



Long Sutton Church of England Primary School

Whole School Food Policy 2021-23

Date of Last Review	Date of Next Review
November 2021	November 2023
Responsibility for Review and Monitoring / Auditing	
Headteacher in partnership with Curriculum & Standards Committee	
Purpose	
To identify how we promote healthy eating	

Long Sutton Church of England Primary School Whole School Policy

Rationale

Long Sutton School is committed to creating an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through a well planned and taught curriculum and a variety of enrichment activities we aim to improve the health and wellbeing of children.

At this school we believe a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

Aims of the school

- * To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.
- * To adopt a whole school approach to healthy eating
- * To encourage the eating of fruit and vegetables at snack time and lunchtime
- * To teach children through science, PSHE, school visitors (eg parents running cookery club, school meals provider making healthy snacks) and food technology about healthy balanced diets so that they have information to make healthy choices about food.
- * To encourage good hygiene when handling food in curriculum time and before eating meals
- * To encourage children to drink water, in class and at lunchtimes and breaks. Water is available from school water fountains, water provided at lunchtime and from own water bottles. Children are encouraged to take water to school clubs.
- * To encourage healthy lunches by promoting the school meals service. Parents who choose to provide packed lunches are encouraged to provide a healthy packed meal.

Objectives

1. Working with the school meals caterer to ensure healthy eating

- * The school and its caterer meet the nutritional standards for school meals.
- * The school meals provider provides food in accordance with pupil's religious beliefs. A vegetarian option is offered every day for those who wish to take this option. Individual health care plans are created for children 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 food allergies and intolerances and provide individual diets as are needed.

* The school works with the school meals provider to encourage children to take part in special themed meals such as the kings and queens' meal for Magna Carta day, jacket potatoes for bonfire night, hot dogs and sweetcorn outdoor meal, Christmas lunch.

* There is regular liaison with the caterers to develop variety in meals such as jacket potatoes and packed lunches to encourage children to take the school meals option and also to discuss issues with particular meals.

* The school caterer's offer packed lunches for all children on educational visits to encourage healthy eating during offsite activities.

* The school caterers visit the school to make healthy snacks with children, and to teach about food hygiene and nutrition.

2. Teaching about healthy balanced diets through the school curriculum

* The school includes work associated with healthy balanced diets in its curriculum. This is taught through science, PDL and food technology lessons. The children learn about nutritional aspects of food. They have opportunities to prepare and cook food.

* Children will be taught about healthy eating in school and the school policy regarding snacks and lunchboxes. Children at key stage one are encouraged to eat the fruit from the free fruit scheme and milk is offered to children in both key stages. To encourage participation healthy snack time is on the school timetable for key stage one. There is a consistent message across the curriculum about healthy eating. Children at key stage two are only allowed to bring healthy snacks for break such as fruit, cheese or cereal bars.

* Healthy schools is part of the school strategic plan with the focus on healthy food choices and healthy environment at lunchtime and playtime.

* Children will learn about food hygiene in science and food technology lessons.

3. Working with parents to provide healthy food at lunchtime.

* The school recognises the benefits of a well balanced hot school meal for children in the middle of the day and recommends this option to parents. As part of the induction of Year R children to school all parents are encouraged to take up the hot school meal option and receive written information about this before beginning school, including information about how allergies are catered for. Year R parents are invited to eat a school meal with their children and find out about the meals offered. The school is flexible in offering choices so that parents on a daily basis may choose a meat meal, vegetarian meal, jacket potato or packed lunch when this is available.

* If parents choose to provide their child with a packed lunch they are encouraged to consider healthy options. The school is working to keep parents informed of healthy choices in a school packed lunch as part of the Healthy Schools initiative. In the

appendix attached to this policy there are recommendations for a healthy lunchbox. In the Spring term all parents will be offered the choice to trial the school caterer's packed lunch option. The school provides ambient storage facilities for packed lunches brought in from home.

4. Providing a safe and healthy eating environment for children, staff and visitors having lunch at school

* Children are required to sit at a table in order to eat their lunch. In the Summer months they may be occasions to sit outside to eat a packed lunch if the weather is suitable. There are two sittings at lunchtime to avoid the lunch hall becoming overcrowded and noisy.

* Children are encouraged to eat the food provided for them either by the school or in packed lunch boxes.

* Litter from packed lunch boxes is taken home at the end of the day so that parents can monitor what their children are eating.

* Lunchtime supervisors help children who need support at lunchtime to cut up food, open packets, access water, spill or drop lunch and will encourage the children to eat the food provided for them.

* In order for lunchtime to be pleasant all children are expected to follow the behaviour code and to be polite and helpful to each other.

* Children are expected to leave the table tidy after eating and to return plates and cutlery to the area defined by the catering staff. School meal supervisors clean the table so that other children coming to the table have a clean place to eat.

* Staff are encouraged to eat with children to model how to eat meals and to enjoy a social time with the children at lunchtime.

* All staff seek to reward pupils, through praise and stickers, who show good behaviour and manners at lunchtime.

5. School policy regarding snacks at other times of day

* The school occasionally runs cake sales. This is to raise money for charity. Most of the cakes are home made. The children will eat cakes in the school hall to make it possible to manage the situation for children with allergies.

* Parents are requested not to send sweets into school to celebrate birthdays. Birthdays are recognised by the giving of certificate in assembly and singing to the children

* Children will not be given sweets by staff members or by adults running clubs as a reward or a treat.

6. Working with stakeholders to ensure a healthy approach to eating is applied at all times.

* The school will seek to consult with all stakeholders about a consistent approach to healthy eating when on and off site in all school activities

* The stakeholders include staff, parents, governors and children.

* The school food policy will be updated as decisions are made regarding healthy eating.