

ST JAMES' HEALTHY EATING POLICY

This policy has the School's Motto at its heart.

**Faith in action,
Growing together,
Walking in the footsteps of Christ**

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We believe that what children eat shapes how they will eat for the rest of their lives and that when children eat healthily, they do better and are able to reach their full potential.

We aim to increase the children's knowledge and awareness of a healthy diet and hope to make healthy eating enjoyable and the norm. We will promote healthy eating and healthy food choices. We will use a range of opportunities to promote healthy eating and will ensure consistent messages regarding healthy eating are reinforced throughout the school day.

It is the responsibility of all staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. They will cater for special diets, at no additional cost, when requested for medical, cultural or religious reasons. The pupils are encouraged by all staff to make healthy choices. Parents receive the catering menu for the term via email and it is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. We encourage all parents to take free school meals, where there is an entitlement.

Packed lunches

Parents should ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food including fresh fruit and vegetables. Packed lunches should not include snacks such as crisps, confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread and sweets. On Choice Friday and on school trips, pupils have the opportunity to bring in a small treat at the parents' discretion. These expectations are monitored by staff. We will talk to parents where necessary and offer advice and guidance on providing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

Parents are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are encouraged to bring packed lunches in reusable containers, rather than disposable plastic bags. Foods are at risk of bad bacteria if they are stored in warm temperatures and therefore hot or warm food is not permitted. Parents are encouraged to provide packed lunches in containers with cooling packs when the weather is warm.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. We aim to be a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school. Children with an allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions. Pupils are not permitted to swap food items.

Morning breaktime

All EYFS and KS1 children are offered fruit or vegetables as the school is part of the Government Fruit and Vegetable Scheme. KS 2 children are encouraged to bring in fresh or dried fruit or vegetables. Fruit to be consumed at break should be in a separate container from any lunch container.

Milk

In EYFS, milk is provided free for under-fives and is available at cost for those over five.

Water

Only water should be sent into school for children to drink. Pupils are taught about the health benefits of drinking water. Easily accessible water is available and the school has drinking fountains and water dispensers. Pupils are encouraged to bring named water bottles to school for use in class and these water bottles should be taken home daily to be washed. After physical activity and during hot weather, children are encouraged to drink more water.

Breakfast Club and After School Club

Breakfast Club: The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults. The club aims to provide breakfast for children of families that have an early start to their day and to improve children's education because if a child misses out on breakfast they may suffer from tiredness and lack of concentration. The following healthy balance of foods is offered:

- A portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel
- Fruit and vegetable choices such as orange juice, fresh or dried fruit
- A portion of milk or dairy food e.g. semi skimmed milk on cereals or low-fat yogurt
- A choice of drinks e.g. water, juice, and semi skimmed milk

After School Club: Pupils attending After School Clubs are served a healthy meal with fresh fruit and vegetables.

Special diets and allergies are catered for after detailed discussion with parents.

Curriculum

Food, its production and preparation are an important part of the curriculum for all pupils and is taught across the curriculum. We ensure that pupils are taught cooking from Reception up to Year 6, developing their understanding of food related issues including food hygiene and safety issues. An emphasis is placed on creating healthy meals. Children grow vegetables and fruits in school and are encouraged to cook and eat these. Healthy eating is taught across the curriculum and children learn that healthy eating contributes to good dental health.

Forest School

Children are offered a small drink of hot chocolate and a plain digestive biscuit at the end of a session during the winter months. This occurs during the plenary and allows for the sharing of experiences and the warming of hands. Allergies are checked and pupils unable to share this are encouraged to bring along a suitable alternative. During the summer months, a weak squash is provided as an alternative to hot chocolate. The toasting of marshmallows is a one-off activity marking the culmination Forest School sessions.

School Garden

We actively encourage children to 'own' their own produce and to eat what they have grown. This shows the provenance of food and encourages stewardship and respect.

Birthdays

We want to give children the opportunity to celebrate their birthdays but we ask that parents do not to send in birthday cakes or foods that do not comply with our food policy. If parents want to send in food to celebrate birthdays we ask that healthy foods such as fruit are provided. We would prefer it if parents sent in either a book for the class library or an item for the school garden as a way of celebrating birthdays.

Awards

Sweets should not be given as rewards for achievement, good behaviour or effort and alternative rewards such as pencils, rubbers and stickers should be awarded.

Exceptions

The Headteacher may decide that there are occasional celebrations, fundraising activities or events to mark religious, cultural or significant occasions when this policy does not apply. The Headteacher holds a weekly Award Tea Party where squash and biscuits are offered.

Partnership with parents

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Parents are updated on our policies. We ask parents not to send food or drinks which conflict with our food policy.

Monitoring and Evaluation

This policy will be updated in line with any new developments in the school and/or any new government guidance.

It was last reviewed in: summer 2021

It will next be reviewed in: summer 2024

This statement of policy was approved by the Governing Body at their meeting on:-

Date: ___4th May 2021_____

Signed:

___Mary Hutchinson_____ (Chairperson)

___L Weeks_____ (Head teacher)