

## Healthy Eating

### Policy Agreed:

(in consultation with pupils, parents & staff) Feb 2017

Next Review: Feb 2020

### **Aims and objectives**

- 1.1 The school recognises the important connection between a healthy lifestyle and a child's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health.
- 1.2 The educational mission is to improve the health and well-being of the entire community by teaching pupils and their family ways to establish and maintain life-long healthy habits. The mission shall be accomplished through a whole school approach centred on food, varied physical activity and developing a positive mental attitude.
- 1.3 We aim to:
  - Improve the health of children and families by helping to influence their eating habits through increasing their knowledge and awareness, including what constitutes a healthy diet.
  - 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.
  - Ensure that food provision in the school reflects the ethical and medical requirements of children and staff e.g. religious, ethnic, vegetarian, medical and allergenic needs.
  - Make the provision and consumption of food an enjoyable experience.
  - Introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
  - Develop physical co-ordination and confidence.
  - Promote the physical and psychological benefits of participation in all types of physical activity whilst at school and throughout life.
  - Develop artistic and aesthetic appreciation within and through movement.
  - Help children develop socially through personal progress, healthy competition and co-operation between other individuals and groups.

- Promote positive attitudes towards health and physical fitness and an understanding of the biological aspects of the body in relation to fitness and well-being.
- Provide equal opportunity for all pupils to reach their full potential, regardless of their race, gender, cultural background or physical ability.

### **Healthy Eating**

We will develop an understanding and ethos within the school of tasty, nutritious, environmentally sustainable food, through both education and example. We will provide comprehensive coverage of the National Curriculum for P.E. and offer a variety of extra-curricular activities via the extended curriculum.

Healthy Eating activities will include, among other things:

- Art - observation drawings of food, healthy eating poster design
- DT - menu planning, nutrition
- Design and Technology - cooking, designing tools
- English - food diaries, following instructions
- Geography - what food grows where, food miles, transporting food, waste
- History - past diets, discoveries
- Computing - recording results of a food survey, website review
- Maths - weights and measure
- Physical Education - links between healthy eating and exercise
- Science - effects of heat on food, plant growth, nutrition
- RE/PSHE - experiencing food and celebrations from other countries, cultures and/or religions

### **Physical Activity**

Being physically active positively contributes significantly to our emotional health and wellbeing. At Pioneer Schools we ensure the children understand how physical activity can help them be more healthy. We aim to give them the opportunity to try a variety of sports and activities as we appreciate not every type of physical activity suits every child. We encourage the children to be physically active in a number of ways, these include:

- PE lessons
- Swimming lessons

- Before school, lunchtime and afterschool clubs
- Inter- and Intra-school competitions
- Sports and other equipment on the playground at lunchtime
- Programmes such as 'The Golden Mile' to enable children to see their personal progress

### **Mental health and well-being**

Research evidence shows that education and health are closely linked. So promoting the health (both mental and physical) and wellbeing of the children within school is likely to improve their educational outcomes and their health and wellbeing outcomes.

Promoting physical and mental health in schools creates a virtuous circle reinforcing children's attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential.

Academic success has a strong positive impact on children's subjective sense of how good they feel their lives are and is linked to higher levels of wellbeing in adulthood. In turn children's overall level of wellbeing impacts on their behaviour and engagement in school and their ability to acquire academic competence in the first place.

### **Food and Drink throughout the School Day**

#### **Snacks**

Children can bring fresh fruit, vegetables or raisins to school with them to enjoy at break time or after school if staying to attend a club. They can bring a cereal bar. Other snacks are not permitted.

As part of the National School Fruit Scheme children in Reception Class, Year 1 and Year 2 are provided with a free fruit or vegetable snack each day.

#### **Lunchtime**

The school hall is used for the children to eat their lunch. In the summer, children may have the opportunity to sit on the picnic benches or on picnic blankets to eat their lunch outside.

All children are given at least 25 minutes to eat their lunch, after this time, as long as they have eaten an adequate amount they are able to use their rest of their lunch break to play.

Children are encouraged to eat their main meal/sandwich before dessert regardless of whether they have a packed lunch or a school dinner, and this is monitored by the members of staff present in the hall.

Children are encouraged to show their packed lunches to a member of staff before and after they have eaten.

Children who eat little are monitored and encouraged and, if necessary their teachers and parents are informed.

### **School Dinners**

Our school meals are provided by Chartwells and freshly prepared and cooked daily in our school kitchen. There is the choice of two meals each day one of which is a vegetarian option, there is also the daily option of jacket potato with either cheese, beans or tuna. All meals provided by Chartwells meet government standards for healthy eating.

Since September 2014, children in Reception and Years 1 & 2 are entitled to free school meals through the Government's 'Universal Infant Free School Meals' initiative.

Children are encouraged to try different foods each day by the cook and other staff.

The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week.

### **Packed Lunches**

All parents and carers have received a letter detailing healthy choices which are advised in a packed lunch, including on educational visits.

### **Content of Packed Lunches**

#### **Foods to include:-**

Below is a list of foods that can be included in packed lunches. This is based on information obtained from the **Department of Education advice on food in schools, the Children's Food Trust and the NHS.**

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables.
- Protein - meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal).
- Oily Fish - such as tinned or fresh mackerel, sardines, salmon, tuna.
- Carbohydrate - starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti, pitta bread.
- Dairy - food such as milk, cheese, yoghurt, fromage frais, or calcium, fortified Soya products.
- Drinks - water, milk or a small carton (no more than a 150ml portion size) of fruit juice is acceptable and should, where possible, be diluted with water. Smoothies are also acceptable as long as they are 100% pure fruit and have no added sugar.

**Only ONE of these foods in packed lunches is advised per day:-**

- Small packet of crisps, crackers or a small cake (not chocolate) or a plain biscuit or a snack size portion of dried fruit.

**We advise that packed lunches must NOT include any of the following:-**

- Fizzy/sugary drinks in cartons, bottles or cans (including squash, fruit shoots, diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as sweets, marshmallows and candy
- Chocolate to any type including chocolate bars, chocolate cake, chocolate coated biscuits or items containing chocolate
- Chocolate spread as sandwich filling
- Nuts or nut products, including coconut

Helpful ideas and tips for a healthy lunchbox can be found on the following websites:

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/>

<https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

## **Food Safety**

We have children in school with food allergies so do not allow nuts or nut products, including coconut.

Packed lunches should be in a container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack, to reduce the risk of harmful bacteria growing if left in warm temperatures.

## **Special Diets**

The school recognises that due to medical reasons or a disability, some pupils may require special diets. In this case, the school and Chartwells, who provide our school lunches, require medical evidence to enable any changes or any alternatives to be agreed. For these reasons pupils are not permitted to swap food items.

## **Drinking Water**

Children are encouraged to bring water to school each day in a clear named bottle. To prevent spillages the bottle should have a sports lid. In the classroom they are allowed to drink from their bottle whenever they like, and will be encouraged to take a water break when they return from break times. Water is also available through water fountains in school and at lunch time in the dining hall.

## **Other occasions and events**

When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message.-Sweets, cakes or chocolates for

special occasions, such as birthdays, are only permitted for children to give out on the playground at the end of the day.