



*We are all part of God's vine and are rooted in His rich soil. We are nurtured and supported so that we may grow and spread out into the world to love and to serve.*

*I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit.* John 15:5

## **Goring Church of England Primary School Nutritional Standards Policy - Whole School Healthy Eating / Nutrition Policy**

**Policy Approved by the Healthy Schools Governor on ...5 July 2023**

**Signed ..... Chair of Governing Body**

**Review Date ...July 2025**

**To conform with the requirements of GDPR (General Data Protection Regulation) all data is handled according to the terms of our Privacy Notice. A copy of this is available on our school website.**

### **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 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:

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**Free School Meals** – to those pupils who are entitled to a free school meal (FSM) – for up-to-date eligibility information see: <https://www.gov.uk/apply-free-school-meals>. This does not have to be a cooked meal.

- Pupils may qualify for a FSM if their parents receive one of the following benefits:-
  - Income Support
  - Income based Job Seeker's Allowance
  - Support under part VI of the Immigration and Asylum Act 1999
  - the guaranteed element of Pension Credit
  - Child Tax Credit (providing they are not also entitled to Working Tax Credit and have an annual gross income of no more than **£16,190**).
  - Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
  - Universal Credit - if you apply on or after 1 April 2018 household income must be less than £7,400 a year (after tax and not including any benefits you get)
- All children in Reception, Year 1 and Year 2 are all 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.

### **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.

## **Healthy Schools Committee**

A group of pupils and staff meet at least once a term to review all aspects healthy living, eating and diet within the school.

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 teacher in charge of the Healthy School committee is responsible for setting up these meetings and ensuring that actions agreed are followed up appropriately.

## **School Lunches**

At Goring CE 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 school food standards. <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>.

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.

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.

## **Water Provision**

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

At Goring CE 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.

## **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. 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. 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.

## **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.

School 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 and kitchen staff are all aware of these. Craft materials used in the curriculum may be avoided for certain classes and parents are informed, via email, if different foods are being sampled in the classroom.

Staff are aware of the different levels of allergic reaction and have completed Epipen training for severe cases. Individual children have a supply of named antihistamine 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.

A formal revision of this policy will take place every 2 years.