

THROUGH GOD'S GRACE A COMMUNITY GROWING IN KNOWLEDGE AND UNDERSTANDING



St Laurence Catholic Primary School

HEALTHY EATING POLICY

Introduction

At St Laurence Catholic Primary School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle.

We regard healthy eating as a whole- school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. Therefore, this policy should be read alongside the school's PSHCE, Behaviour, Physical Activity, Drug, Science, DT, and Sex & Relationship policies.

Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To encourage all pupils to make healthy food choices and take part in the 5-a-day campaign.
- To ensure that food provision in school reflects the ethical and medical requirements of staff, e.g. vegetarian, religious, (observing family fast days) medical and allergenic needs.
- To contribute to the healthy physical development of all members of the school community.
- To ensure that all pupils are given consistent information regarding food to enable them to make healthy choices.

- To ensure the formal curriculum for food and nutrition in different lesson areas is consistent and up-to-date.
- To raise awareness of the variety of healthy foods through celebrating multi cultural diversity.
- To provide opportunities for pupils and adults to share food as a way to build mixed aged group friendships and to celebrate cultural diversity.
- To establish an annual food week in school to promote healthy eating and drinking messages during the Summer Term.
- To provide opportunities for the children to grow and eat their own food.

Objectives

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To use the School Council as a means of consulting with pupils about aspects of the healthy eating policy.
- To ensure that all staff with responsibility for food have basic hygiene training.

Snacks

We encourage children to have a healthy snack at break time to support concentration and as a way of eating 5 portions of fruit and vegetables per day. All foundation and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 children are encouraged to bring fresh or dried fruit or vegetables for consumption during playtimes. No other snack is allowed during break time.

Water Provision

At St Laurence School we actively encourage all pupils to bring a clean, freshly- filled water bottle to school every day. We allow these to be kept in the classroom and children are able to drink from them regularly. Children are encouraged to drink more after physical exercise and on hot days. Taps suitable for drinking water are labelled `Drinking Water`. The children also have access to drinking fountains. Water is available on the tables at lunch time. Staff have access to a water cooler in the staff room and has water in class, modelling frequent drinking to the children. We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;

- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle;
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing;

Lunchtime food provision

The school provides school meals, free school meals and facilities to eat packed lunches.

All children have their lunch hour between 12.30 pm and 1.30pm. Foundation and Key Stage 1 children go into the dining hall first. Classes in Key Stage 2 go into the dining hall on a weekly rota basis to ensure that school dinner pupils in each of the classes have an opportunity to choose their meal first from the full menu.

Dining Hall

At St Laurence RC Primary School we try to make the dining environment as pleasant, calm and enjoyable as possible.

Midday supervisors and Year 6 helpers are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to offer assistance where needed. All children in the dining hall are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this. Foundation Stage and Key Stage 1 children sit in order as they collect their meals. Key Stage 2 children are permitted to choose their own place, sitting in friendship groups as space allows, regardless of whether they are eating school dinners or packed lunches. Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- sitting freely with their friends (KS2)
- eating school dinners and packed lunches together(KS1 and KS2)
- midday supervisors promoting the correct use of cutlery
- older children helping younger children to cut up their food
- being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- saying please and thank you to the catering staff and lunch time supervisors
- foundation stage and key stage 1 children asking permission from a supervisor to “turn” the tray from the “savoury” to the “sweet” side
- Foundation and key stage 1 children putting up their hand to have their eating/drinking monitored before replacing boxes on the lunch trolley
- Parents or carers being advised if their child is not eating well

Whilst the dining staff encourage an acceptable noise level in the dining hall and encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

Children's work is always on display in the dining hall and this contributes to making it a bright and attractive space in which to eat a meal.

School dinners

St Laurence Primary School engages the services of the Cambridgeshire Catering Service (CCS) who provide meals which meet the national guidelines for nutritional standards.

A menu is on display for both parents/carers and pupils to look at before they make their choices; the menu is also available on parent mail. Whilst being served the kitchen staff discuss their choices and encourage them to try new foods. The introduction of the healthy, varied salad bar has proved very popular and this has resulted in an increase in dinner numbers. All pupils must have two fruit, vegetable or salad portions on their tray. A drink of water is provided with each meal and jugs of water are available on each table.

Themed meals are also an important part of school lunches and are not only fun but they teach children about different cultures, foods and traditions which they may not otherwise experience. Events and dates are celebrated with special meals, e.g. Chinese New Year, Guy Fawkes' Day, Easter and Pancake Day. We also celebrate International Day when our parents produce a range of delicious foods from around the world which, after a tasting session, are auctioned by the PTFA to raise money for school funds.

Packed Lunches

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit, leaving cake and biscuit items to last. Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted. Children may not bring sweets and confectionery items as part of their lunch. Water is available for pupils who may have forgotten a drink or who want more than what has been provided as part of their lunch.

Children put all their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten.

After-school snacks

We will liaise with any breakfast or after school clubs that operate on school premises keeping them informed of the healthy eating policy at our school. Other children attending sports/dancing clubs are encouraged to bring a healthy snack to eat prior to starting their activity. Drinks of water should also be available, either from the child's water bottle or from the class tap or jug.

Partnership with Parents and Carers

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should by example. We will:

- Keep parents informed about healthy eating policy and practice through our newsletter.
- Take seriously and respond to any issue which parents/carers raise with teachers, head or governors about this policy and practice in school.
- Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
- Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events
- Remind parents regularly about the desirability of their children having a bottle of fresh water every day (y2-y6), and those children in Key stage 2 having a healthy snack of fresh/dried fruit or vegetables.
- Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.

The role of the Head teacher

The Head Teacher is the appointed member of staff who oversees all aspects of food in school and liaises with other key members of staff as necessary. The head teacher monitors the policy on a day to day basis and reports to governors as required.

The role of the HPS co-ordinator

It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the Healthy Eating Policy and that the policy is implemented effectively. The co-ordinator will monitor teaching and learning about healthy eating.

Monitoring This Policy

The Head Teacher and PSHCE co-ordinator are responsible for monitoring the implementation of this policy and its review in light of the outcomes of the monitoring process. This process will be monitored through the following:

- Consultation with pupils such as questionnaires, interviews, school council
- Seeking the views of parents and governors
- Discussions with staff, including midday supervisors and catering staff

- Observations of the dining hall at lunchtime
- Observations of break time eating habits
- Scrutiny of teachers' lesson plans
- Discussion with the LA about the food offered by the catering contractor

This policy has undergone an Equality Impact Assessment
This policy will be reviewed by the PSHCE co-ordinator every 3 years.

Signed: CG Cooper

Date: April 2013

Review Due: April 2016