



# St John with St Michael CE Primary Healthy Eating Policy



At St John with St Michael we believe that every child has the right to develop an awareness and understanding about living a healthy lifestyle and making individual healthy choices. In addition, we believe that healthy eating should not just be part of the school day but we hope to embed it in all the school ethos, through a positive attitude towards healthy food in order to continue these choices at home and in later life.

We have decided to implement this policy in response to several pieces of recent research. These include:

- ❖ Lancashire County Council. The council found that in Lancashire 25% of the population is obese and a further 35% are overweight. In relation to primary schools, almost a quarter (23%) of reception children are obese or overweight and in Year 6 the rate is almost one third (32%).
- ❖ Intelligence for Healthy Lancashire found that in Rossendale the number of 5 and 12 year olds with decayed, missing or filled teeth is significantly higher than the national rate for England. This shows too much sugar consumption.

## Aims and objectives

- ❖ To help prevent future health conditions such as heart disease and diabetes
- ❖ Increase knowledge and awareness of food issues, what constitutes a balanced diet and content of food products
- ❖ To help children make informed choices of food without guilt or anxiety
- ❖ Making children aware of how to prepare food safely and hygienically
- ❖ To widen knowledge and awareness of food available to us
- ❖ Ensuring children are well nourished at school and have access to a wide range of tasty, nutritional food and drink which meets The School Food Standards

## Curriculum

At St John with St Michael we provide a broad and balanced curriculum and make cross curricular links whenever possible. However, as we feel healthy eating is such an important topic for the personal development, behaviour and welfare of our children, we also teach Food Technology as a stand-alone subject.

In the academic year 2015/2016 and for the foreseeable future we are following the Food a Fact of Life scheme of work. For both key stages it is broken down into four main areas: healthy eating, cooking, food and farming, and learning with stories. This scheme of work provides a fun, creative approach to learning about food and also teaches that there is no such food as bad food but everything can be eaten in moderation.

## Assessment

We assess the children's progress, understanding and knowledge in relation to Food Technology in several ways including:

- ❖ Use of peer and self-assessment tools
- ❖ Evaluation and reflection forms
- ❖ Through observations and discussions
- ❖ Use of photographic evidence in the form of a diary/journal etc

## Provision of food and drink during the school day

All food provided during a school day is hygienically prepared and meets The School Food Standards.

**Breakfast club** - Cereal, toast, jam, fruit, fruit juice, water and milk is available to those who attend. Breakfast is the most important meal of the day and we find that those who eat breakfast learn much better.

**Playtimes** - Free milk and a healthy snack is available for children up to 5 years old. A piece of fruit or veg is also provided for children in class 2.

For older children we recommend that they bring a healthy snack as items such as sweets, biscuits, chocolate, crisps (high in sugar and fat) are not allowed.

Mid-morning snack can also be purchased from the school kitchen. Toast, fruit bread, crumpets and fruit are available at a small cost which can be paid to the school office.

**Packed lunches** - We suggest that packed lunches offer a broad and balanced diet and a variety of different foods. Please see

[https://www.nutrition.org.uk/attachments/050\\_BNF%20Healthier%20Packed%20Lunches%20Leaflet.pdf](https://www.nutrition.org.uk/attachments/050_BNF%20Healthier%20Packed%20Lunches%20Leaflet.pdf) or

<https://www.gateshead.gov.uk/DocumentLibrary/Education/Strategies/School%20Meals/Packed%20Lunch%20Leaflet.pdf> for further information on what is acceptable in a packed lunch.

Children who bring in healthy packed lunches will be praised and receive rewards such as stickers, fantastic tickets and certificates etc.

**School meals** - Healthy hero menus are provided by Lancashire County Council and implemented by our school catering staff. All food served meets the School Food Standards set out by the government. A four weekly menu is prepared by the school meals service and sent out to parents. Children have a choice of two different menus each day - all of which are balanced and nutritional. Specialist dietary needs are also catered for if the school is informed in advance.

The kitchen staff also cater for our themed curriculum and often adapt the menu to fit with special occasions or celebrations such as The World Cup and Christmas.

All children up to the age of 7 are entitled to universal free schools meals. These can be applied for via the school office. However, we also recognise the value of free school meals to children

from low-income families. This system is actively promoted by the school and a non-discriminatory process is emphasised.

**After school club** - If a child stays for after school club later than 4.30pm then they are provided with a healthy snack and drink. Again, the food and drink provided meets the School Food Standards and includes toast, cheese and crackers, milk and fruit juice etc.

**Drinks** - We recommend that each child brings a water bottle to school which can be refilled during the day. We encourage children to drink plenty of fluid throughout the day; especially after PE or in hot weather. However drinks that are high in sugar such as milkshakes and energy drinks are not allowed and will be confiscated.

### **Dining room experience**

At St John with St Michael, we understand that a positive dining room experience contributes towards the development of social skills and the behaviour of children. Catering, welfare and teaching staff work together to create a calm and enjoyable atmosphere and we encourage the use of appropriate table manners. In addition, to make this a smooth process we stagger intake into the hall to reduce queuing time and to ensure children have plenty of time for physical activity during their lunch hour.

### **Exemptions**

Although we try and promote healthy eating at all times, there are of course times when exceptions can be made. These include:

- ❖ Fund raising events
- ❖ Celebrations or parties
- ❖ For cultural and religious experiences
- ❖ Cookery club
- ❖ Baking in EFYS
- ❖ For rewards (in moderation)

### **Health and safety**

- ❖ All staff who play a part in teaching, serving or prompting healthy eating and food have sufficient food hygiene certificates
- ❖ All children are made to wash their hands before and after handling food or eating
- ❖ Sterilising wash is used to clean all equipment after use
- ❖ All food served is stored suitably at the correct temperature

Written by L Westerman (PE coordinator)

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