



Healthy Eating Policy

Reviewed/ Updated	Jan 2022
Ratified by Governors	18 th Jan 2022
Next Review	Jan 2023
See Addendum COVID 19	May 2020

Health Eating Policy

Introduction

Downlands Community School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school healthy eating policy.

The school recognises that many health issues can be caused or made worse by unhealthy eating and that national statistics show that almost 20% of children are already obese by the time they leave primary school at eleven. At Downlands Community School, we have drawn up this policy to help set a framework which establishes a culture of healthy eating which we hope will play a role in combating this.

The purpose of this policy is:

- To encourage children to have a healthy diet.
- To inform and educate pupils and the whole school community about healthy eating.
- To inform parents and guardians about entitlements to free school meals and milk.
- To inform parents and guardians about the school meals service and to promote healthy packed lunches as an alternative.
- To have a healthy school community.

Aims

We aim to achieve healthy eating across the school and will:

- Promote a positive attitude to healthy eating, by developing and maintaining an ethos in which a healthy choice is the easy choice.
- Provide cross-curricular education that enables pupils to make independent and informed choices and learn about the effects of healthy eating.
- Involve the whole school community in developing and maintaining healthy eating and drinking habits.
- Promote healthy eating and oral health as necessary and enjoyable, in order for pupils to make independent and informed choices.
- Create a pleasant and sociable dining experience which enhances the social development of all children.
- Provide cooked school meals that are rich in vitamins and minerals.
- Encourage children to choose a balanced diet, both for cooked school meals or in their packed lunches.
- Provide an easily accessible water supply throughout the day.
- Provide free school milk for under 5s and children accessing free school meals.
- Take into account and accommodate dietary (including medical, ethical and cultural) requirements in providing school meals, and across the curriculum.
- Ensure high standards of hygiene amongst the children.
- Ensure that relevant staff have a food handling / hygiene certificate.
- Promote healthy eating and drinking habits that will last a lifetime.

What we promote

- Eating at least five pieces of fruit or vegetables each day, with a strong emphasis on healthy snacks.
- Drinking lots of water throughout the day.
- Allowing treats on special occasions (games, matches, birthdays, festivals and celebrations).
- Informing parents of children new to the school of this policy.
- Celebrating cultural and religious occasions through food.
- Being mindful of the medical needs of children and young people in our food provision.

Snacks

All children should have a healthy snack at break times. Children in KS1 and Foundation stage receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and

Vegetable scheme. As children move up into KS2, if they wish to have a break time snack, they can bring in something from home. Below are guidelines from the NHS and Change4life on healthy snacks. We ask for your support to help us adhere to these guidelines:

- Chopped up raw vegetables– e.g. carrots, cucumber or peppers
- Chopped up fruit/Whole fruit – e.g. apple, Satsuma, strawberries, halved grapes, melon slices
- Dried fruit
- Breadsticks, rice cakes and wholemeal crackers
- Sliced or cubed cheese

Children are not allowed to share snacks with other children in order to minimise any dangers of allergic reactions.

Milk

Free milk is available for children under the age of five in school and for children receiving free school meals. The eligibility for free milk for Years 1-6 is exactly the same as for free school meals. Milk can also be purchased through www.coolmilk.com for any child not eligible for free milk.

Hot School Meals

All our school meals are provided by Local Food Links who have a healthy food policy as part of their tender. Where possible this includes the use of fresh fruit and vegetables each day as a choice for the children. Food Links provide hot food that has a vegetarian option and will provide individualised options for children with specialised medical dietary requirements on request. The Food Standards Agency has made it compulsory for allergens to be highlighted on Local Food Links Menu. These allergens can be seen by anyone online for each meal. Parents are able to amend orders to ensure any ethical or cultural requirements are observed.

Packed lunches

Parents and guardians, who choose not to pay or take-up a free school lunch for their child should ensure their children bring a healthy packed lunch into school. The school recognises that nationally only 1% of packed lunches meet the same nutritional standards as a school meal and encourages parents and guardians to choose healthy items for their child's lunch. For children who bring a packed lunch into school each day, we encourage packed lunches to be healthy in content and ask parents and guardians not to include sweets, chocolate bars, or fizzy drinks. Packed lunches should preferably include mainly unrefined carbohydrates e.g. bread, pasta and fruit and vegetables (a cake, bun or biscuit is acceptable as a part of a balanced diet). Packed lunches should be stored in a suitable container with suitable insulation and cold-packs, as we cannot supply a cool place for storage. The school may make recommendations on the contents of a healthy packed lunch. The final decision on the content of a packed lunch rests with parents and children will not be singled out if their packed lunch does not conform to school recommendations.

As we have children and staff who suffer from nut allergies, we also ask that no products containing nuts are brought into school.

Breakfast and Afterschool Club

A good variety and healthy balance of foods are provided:

- A good portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun, croissants or bagel.
- Fruit and vegetable choices such as orange juice, fresh or dried fruit.
- A portion of milk or dairy food e.g. semi skimmed milk on cereals or low fat yogurt.
- Water to drink.

Drinks

All children and staff have free access to water throughout the day. Water fountains are available in the lower corridor. Every child is encouraged to bring in a water bottle that is stored

in the classroom for free access. EYFS and KS1 children are also reminded to drink water at their snack time. Milk is also available as specified previously. Water is recommended for lunchtime drinks.

Celebrations

Foods such as sweets are not given out as rewards. We allow small portions of sweets and chocolates on special occasions and celebrations, whilst also adhering closely to our policy of 'no nuts', protecting those children with allergies. If children bring in cake or sweets as part of their birthday or other celebration, these will be handed out by staff at the end of the day or permission from parents will be requested to eat in school.

Promoting healthy eating: learning and teaching

A range of teaching methods and resources are used to promote healthy eating and the effects of an unbalanced diet. Opportunities to teach children about healthy eating, is a particular focus of both Science and Design Technology. Food is celebrated and seen as an important part of learning about culture and tradition. Food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given the opportunity to touch, taste, smell and feel a variety of foods. A variety of healthy food options is made available and new tastes are actively encouraged in class lessons and at break times. During meal times, the Lunchtime Supervisors encourage good manners and support children in making social conversation. Snack times/mealtimes should be an opportunity for positive social interaction and promoting social skills.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters and on the website

Role of the governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

KS and Subject leaders are responsible for the curriculum development of the Food Policy. The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy. The school is responsible for ensuring the quality of the food offered as part of the contract with the catering company - Local Food Links.

This policy will be reviewed annually to take account of new developments.



ADDENDUM TO REFLECT COVID 19

Health Eating Policy

This policy remains current

Depending on the most up-to-date risk assessment, cooking in school will be reviewed according to perceived risks from COVID-19. Nevertheless, since moving to step 4 on the roadmap for easing COVID-19 restrictions, all curriculum areas should be delivered in school.

Milk may be delivered as straws are in a hygienic individual wrapping.

Water fountains have been taped off and pupils will need to bring in their own water bottles which can be filled at school.

Thorough disinfection of surfaces and hand washing to take place prior to pupils eating their packed lunches.

Lunchtime eating arrangements may be altered to reflect the most up-to-date risk assessment. For example, reverting to staggered lunchtimes to reduce the amount of children eating in the hall at any one time.

Jan 2022