



# West Road Primary School

**Title of Policy: *Healthy Eating Policy***

Date  
Reviewed:  
Spring 2016

Person Responsible:  
**HT/SLT**

Frequency of Review: 2Year

## 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 the Deputy Headteacher for Safeguarding and Inclusion.

## **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 in our science and design technology curriculum.

This is addressed through:

#### **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.

#### **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 PSHE have been selected to complement the delivery of the curriculum in other subject areas.

#### **Evaluation of pupils learning**

##### **◆ Primary**

The healthy eating aspects of the National Curriculum are assessed on Otrack.

## **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 breakfast club that provides a nutritious meal for pupils before the school day.

## **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 team meets the National Nutritional Standards for School Lunches.

## **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 encourages fruit is consumed as a healthy at break-time.

## **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 as outlined in our Behaviour Policy.

## **DRINKING WATER**

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.

## **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

### **MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES**

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH.

## **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. This is achieved by promoting healthy packed lunch options using the principles of the BOGH.

Please see our Packed Lunch Policy for advice on a healthy packed lunch.

## **CELEBRATIONS**

If parents wish to send cakes/ buns with their child to celebrate their birthday or other event, please ensure they are in a sealed package.

## **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 everyday. 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.

## **MONITORING AND EVALUATION**

Parents are invited to contribute to a healthy eating approach and the Healthy Eating Policy through the Parent Working Party.

## **REVIEW**

Date policy implemented: February 2016

Review Date: February 2018