



# HEALTHY EATING POLICY

'In these stone horizons sing'  
(Gwyneth Lewis, Welsh poet)

## **Healthy Eating Policy**

### **Introduction**

As a Health Promoting School, Maybury Primary School is committed to encouraging and developing positive attitudes towards food and a healthy diet. We are committed to improving the health of the children in our care by teaching them ways to establish and maintain life-long healthy and environmentally sustainable eating habits.

At Maybury primary school we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

It is recognised that there is an important connection between diet and a student's ability to learn effectively and achieve high standards in school. It is also recognised that the school can play a key role, as part of the larger community, in promoting family health and sustainable food and farming practices. Poorly nourished children, especially those who are overweight or obese, often experience social and psychological problems. This can clearly have a significant impact on behaviour or willingness to engage in school activities and therefore can affect overall performance in schools. All recent studies have shown that the prevalence of obesity and being overweight is increasing in children. Diet is central to health and children's diet can be an important influence on their health now and in the future.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole community.

At Maybury, we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

### **Aims and Objectives**

- 1) To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- 2) To ensure staff and volunteers are trained so that children receive a consistent message.
- 3) 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.

4) To ensure that packed lunches brought in from home provide the child with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards.

5) To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

6) To introduce and promote practices within the school to reinforce these aims and to remove or discourage

### **How we promote Healthy Eating through the Curriculum**

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PHSE curriculum.

Maybury follows the Jigsaw PSHE programme of teaching, which includes a Healthy Me unit that includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum. All pupils take part in at least 2 hours of high quality PE each week and have opportunities to take part in extra-curricular sporting activities. Pupils are also encouraged to be active in other areas of their learning and staff have received training in how to implement this.

The school takes part in a wide range of schemes and projects to support its healthy eating curriculum. For example: Playing for Success Hull FC healthy Fun Day, outside Agencies, Local teams – Hull City and Hull FC, the School Nurse, The School Fruit and Vegetable Scheme. The school also works closely with Hull City Catering to provide healthy meals, participate in events and taster sessions. The school has achieved the Healthy Schools Award.

### **What is the school policy about drinks?**

In accordance with our status as a Healthy School, children are actively encouraged to drink water which is available throughout the school day. It has been recognised that drinking plenty of water improves behaviour and concentration. To support this, children are either provided with a water bottle by the school or are encouraged to bring a water bottle to school from home. These bottles may only contain plain, unflavoured, uncoloured water. Drinking water is available in all classrooms.

We also have a school milk scheme, free to under 5s which is given during a designated time in the Foundation Stage Unit. The school also purchases milk for children in Key Stage 1, which is also given in class during the school day.

At lunchtimes, children are able to have milk or water with their meal whether they are staying for a school meal or a packed lunch.

### **What is the school policy about food?**

Pupils in both KS1 and KS2 benefit from free Fruit or Vegetables daily. All pupils will be encouraged to eat their piece of fruit as part of their daily break time.

Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school (i.e. School visits etc.).

Pupils' lunch boxes should offer balanced nutrition. Across a week, parents are encouraged to offer a variety of healthy foods in accordance with the Change 4 Life recommendations (<https://www.nhs.uk/change4life>). The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box. The contents of pupils' lunchboxes will be regularly monitored e.g. once a term, by the Healthy schools co-ordinator, a member of the leadership team and/or a school governor.

Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. Birthdays, and special events such as Christmas parties in class are times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food".

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room and in the school kitchen.

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. Maybury cannot guarantee that all parents will comply with the request and for that reason the school does not purport to be a "nut free school". Further, advice from allergies web-sites suggest that it is in the interest of pupils longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.

Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day. Where there are concerns by parents or staff regarding eating habits- children will be closely monitored.

### **School Meals at Maybury**

The hot meals service is offered through Hull Catering Service. We work closely with the school cook and with the Hull Catering Services (HCS) to ensure the healthiest possible options.

Each day a choice of salads and fresh fruit are offered as possible choices.

There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the new Healthy Food Standards in Schools which came into force in 2015.

(<http://www.schoolfoodplan.com/actions/school-food-standards/>)

The daily school lunch menu is displayed in the front of the restaurant for children. The weekly lunch menu is sent home on a termly basis for parents and children to discuss meal choices.

### **Dining Environment – School Restaurant**

The school has a welcoming eating environment that encourages the positive social interaction of pupils. Staff regularly eat with children and the use of good table manners and choice of healthy food is encouraged and rewarded.

Pupils with packed lunches will sit on pack-up tables situated within the restaurant. The tables and chairs allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.

A well-stocked salad bar is located at the front of the restaurant for the children to help themselves.

The children are given time and space to eat in a calm attractive environment. They are encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.

Children are taught to enter and leave the restaurant in an orderly way; to show respect for other diners. They are encouraged to use good manners in the restaurant- e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, Supervisors and other pupils

The children seek permission from a Midday Supervisor before eating dessert (KS1) and leaving the table.

### **Inclusion**

All pupils have access to the curriculum and extra-curricular activities. There is provision for pupils with religious, ethical and medical requirements. The school council is very active and has been consulted in the promotion of Healthy eating. All pupils are free to offer suggestions on health issues.

**The Role of the 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. It is the co-ordinator's role to ensure that staff are given sufficient training, so that they can teach effectively.

The co-ordinator liaises with external agencies regarding the healthy-eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework. The co-ordinator monitors teaching and learning about healthy eating and oversees the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.

The co-ordinator encourages positive role models amongst the staff by encouraging healthy options for staff 'treats' such as fruit.

**Monitoring and Evaluation:**

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies.

Craig Williams is the Healthy Eating Co-ordinator and this person, along with the Headteacher and the Senior Leadership Team, is responsible for all aspects of healthy eating in school. Children, through the School Council are consulted with on this policy as required.

The effective implementation of this policy will be monitored by the co-ordinator, the Headteacher and the governing body. The Headteacher reports to the Governing Body on these issues.

This policy has been approved by the Governing Body of Maybury Primary school; it will be monitored annually and will be reviewed every two years unless changes in guidelines or legislation require an earlier review.

Signed: *C. Williams*

C.Williams

Policy reviewed and revised: September 2016

Review Date: September 2018

*Everyone at Maybury will teach our children to learn and empower them to broaden their horizons.*