

HOLLIN PRIMARY SCHOOL



HEALTHY EATING POLICY

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1. Date of Policy: January 2023

2. A statement of the schools values and ethos

We believe that food should be enjoyable as well as nutritious and that we have a role to play in encouraging children and young people to develop healthy eating habits.

3. Aims and objectives

We aim to encourage our children to develop healthy eating and drinking habits.

We aim to encourage our children to eat at least 5 portions of a variety of fruit and vegetables a day.

We will promote clear and consistent messages about food, drink and nutrition through the classroom setting, through the provision of food and drink and in all other aspects of school life.

We can also promote healthy eating in the following areas:

- The taught curriculum
- The food service offered in schools
- Break time
- By making water available
- Parents / carers providing healthy lunch boxes

4. The taught curriculum

Through education about healthy eating we aim to enable children to make healthy and informed choices by increasing knowledge, changing attitude and enhancing skills. These issues will be addressed in the taught curriculum through the cooking and nutrition aspect of the design technology curriculum

At Key stage 1 children will learn

- To use the basic principles of a healthy and varied diet to prepare dishes
- To understand where food comes from

At Key stage 2 children will learn

- To use the basic principles of a healthy and varied diet to prepare dishes
- To understand where food comes from
- To understand and apply the principles of a healthy and varied diet
- To prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- To understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed

Further opportunities for learning about healthy eating will occur through science activities and PSHE and citizenship teaching. Practical opportunities for developing food growing, handling, preparation and cooking skills in school to complement National Curriculum e.g. for religious festivals, food tasting activities.

5. The Food Service

We aim to provide a service that is consistent with our teaching of Healthy eating including the 5 a day message and the 'eatwell plate' and ensure that this service complies with the statutory School Food standards and Food Allergen rules, thus enabling children to put into practice their learning in the curriculum.

School meals – we aim to provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences.

Marketing – We will have strategies in place to promote options such as

- Information prominently displayed in dining room
- The importance of the appearance and presentation of food
- Promoting the 5-a-day message
- Size of portions
- Cost
- Promotion of healthier
- Information for parents

Quality of the environment- we aim to make our dining area user friendly. The environment in which children eat should be comfortable, friendly and maintained in a clean and hygienic state. This will include:

- Noise levels
- The opportunity to eat food without being rushed
- Décor / furnishings
- Staff supervision
- Layout – customer friendly impact
- Queues – number of service points, use of dining space, sittings
- Seating arrangements

Breakfast- we will encourage children to eat breakfast before attending school.

For those who attend breakfast club, the food served here will comply with the statutory School Food Standards and food Allergens rules.

6. Break-time snacking

We will actively discourage children from consuming high fat, high sugar snacks.

School participates in the National school Fruit scheme so children in EYFS and KS1 have a healthy fruit/vegetable snack provided daily in addition to milk.

Children in KS2 have the opportunity to buy crackers or fruit from the tuck shop.

7. Rewards and treats

Edible rewards or treats such as bringing in birthday treats for classmates from home or rewards for good work and prizes for competitions should be reviewed to ensure consistency with teaching on healthy eating. If food must be given then it should be low in fat, sugar and salt.

8. Water

Fresh drinking water will be available at all times in school provided by two easily accessible water fountains for the children and a water dispenser in the staffroom. Each child has their own water bottle.

9. Packed lunches

We will encourage parents / carers to provide their children with a healthy varied packed lunch each day by giving

- Advice and resources such as leaflets re: lunch boxes, 5 a day initiative
- Invitations to healthy eating events in school – e.g. fruit tasting, 5 a day initiative
- Lunch boxes should be kept cool and will be stored on trolleys.
- Store in the fridge until morning, if you make the night before
- Keep away from direct sunlight and / or radiators
- Small cartons of juice can be frozen and packed with sandwiches to keep them cool
- Pack your food in an insulated cool bag or lunch box along with an ice pack.

10. Food supplied at school events

We will ensure that food supplied at school events is consistent with the school's healthy eating principles and complies with the statutory School Food standards and Food Allergens rules.

In addition:

- Providing fruit and water at sports day
- Providing healthier options at PTA events

11. Wider Agencies

On healthy eating issues in school we will work with the following agencies:

- Oral Health Team, children in EYFS and KS1 brush their teeth daily as part of the 'smiletime' initiative
- Community Dietician
- School Health Practitioner
- Catering Services- Grosvenor Facilities Management
- Health Promotion
- Healthy School Co-ordinator
- 5-a-day co-ordinator
- NSFS Co-ordinator

12. Monitoring and evaluation

We will use the following success criteria to monitor and evaluate our work on healthy eating:

- Increased uptake of healthier food in the canteen and use of the salad bar
- Reduction in the amount of high fat, high sugar and high salt food being consumed during the school day
- Greater understanding / awareness by children of the need to eat a nutritious and balanced diet
- Greater understanding / awareness by children of the need to eat at least 5 portions of a variety of fruit and vegetables a day
- A reduction in the frequency of sugar attacks on teeth.

Methods of data collection may include:

- Surveying the school community to monitor understanding and perceptions of healthy eating and also suggestions as to how to improve the provision of healthier options in school
- Monitoring the coverage of healthy eating in the curriculum
- Questionnaire indicating the number of children consuming breakfast
- Questionnaire indicating the awareness / understanding of the 5-a-day initiative
- Monitoring the amount of litter in school grounds
- Audit of packed lunches