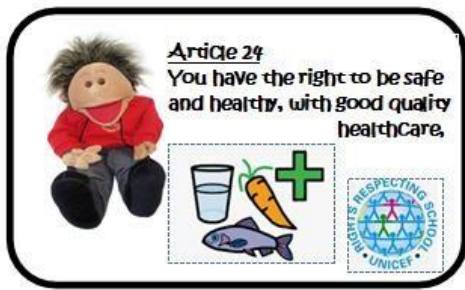


EYNESBURY CHURCH OF ENGLAND PRIMARY SCHOOL Healthy Eating Guidance



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| Policy date | SUMMER 2022 |
| Review date | SUMMER 2025 |



Eynesbury Church of England Primary 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.

Healthy Eating Guidance Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through provision of information and development of appropriate skills and attitudes
- 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.
- All staff support pupils to develop their understanding of healthy eating issues and nurture appropriate skills and attitudes to assist them in making informed decisions.
- Teachers, caterers and families have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.
- The school's code of practice for visiting speakers is adopted regarding safeguarding.
- Resources for the teaching of healthy eating in PD have been selected to complement the delivery of the curriculum in other subject areas.
- Elements of healthy eating within the National Curriculum are assessed through the science curriculum. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

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. The breakfast menu includes: toast, cereal and fruit.
- Support is available to those families should they need breakfast club support.

School Food Standards

- The current school food standards were introduced by the government in January 2015
- They cover all food sold or served in schools: breakfast, lunch and after-school meals; and after-school clubs.
- Food prepared by the school catering team meets the Food Based Standards for School Lunches.

Snacks

- The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.
- We are a nut free school.
- The school discourages the consumption of snacks high in fat and sugar at break-time.
- All children from FS1 to Y2 receive a piece of fruit every day as part of the fruit scheme available to schools. The children also receive milk in FS1.

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.

Drinking water

- The Food Based Standards recommend that drinking water should be available to all pupils, every day, and free of charge.
- The school agrees with this recommendation and provides a free supply of drinking water. Fresh water is available in the water fountains.

4. Food and Drink Brought into School

Caterers serving food on site

To operate on school premises, caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements. They must also meet the school's safeguarding requirements.

Packed lunches

Packed lunches prepared by the school caterers adhere to the Food Based Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. Our school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times. As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible. We allow pupils eating packed lunches and pupils eating school lunches to sit together.

To encourage healthy eating packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- Oily fish like salmon, at least once every three weeks.
- A starchy food, such as bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food like milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

To encourage healthy eating packed lunches could occasionally include:

- Meat products like sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but children should be encouraged to eat these as part of a meal.
- Salty snacks like crisps

Packed lunches should have a very limited amount of:

- Confectionery like chocolate, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, like squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value)
- Anything containing nuts.

5. Special Dietary Requirements

Religious & Ethnic groups

- Food is provided in accordance with pupils' religious beliefs and cultural practices.

Vegetarians & vegans

- School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy & intolerance

- The children concerned are introduced to the school cook and dinner staff.
- Individual care plans are created for pupils with food allergies. These documents include a photograph, 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.
- Anaphylaxis pens are brought to the hall at meal times and staff receive annual update training.

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.

7. The Food and Eating Environment

- Menus are emailed to parents and carers and are also on the school website.
- Children order their lunch choices on the day.
- All staff on duty attempt to encourage the children to try new foods and use their cutlery correctly.

Action plans:

- To review the packed lunches policy and work with the School Council, parents and children to improve the contents of the lunches.

Monitoring and evaluation:

- Parents are invited to contribute to a healthy eating approach where appropriate.