

Whole School Healthy Eating and Nutrition Policy

Dale Hall Primary School



This policy should be carried out in the context of and in conjunction with Dale Hall CP School's Safeguarding Policy.



The Vision....

"Not only does a good quality lunch improve a pupil's concentration in the afternoon, but the atmosphere in the canteen is critical to encouraging good behaviour. More than that, lunch is the only time of day when the whole school – children and teachers – have a chance to come together."



"The atmosphere of the canteen sets a tone for the rest of the school and helps to establish the school's culture. Great schools do all things well. They not only nurture a child's mind through outstanding teaching; they nurture the whole child through sport, art and food. Only with a combination of all of these things will we enable our children to reach their full potential."



Introduction

At Dale Hall Primary School we understand the importance of freshly prepared, nutritious and well sourced food and the impact this can have on children's learning.

Teaching children how to prepare fresh, healthy food in schools is a skill that can be used both inside and outside the classroom, and is something that will last a lifetime.

We want to encourage pupils to participate in activities that capture their interest and encourage them to be excited about cooking as well as eating.

The member of staff responsible for the implementation and review of the Whole School Healthy Eating Policy is the Headteacher. This policy was agreed with staff, governors, school meals service pupils and parents. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Why a healthy eating policy is needed...?

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)

Aims

- To promote life long learning about food, nutrition and eating.
- To develop knowledge and understanding of a balanced diet.
- To encourage children to enjoy food and make informed choices to enable them to keep healthy
- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.
- To encourage a healthy lifestyle through association of healthy food with exercise and the promotion of health enhancing habits.
- To ensure that we are giving consistent and up to date messages about food and health to the children.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

Objectives

- To teach accurate factual information about food and nutrition through Topics, as part of the curriculum.
- The School Kitchen will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit as part of morning break.
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.
- At least 70% of children eating school meals
- Children eating tasty and nutritious food
- No child going hungry
- School cooks who are happy, confident, skilled and motivated
- A 'whole school approach' to food, with creative collaborations between head teacher, school cook, children, teachers, governors and parents
- Children who know how to feed themselves well, and who enjoy cooking and growing with their families, both at school and at home
- The school kitchen will stand up financially, enjoying a virtuous cycle of higher take-up, better quality and lower price

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers will be regularly reminded of our packed-lunch and snack policies.

Drinks

- Children can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- Mid morning milk is ordered for children who require it, and is paid for on a monthly basis
- At dinner time children will be offered water or milk.

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- The breakfast club operates on a daily basis in the school for all children. We particularly encourage children who we know have little or no time for breakfast in the mornings at home.
- The food offered is healthy and is consistent with a healthy diet. We provide toast, bread, eggs and cereal. Children can choose from water, milk, fruit juice and tea to drink.

Mid-Morning Brunch

- EYFS and KS1 have their morning snack provided every day. A variety of fresh fruit is available every day and all children are encouraged to have some of this.
- Key Stage 2 can buy a healthy snack from the school canteen. This includes scones, pancakes, fruit and yogurts.
- KS2 children may bring their own snack to school providing it is a healthy option.

School Meals

- Our school works with the catering service to ensure that healthy choices are available and that national standards are met.
- Fruit and vegetables are included as part of the meal and salad is available for the children to help themselves. Where possible, meals have a reduced fat, salt and sugar content.
- Vegetarian and medical needs will be met in appropriate ways.
- The weekly menu is on display for the children and parents, and is sent home each term.

Packed Lunches

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- We take part in the “Munch Box Challenge” and encourage parents and carers to provide healthy and nutritious lunches.
- To promote this we have sent out information on healthy choices, and will update this as necessary.

Special occasions and Rewards

Special occasions, such as Christmas, and the end of terms are a time when teachers and pupils like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

Sweets will not be given in school as rewards for behaviour and good work.

Food across the Curriculum

We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics.

The Catch Pack is a whole school resource that covers all areas of food and healthy eating and will be used throughout the year as part of the curriculum/topic work.

After schools clubs

- Membership of after school clubs is voluntary, and attendance is on a termly basis.
- Cooking Club meets on Monday afternoons.
- Recipes try to reflect a balanced diet, within the limitations of our cooking resources
- Gardening Club meets on Thursday afternoons.
- We plan to grow a variety of vegetables for children to try at home.

Food Hygiene

- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home everyday to be washed.
- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.

Monitoring and Evaluation

Teacher's planning, children's work, discussion, observation, displays, photographs etc. will form the basis of evaluation of pupil learning.

3 March 2022	Re-written and agreed by the Learning and Development committee
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