



## Healthy Eating Policy

Date approved:	Autumn 2023
Approved by:	Hope School Local Council
Next review date:	Autumn 2025

## **Introduction**

At Hope Community School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle. We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

## **Aims**

- ♣ To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- ♣ 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.
- ♣ To encourage all pupils to make healthy food choices.
- ♣ To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.
- ♣ To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.

## **Objectives**

- ♣ To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- ♣ To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- ♣ To ensure that all staff with responsibility for food have basic food hygiene training.

## **Water Provision**

At Hope Community School we actively encourage all pupils to drink water each day. Water bottles should be brought to school every day and these are kept in easy access so that children can drink as required.

Children should not bring fizzy drinks, squash or energy drinks in their class water bottles.

Children are encouraged to drink more after physical exercise and on hot days. Water is available at lunch time. Staff have access to a water in the staff room and have water in class, modelling frequent drinking to the children.

We believe that such access to drinking water:

- ♣ Promotes good health and wellbeing amongst pupils, staff and other adults;
- ♣ Reduces tiredness, irritability and distraction from thirst;
- ♣ Can have a positive effect on pupils' concentration throughout the day;
- ♣ Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- ♣ Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

### **Snacks**

We encourage children to have a snack at break time to support concentration and as a way of eating 5 portions of fruit or vegetables per day. All Foundation Stage and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 children are encouraged to bring fresh or dried fruit or vegetables for consumption during playtimes.

Other healthy snacks are allowed during break time – such as popcorn, bread sticks, cold meats. Chocolate, sweets and biscuits are not allowed.

### **Lunchtime food provision**

The school provides school meals, free school meals and facilities to eat packed lunches. We try to make the dining environment as pleasant, calm and enjoyable as possible. Midday supervisors and Year 5 and 6 helpers are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to offer assistance where needed.

All children in the dining hall are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this. Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat.

This will be achieved by:

- ♣ entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- ♣ sitting freely with their friends
- ♣ eating school dinners and packed lunches together
- ♣ promoting the correct use of cutlery
- ♣ being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- ♣ saying please and thank you
- ♣ Parents or carers being advised if their child is not eating well

Whilst the dining staff strives to keep the noise level down in the dining hall and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

### **School Dinners**

Here at Hope Community School we employ our own chef who provides meals which meet the national guidelines for nutritional standards. A menu is sent home and on display for both parents/carers and pupils to look at before they make their choices. Whilst being served the dinner staff discuss their choices with children and encourage them to try new foods. A drink of water is provided with each meal and jugs of water are available on each table.

### **Packed Lunches**

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit, leaving cake and biscuit items to last. Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted. Children may not bring sweets and confectionery items as part of their lunch.

Water is available for pupils who may have forgotten a drink or who want more than what has been provided as part of their lunch. Children put all their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten.

Children may not bring any nut or chocolate products in to school. This is to protect the pupils against potential allergies or intolerances.

### **Treats, prizes, social events and special occasions**

Staff will avoid confectionery items when purchasing prizes and treats for pupils. However, at Christmas and Easter a small amount of chocolate may be given, e.g. Easter nests. Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances should always be considered.

### **Partnership with Parents and Carers**

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example.

We will:

- ♣ Keep parents informed about healthy eating policy and practice through our newsletter.
- ♣ Take seriously and respond to any issue which parents/carers raise.
  
- ♣ Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
- ♣ Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events, e.g. school discos.

♣ Remind parents regularly about the desirability of their child/ren having a bottle of fresh water every day and those children in Key Stage 2 having a healthy snack of fresh/dried fruit or vegetables.

♣ Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.

### **Monitoring this policy**

This policy will be monitored through the following:

- ♣ The contents of pupils' lunchboxes will be monitored
- ♣ Seeking the views of parents and governors
- ♣ Discussions with staff, including midday supervisors and catering staff
- ♣ Observations of the dining hall/activity room at lunchtime
- ♣ Observations of break time eating habits
- ♣ Scrutiny of teachers' PSHE lesson plans