings.

### **Leading by example and staff training**

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this a meeting is held on a regular basis with the school catering company and the menus are reviewed.

### **Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

### **Resources**

Resources for the teaching of healthy eating in PSHCE have been selected to complement the delivery of the curriculum in other subject areas. These are stored on the school network system these resources are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

### **Evaluation of pupils learning**

#### **◆ Primary**

The healthy eating aspects of the National Curriculum are assessed and evaluated through activities, which have been built into the programme, as part of the planning process.

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- ◆ Discussion of the suitability of resources and methodology at team meetings
- ◆ Consultation with pupils through the School Council to look at existing provision and to make recommendations for the future.
- ◆ Questionnaires for pupils at the end of a special event about the suitability of the programme and resources

### **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

#### **Breakfast**

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

The school operates a Morning Munch that provides toast, cereal, fruit and a drink for those who do not get breakfast at home.

#### **National Nutritional Standards for School Lunches**

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering company meets the National Nutritional Standards.

#### **SNACKING**

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

The school only allows fruit as a snack.

#### **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 or academic or other achievements. Other methods of positive reinforcement are used in school for example, trips out, extra 'goals' special events.

#### **DRINKING WATER**

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

The school agrees with this recommendation and provides a free supply of drinking water in named drinking bottles for all children in class.

## **PACKED LUNCHES**

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

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

### **VEGETARIANS AND VEGANS**

School caterers offer a vegetarian option at lunch every day. 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 caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

## **6. 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.

## **7. THE FOOD AND EATING ENVIRONMENT**

The dining hall is clean and clear of other equipment. The tables and chairs are of a good standard and the school catering assistant is trained in hygiene. The Head insists on good behaviour from all children during mealtimes so that it aids digestion and good food habits.

## **MONITORING AND EVALUATION**

There is a detailed parent survey on an annual basis which includes issues relating to healthy eating in school. We have had very positive responses in the past and hope to maintain this standard in the future.



## **REVIEW**

It was rewritten in December 2004 and reviewed in September 2006, 2010, 2011, Dec 2012, Dec 2013, 2014 & 2015

Is policy will be reviewed in December 2016

Staff involved in this review were:

Steve Sleat  
All Class Teams Staff  
SLT