

# St Andrew's Church of England Primary School



*With Faith, Hope and Love we can achieve greater things.*

*Healthy Eating policy  
To be reviewed September 2024*

*R Quinton and K Smith  
PSHE co-ordinators*

Agreed by Governors:

Date \_\_\_\_\_ Signed \_\_\_\_\_

\_\_\_\_\_

St Andrew's C of E Primary  
School

## **Why is Healthy Eating important?**

St Andrew's C of E Primary School recognises the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. The school recognises the role it can play as part of the wider community, in promoting family health.

We recognise that sharing of food is; a fundamental experience for all people; a primary way to nurture and celebrate cultural diversity; a good bridge for building friendships and intergenerational bonds.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

As part of the Children & Young People's Health Improvement Team and therefore holding Healthy Schools' status (2008-2011), it is our responsibility to see a strategic framework for the school's food policy and for monitoring its implementation.

## **Aims and Objectives**

- To improve the health of children 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, hygiene, food preparation and storage methods.
- To actively support healthy eating and drinking throughout the school day.
- To make the provision and consumption of food an enjoyable and safe experience.
- To ensure that children are well nourished at school and that every child has access to safe, tasty, nutritious food and a safe and easily available water supply during the school day.
- To ensure that food provision in school reflects the ethical and medical requirements of children and staff e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To inform parents and carers about the food service provision in school through menus, newsletters etc.
- To ensure that relevant staff have basic food hygiene and nutrition training.

- To ensure that information relating to food and nutrition in the curriculum is formal and up to date.
- To introduce and promote practices in school which reinforce these aims.
- To ensure that the policy is understood and embraced by the whole school community including; governors, staff, pupils, parents, food providers and the school's wider community.
- To ensure that children in Foundation and Key Stage 1 and Key Stage 2 have fruit provision through the Free Fruit for Schools Scheme.

To integrate the aims of the policy into all aspects of school life, in particular;

- Food and drink provision within school
- The curriculum
- Children's well being

### **Food Allergies and Special Dietary Needs**

In dealing with food issues, we undertake to be sensitive to the dietary needs of individuals, including; medical, religious, cultural and ethical needs.

A register of dietary needs is to be kept by the school.

Parents are asked about any specific dietary needs of their child on entry to school. It is the responsibility of the parents to keep the school informed of any changes in their child's needs. The school undertakes to remind the parents of this responsibility annually.

Staff will consult the Register of Dietary Needs before embarking on food activities. For some activities, staff may send out letters to check dietary needs.

No child will, knowingly, be asked to handle or eat any foods inappropriate for their individual dietary needs.

Fizzy, sweet, energy and sugary drinks are discouraged in school. Children are encouraged to drink fresh fruit juice or water.

(See appendices on new guidelines for allergens)

### **Lunchtimes**

All children eat their school dinners and packed lunch in the dining hall.

Parents are encouraged to provide healthier lunch boxes through letters home, questionnaires, Leaflets, induction meetings and a curriculum that teaches about healthy balanced meals.

We consider that a healthy lunch box should contain: a good portion of starchy food eg bread or crackers, plenty of fruit and vegetables, a portion of dairy food / drink, a portion of lean meat, fish or alternative and a drink. We discourage children from bringing crisps or chocolate biscuits. Sweets are not permitted.

Lunchtime supervisors check that children have eaten their sandwiches before they leave the dining hall. If children are not finishing their lunch on a regular basis, class teachers are informed and feed this information back to parents. Children are praised for eating their lunches. Any leftover food is sent home so that parents are aware of what their child has eaten.

School dinners are cooked on site by the Catering Services. The menus include a range of healthy choices and rotate over a three week period. We provide a full vegetarian menu which is sent out to parents at the beginning of the school year.

Children are encouraged to have one portion of vegetables with their school meal and to select a variety of foods from the main food groups. Lunchtime staff monitor that children have eaten their dinner before they leave the dining hall. If children are not eating their dinner on a regular basis, the class teacher is informed and they then speak to the parents.

### **Social Events**

Food and drink provided for children at social events should support the school's aim of supporting healthy eating and drinking.

### **Magic Breakfast**

All children are provided with a healthy bagel on arrival at school. The members of staff who are employed to manage this provision hold an up to date food hygiene level 2 certificate.

### **Food Hygiene and Safety**

The school has a designated curriculum kitchen.

Food may also be prepared and cooked in other areas of the school

Health, hygiene and safety considerations must be of paramount importance when planning and undertaking food-related activities.

- Check that all food being used is appropriately stored.
- Clean all surfaces with anti-bacterial surface cleaner before use. Keep surfaces clean and clear.

- Cooked food should not be reheated more than once. Check that it is piping hot all the way through.
- Dispose of leftovers in lined bins.
- Keep cleaning fluids, including washing up liquid, out of the reach of children at all times.
- Wipe up spilt food immediately. Wash kitchen cloths etc immediately after use.
- Wash all food utensils after use and return them to the appropriate storage area.
- If using the cooker, ensure that children are kept well away from it, even afterwards, as it retains heat for a long time.

Staff and pupils should;

- Tie long hair back, remove jewellery
- Wear an apron
- Wash hands before starting to handle food and regularly, especially after handling raw food, going to the toilet, blowing the nose, touching the bin
- Cover cuts and sores with a blue plaster/dressing
- Never handle food if suffering from a stomach upset or a skin infection

### Teaching and Learning

Since September 2014 cooking has become part of the statutory curriculum framework.

Healthy Eating and cooking are a whole school approach through;

- Science
- P.E
- PSHE
- Geography
- Art

### Curriculum Coverage

In the **Early Years Foundation Stage**, provision will be through:

- Self and Health Care

**Key Stage 1 will cover:**

- Food Production and Processing
- Diet and Health
- Food Safety and Hygiene
- Why, what and when do we eat?
- Consumer Awareness

**Key Stage 2 will cover:**

- UK Food Production
- Diet and Health
- Environmental Issues
- Cultural Aspects of Food

This is also covered throughout various lessons in our Jigsaw program during the Spring and Summer terms.

**Role of the Healthy Eating Co-ordinator (as part of PSHE)**

The Co-ordinator:

- Monitors planning and work undertaken throughout school, aiming for progression and continuity of skills and understanding.
- Advises staff of issues relating to Healthy Eating.
- Has an overview of the Food and Healthy Eating Policy and provision across the school.
- Is involved in the provision of INSET for colleagues.
- Ensures that she/he keeps informed of educational thinking in relation to Healthy Eating, as well as of equipment, materials and resources.
- Promotes Healthy Eating throughout the school, assemblies, Healthy Eating Week, Parent Evenings - advice from the Children & Young People's Health Improvement Team and workshops.
- Liaise with parents and carers as appropriate, in conjunction with the Head Teacher.

- **Assessment in Healthy Eating**

Formative assessment will be on going via observation, dialogue with the children and marking of written work. Healthy Eating activities in work in books will be marked in line with learning objectives.

Children's achievement in this subject will be matched against the National Curriculum end of Key Stage descriptors. Lessons will be evaluated in order to help future planning.

Teachers may keep examples of children's work as a record and reference for other members of staff. Photographs of children's work may also be kept on the Learning Platform.

### **Monitoring of Healthy Eating across the curriculum**

Monitoring is carried out by the SLT and the Subject Leader, in the following ways:

- Informal discussion with staff and pupils
- Observation of Healthy Eating displays
- Review of work in books
- Monitoring medium term planning
- Classroom observation
- Peer Assessment

### **Equal Opportunities and Inclusion**

At St Andrew's C of E Primary School we are committed to the effective support of **all** our children, both individuals and specific groups (such as those with Special Educational Needs, boys, girls, ethnic minorities, those staying only briefly in our school, gifted, talented, etc), so that they have access to the "world of learning". Effective planning for inclusion takes account of the appropriateness of the objectives; the teaching style to which pupils respond best; the removal of any barriers to learning such as providing for first language use by EAL learners or increasing the writing challenge for more able pupils.

We seek to demonstrate our commitment to inclusion in our approaches, resources and responses in Healthy Eating.

There are support mechanisms to enlist help for any newly-arrived children who are learning English, should this need arise. It is the class teacher's responsibility to tailor the curriculum and challenge and support EAL pupils to achieve their full potential.

## **Appendices**

Format of lesson plans and teaching resources will be at the discretion of the Head Teacher and the SLT.

All resources are attached to the new PSHE Curriculum.

This includes lesson themes from Phunky Foods 2014.

## **Relevant information**

### **Changes to food allergen information rules**

Food allergens can be life threatening and the only way people can manage a food allergy is to avoid the foods that make them ill. An oversight on our part - such as serving someone a food they are allergic to - can cause serious harm. Food allergens cannot be removed by cooking. It is essential to practise good kitchen hygiene, as well as careful separation, storage and labelling of ingredients when preparing food.

From 13 December 2014, all food businesses will need to provide information about the allergenic ingredients used in food sold or provided by them. The EU Food Information for Consumers Regulation (No.1169/2011) outlines the new requirements for businesses which are providing food sold pre- packed and non-pre-packed (loose) such as food sold in a restaurant or takeaway.

There are 14 major allergens which need to be declared:

- Cereals containing gluten namely wheat (such as spelt and Khorasan wheat), barley, rye and oats
- Crustaceans like prawns, crabs, lobster and crayfish etc.



- Eggs
- Fish
- Peanuts
- Soybeans
- Milk
- Nuts namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, Macadamia or Queensland nut.
- Celery
- Mustard
- Sesame
- Sulphur dioxide or sulphites (where added and is 10mg/kg in the finished product. Often found in dried fruit and wine)
- Lupin
- Molluscs like clams, scallops, squid, mussels, oysters and snails etc.

Information from the Foods Standards Agency

Food.gov.uk (2014)

**We have children and staff in school with a number of different allergies. In particular severe allergies to NUTS. Please do not bring foods containing nuts onto school property without prior authorisation from teaching staff.**

Policy written by S. Humphries - PSHE Co-ordinator.

Policy review date September 2018.