



## **Goring Church of England Primary School**

### **Whole School Healthy Eating/Nutrition Policy (Nutritional Standards Policy)**

#### **Aims of Policy**

At Goring Primary School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. This recognition is also acknowledged in one of the outcomes from “Every Child Matters” – ‘being healthy’. This policy states the ways in which our school community supports pupils to develop their knowledge and understanding of the importance of healthy diet in their everyday lives. This policy also describes how the school community helps pupils develop the skills and attitudes that will help them make informed healthy choices both in and out of school. In order to reflect the importance of healthy eating, this policy specifies the types of food and drink that we will provide in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.

#### **Policy Background**

Governors are responsible for:-

- Ensuring that nutrient-based and final-food-based standards (in accordance with the Nutritional Standard for School Food Regulations) are met.
- Deciding where water should be made available.
- Setting snacking policies.

Governing bodies are also required to provide the following meals and services within schools:-

- Free School Meals – to those pupils who are entitled to a free school mean (FSM). This does not have to be a cooked meal. Pupils qualify for a FSM if their parents receive one of the following benefits:-
  - Income Support
  - Job Seekers Allowance – Income Based
  - Support under part VI of the Immigration and Asylum Act 1999 or
  - Child Tax Credit, but do not receive any Working Tax Credit, and their annual income (as assessed by the Inland Revenue) does not exceed **£16,190**.
  - Income based Employment & Support Allowance.
  - the Guaranteed element of State Pension Credit.

In addition, as of September 2014, children in Reception, Year 1 and Year 2 are entitled to free school meals.

- Paid School Meals – to any other pupil within the school whose parents have requested that a meal is provided. This does not have to be a cooked meal. All pupils must be charged the same amount for the same quantity of food.
- Facilities to Eat Packed Lunches – to enable pupils who have brought food from home to eat it. Pupils cannot be charged for the use of facilities.

A Whole School Food Policy is a shared, evolving document for all people that interact with our School. It expresses a common vision of the ethos, status and role of all aspects of food within our School. It encourages all aspects of food to be brought together, clearly, coherently and consistently. Food in schools includes:-

- the formal curriculum, e.g. subjects (personal social and health education, citizenship), equipment and resources, ingredient provision and continuing professional development for staff;
- extra-curricular activities, e.g. cookery club, school garden;
- participation in national events and initiatives, e.g. National School Fruit Scheme, National Healthy School Standard, Growing Schools.
- provision of food at school, e.g. breakfast clubs, school lunch, fluid consumption and use of food as a reward;
- consumption of food at school, e.g. eating environment, service style, time, pupils bringing food to schools, packed lunches (including information to parents);
- events and lettings at school, e.g. school fete;
- pastoral care and welfare issues, e.g. behaviour, free school lunches.

The process of developing a policy facilitates staff discussion, provides a clear audit of the role and profile of food in any school and engages all staff towards its successful establishment.

At Goring Primary School, representatives of our school community on the Healthy Schools Committee (pupils, staff, parents, governors and healthcare professionals) decided to work together to establish a healthy eating and nutrition policy to replace the previous nutritional standards policy which dated from October 2005. A survey of parents was carried out in summer 2007 and a range of views was taken into consideration. The vast majority of those who answered felt that the school should take responsibility for food and drink consumed on the premises to benefit the long-term health, attitudes and behaviours of pupils, staff and visitors to the school. In order for us all to meet our full potential we need to be healthy and fit – physically, mentally and socially. We decided to review the current food provision in school and find ways to increase people's knowledge, understanding and attitudes towards healthy eating.

The Healthy Schools Committee will continue to meet (at least each term) to discuss future food and drink provision in school and once in place, this policy will be reviewed at least every 2 years, led by the school PSHE subject leader.

### **Definition of Healthy Eating/Nutrition**

A healthy diet is one which allows for a balance of different foods that sustain the well-being of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy balanced diet may vary between individuals from different cultural, ethnic and social backgrounds. A healthy diet is only one

contributory factor in a healthy lifestyle; regular exercise, good standards of hygiene, enough rest and looking after the environment are also important.

## **Curriculum**

Healthy Eating is explicitly addressed within the Science, PSHE, PE and DT curriculum.

Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas. There are also opportunities for cross curricular coverage of healthy lifestyles in different year groups during projects and Literacy, for example.

A wide range of teaching approaches and resources are used to deliver the curriculum.

Visitors who are able to support the class teachers include the School Health Nurse, Sports Professionals, Food Suppliers and Caterers. All visits are carefully planned to support the work being done in school and do not take the place of teacher's input.

Goring Primary School has previously achieved and renewed its Oxfordshire Healthy Schools status in 2007.

It is also a member of the National Fruit and Vegetable Scheme.

Further initiatives are regularly being investigated by the Healthy Schools Committee.

## **Healthy Schools Committee**

This is a group of representatives from the school community who meet at least once a term to review all aspects healthy living, eating and diet within the school. This includes representatives from:-

- Pupils
- Teaching staff
- Governor

This group discusses and develops all aspects of the food service in the curriculum ensuring that a positive attitude is maintained towards healthy eating.

The PSHE subject leader is responsible for setting up these meetings and ensuring that actions agreed are followed up appropriately.

## **School Lunches**

At Goring Primary School we recognise that most of us need to eat more:-

- Fresh fruit and vegetables
- Cereals, bread, rice and pasta
- Fish, lean meat or eggs
- Milk and dairy products

We also need to eat less:-

- Fat (especially saturated fat)
- Sugar
- Salt

This knowledge is reflected in the food provision in school. All school meals meet the Educational (Nutritional Standards for School Food). (England) Regulations 2007.

Currently food in the school is provided by 'Food with Thought'. The school and the catering facilities are dedicated to providing a balanced menu of school dinners and snacks, with as few additives as possible within the budget. 'Food with Thought' will be responsible for assuring the school governors that they comply with the nutrient based and final food-based standards for school lunches from September 2008 as required by law. The Headteacher and the member of staff with responsibility for the Healthy Schools Programme meet with the school cook at least once a year to discuss compliance with the food based and nutritional standards.

A three-weekly menu is displayed for parents to check if they wish.

Children are encouraged to sit down and eat their food at tables in an orderly atmosphere where they are supervised to ensure they eat a sufficient quantity and do not waste food.

Water jugs are put on the school dinner and packed lunches tables. Fruit and vegetable waste is collected and composted when it leaves the dining hall.

### **Breakfast/After-school Club**

The After-school Club does not follow set nutritional guidelines but use a common sense approach and provide nutritious food on a weekly budget. Breakfasts are apple or orange juice, milk, porridge, eggs, toast or low sugar/non-chocolate-based cereal. After-school snacks include a variety of fruit and vegetables, milk, yoghurt, eggs, cheese, toast, crumpets, pitta bread, sandwiches, homemade biscuits, dried fruit and occasionally pancakes as a treat. Where possible organic food is used and additives are kept to a minimum.

Children in classes Reception, Year 1 and Year 2 obtain free fruit and vegetables daily under the government scheme.

Those running the clubs have a list of those pupils with food allergies or intolerance to certain foods.

### **Water Provision**

Everyone has the right to access clean drinking water. We try to encourage pupils to drink water at school.

At Goring Primary School pupils are encouraged to bring clearly labelled plastic water bottles into school each day, which are kept in the classroom so that pupils can have free access to water without needing to leave the classroom. For health and safety reasons, pupils are required to take water bottles home each day to be washed and refilled.

Children can also refill water bottles from a designated and marked drinking water tap. Water fountains are located around the school in the infant and junior cloakrooms.

### **Packed Lunches and Break-time Snacks and Drinks**

Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children (advice available from NHS linked Change4Life website). Boxes should therefore contain foods from different food groups for example carbohydrate, dairy products, protein, fruit and vegetables. Pupils may bring fruit juices or squash to drink with their packed lunch. Snacks at morning break time should also be healthy and consist mainly of dried or fresh fruit and vegetables. At the time of writing this policy the eating of chocolate bars is not allowed. The majority of parents and advisors also feel that crisps which are high in salt and fat and cakes, fruit winders and other cereal bars high in sugar should also be discouraged. Sweets and fizzy drinks are not allowed at lunch time or for snacks. Nuts are also not allowed as a snack due to a number of children being allergic to them and because they are a choking hazard, particularly for younger children.

Additional information will be provided from time to time in the school's newsletters and via the Healthy Schools Notice Board. Occasional healthy lunch box awards may be given to encourage children and for them to comment on their own lunch boxes. Lunch time supervisors will monitor lunch boxes informally and report serious and regular concerns to appropriate staff.

We will also ask pupil committee members to become more active and make observations, talk to other members of the school and report back during Healthy Schools Committee meetings.

We are keen to encourage healthy food options at school events and have more unusual fruit for sampling, where practical. Fruit and vegetable waste is placed in designated bins at break times and this is composted in the school grounds.

A mid-morning healthy snacks bar has been introduced. The school does not have vending machines.

### **Dining environment**

All school meals will be eaten in the school hall. Pupils will be encouraged to take their time to eat their dinner and to eat as much of it as possible. If a child is unable to finish their meal they are asked to consult a supervisor before leaving if they are in Reception or Key Stage 1 classes in particular. For Key Stage 2 children a little more flexibility is allowed. All children are asked to take home unfinished packed lunch food so that parents can easily see what has not been eaten. This is obviously not possible in the case of school dinners.

In warm dry weather, older pupils with sandwiches may be allowed to eat their meals on the picnic tables in the patio area outside.

School governors and staff will monitor and review the eating environment to ensure that a calm and enjoyable atmosphere is maintained.

### **Food allergens**

The school has a regularly updated list of pupils with specific known food allergies or intolerance to certain foods. This list is kept in the School office. Teachers, teaching assistants, lunchtime supervisors, kitchen staff and breakfast/after school club staff are all aware of these. Parents of these children are invited to the kitchen/lunch hall to discuss specific requirements with school staff and also examine any future menus, as appropriate. Craft materials used in the curriculum may be avoided for certain classes and permission slips are sent home if any different foods are being sampled in the classroom.

The most common allergies/intolerances at the time of writing this policy are cereals containing gluten, nuts, pulses, cows' milk and eggs.

Staff are aware of the different levels of allergic reaction and have had the symptoms explained carefully by the school nurse and Epipen training for severe cases. Individual children have a supply of named anti-histamine syrup and Epipens located around the school and staff consult with at least one other member of staff before any medication is given. In severe cases expert medical attention would be sought immediately. Parents would also be informed of any specific incidents at the earliest opportunity.

### **Conclusion**

This policy will be regularly monitored by the Healthy Schools Committee. Some amendments may also need to be made to the School Prospectus following each adoption. A formal revision of this policy will take place in 2 years' time.