



# Whole School Healthy Eating Policy

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## ***Introduction***

As a healthy school, Winsor is committed to encouraging and developing positive attitudes towards food and a healthy diet. We understand the importance of promoting a healthy life style and we recognise the importance of offering children the opportunity to make healthy, informed choices both in and out of school.

We believe that adults (staff, parents and carers) should be good role models who play an important role in helping children understand how balanced nutrition contribute to a person's health, happiness and general well-being.

We recognise that healthier children learn more effectively and we wish to have an impact on health related issues such as obesity and poor dental health, which are significant factors not only nationally but particularly in Newham.

## ***Values***

- We believe that pupils should be well nourished at school and that every pupil should have access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- We want our food provision in the school to acknowledge the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- We believe that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.
- We want to promote practices within the school which reinforce these aims and remove or discourage practices which negate them.

This policy will cover the following:

- Snack time
- School meals
- Packed lunches
- Breakfast Club
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum

## ***Context***

Winsor is a growing primary school in a multi-cultural area of London. Our families speak nearly 40 different languages and come from a wide variety of different countries, cultures, economic, religious and social backgrounds.

Within Newham, the numbers of children who are both underweight and who are obese exceed the national figures and tooth decay in under 5's is the second highest in London.

## ***Policy Development***

The Early Years Leader in conjunction with the Nursery team and Family Support Worker have discussed related issues and have worked together to review this policy. Key staff have attended and continue to attend relevant training and the needs of children 0-5 years and beyond have been taken into account in the light of the training received. Aspects of Healthy Eating are raised with parents in a number of ways including written information, displays, surveys and conversations with key staff. When necessary, parents are referred to our designated Health Visitor for guidance and support. For children in Reception upwards, referrals are made to the School Nurse.

Staff and parents are all encouraged to read and voice any concerns related to the policy.

## ***Provision of Drinks and Snacks in Nursery***

In the Nursery we provide a free snack during every part time session.

Children are offered a range of nutritionally balanced snacks from a four week menu. The four week snack menu is displayed on the parents' notice board.

Children are only offered an alternative to the foods available on any given day if they have a medically recognised allergy to an item or food group and there are no suitable alternatives available.

Food is prepared by a designated staff member in a kitchen area away from the main classroom. Once a week targeted children are invited to help prepare the snacks for the whole group. Milk and water are provided in clear plastic jugs with lids, which are easily visible to the children. The EYFS Leader purchases the food each week. Food is funded through our school budget and the milk is provided free for under-fives. Food is stored in a fridge or the kitchen cupboards and is overseen by the staff who prepare the food and the Class Teacher who check the use by dates on products such as milk.

Children are encouraged to operate independently during snack time. They sit together and are encouraged to pour their own drinks, serve, spread or cut food as appropriate and then to clear away after they have finished. Cups, bowl and spoons are later washed by an adult to maintain hygiene standards. The milk and water jugs are emptied, washed and refilled between sessions. The areas are clean and bright and a display related to healthy eating is located by the cloakroom area for parents' information. Pictures of the children taking part in snack time or in cooking or tasting activities are often included in displays. In or near the bathroom areas there are pictures relating to healthy practices such as hand washing.

During snack time, staffs encourage children to try new items, help themselves, and learn about food and model eating as a social occasion. Water and milk are available for children to help themselves to and additional water is provided outside when the weather is hot.

### ***Snack Menus in Nursery***

Staff from the Nursery have updated their training on providing healthy and nutritious snacks and use guidelines from this training to compile a four week snack menu. This complies with the guidelines on providing a balance of starchy foods, protein, dairy and fruit and vegetables. We offer fresh fruit and vegetables. Low salt and sugar varieties are purchased and tinned vegetables and fish are in spring water rather than oil or salted water. At the table children are asked to take a small portion initially and then they can have more if they wish.

### ***Provision of Drinks and Snacks in Reception, KS1 & KS2***

All children in Reception and KS1 are offered a snack during their morning break. It is optional, however, children are always encouraged to take some and try something when they are hesitant. Depending on availability, children are offered a variety of different options throughout the week (i.e. *apples, carrots, oranges, pears, tomatoes, strawberries, bananas, etc.*)

Children in KS2 are allowed to bring in their own healthy snack to eat during break time. They are allowed to have fruit, vegetables and seeds. Any other foods brought into the school will be confiscated and returned at the end of the school day.

All children in Early Years and KS1 are offered milk every day alongside their daily snack. This is also provided for pupil premium children throughout the whole school.

Water is freely available to all children and staff. Children are encouraged to bring in their own water bottle and are allowed to drink from it throughout the day. There are also water fountains throughout the school which children can use freely during lunch and play times and they can also request to use at other times throughout the day (e.g. during PE lessons). Water is provided with school meals.

### ***School lunches***

All our school lunches are provided in school by Newham Catering Service following guidance from the government. There is a salad bar available for the children who have school meals to help themselves to. This is manned by a lunchtime supervisor who encourages children to help themselves to salad and helps the younger children by encouraging and serving from the salad bar.

There is always a hot and cold lunch option, a fish and meat option and a vegetarian option.

Pupils are encouraged by the lunchtime supervisors to eat their lunch in the correct order and to cut up their food correctly. Additional staff on duty also help with this. Children are encouraged to sit quietly and behave in a polite and respectful manner. If children do not wish to eat everything on their plate, they can dispose of it as long as they have tried it. If a child consistently eats little or disposes of large amounts of food the supervisors are advised to

express their concerns to the class teacher, the Family Support Worker or a member of the Leadership Team.

All children are currently entitled to a free school meal and the menu is on display for all pupils and staff to see. Menus are also sent home to parents.

### ***Packed Lunches***

Children eating packed lunches sit alongside their peers in the dinner hall and are encouraged in the same way to eat what has been provided for them and not waste food. They should not be throwing away uneaten items at school so that parents are aware of what their child has consumed at school. We aim to encourage children to bring healthy packed lunches with a variety of foods. Lunchtime supervisors and other staff on duty are encouraged to express any concerns they may have regarding any children that consistently bring unsuitable options in their packed lunches. Teachers or the Family Support Worker will then follow up with parents and monitor situations as necessary.

When going out on educational visits, the school provides each child with a packed lunch; however pupils are also allowed to bring their own, if they so wish.

### ***School Dinner Hall***

It is our aim to provide a stimulating, yet relaxing, environment for the children to eat their lunches. The tables and serving trolleys are set up strategically so that children can enter, choose their food, eat, and then exit in an organised manner. Lunchtime supervisors follow a careful rotation amongst year groups to ensure fairness with regards to first and last choice of lunches.

### ***Breakfast Club***

Breakfast Club runs daily from 8am - 8.50am, with breakfast being served from 8am - 8.25am. A varied selection of healthy and nutritious food is available, e.g. cereal, toast, milk, fruit juice. Detailed information on Breakfast Club can be found in the Breakfast Club Policy.

### ***Allergies***

Before children start school/nursery parents complete information forms, which include questions on dietary requirements and food allergies. If a parent informs us that their child has an allergy to certain foods we discuss this with them and ask for medical confirmation of the allergies. Relevant forms are filled out with the parent/carer and Health Visitor/School Nurse. Copies are kept centrally along with any medication. Medication is clearly labelled with the child's name and all staff are aware of its location. An overall list of allergies for the Nursery is maintained by the paediatric first aider and copies of this list are kept in prominent areas in each room so that any member of staff working in this area is aware of all allergies. In the main school, teachers will be informed of all allergies within their classes and the information will be stored in their classroom, the staff room and in the welfare room. When a child who uses an

EpiPen joins Winsor, training is arranged for all staff on the procedures to be followed and the administering of the medication should this be necessary. A care plan would also be requested from the health service. We discuss with the parent any measures we need to take within the school to keep the child safe such as being particularly careful about washing hands after handling any food, which may cause an allergic reaction.

The school will attempt to offer alternative snack options for children with allergies.

### ***Festivals and Celebrations including Birthdays***

At Winsor, we celebrate various occasions, including birthdays, without the inclusion of unhealthy food and drink. We ask parents not to bring in any sweets or cakes as we will not hand these out and they go against the aims of this policy. For example, on a child's birthday they may be sung to, be given cards and positive wishes, and provided with a pin/birthday sticker to wear. Parents may choose to give out celebratory gifts but they are told to choose healthy alternatives such as fruit, pencils, stickers, etc. and this should happen at the end of the session/day to avoid disrupting learning time.

When we celebrate other events (e.g. *end of year, Christmas, Eid*) we may ask parents to bring in food items such as fruit, hummus, crackers, vegetables, fruit juice and other healthy options, so that we can adhere to the aims of this policy.

All classrooms should display a poster reminding parents of the school's position regarding unhealthy snacks.

### ***Curriculum in Nursery***

Children in the Nursery have open access to the outdoor areas for the majority of the session. Here children can run, climb, ride and use small apparatus such as balls freely. Children are encouraged to be physically active in group sessions through the use of action songs and rhymes. Within the Nursery we regularly cover topics, which relate to food, healthy eating and bodily awareness. Much of our topic planning includes sharing stories based around food including: 'Handa's Surprise', 'Lima's Red hot Chilli', 'Jasper's Beanstalk', 'The Three Bears', 'The Very Hungry Caterpillar'. All of these books lend themselves to planning food and health related activities.

### ***Curriculum in Reception, KS1 & KS2***

Children are encouraged, through the provision of many different subjects, to maintain a healthy lifestyle and make healthy choices regarding food. For example, Science provides opportunities to learn about different food groups, nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

As part of D&T, children are taught basic cooking skills according to the new National Curriculum. KS1 children are taught the basic principles of a healthy and varied diet and how to use this information to prepare basic dishes. They are also taught about where food comes

from. In KS2 children take this information further and prepare and cook a variety of predominantly savoury dishes using a wider range of cooking techniques. They also start to learn about seasonality and where and how ingredients are grown, reared, caught and processed. Teachers may choose to integrate these objectives into other curriculum areas (e.g. an English lesson including elements of recipe or instruction writing or a maths lesson involving fractions of amounts).

### ***Provision for staff***

Staff are encouraged to eat in the staffroom or in the dining hall with the pupils. There are a number of facilities available such as a microwave, an oven, boiling water, fridges, and filtered drinking water.

### ***Sharing information with parents of children in the Foundation Stage***

Before children start Nursery or Reception they have a separate individual interview with a member of the early years team in school or during a home visit. At these meetings, they are asked some general questions about their child's health and dietary requirements. If a parent expresses any concerns around diet, weight or general health at this stage they are referred to the Health Visitor or School Nurse.

### ***Sharing information with parents of children in KS1 & KS2***

Information about the Healthy Eating Policy is made available to parents via the school's website and hardcopies can be provided upon request. We make it clear that we will also raise issues with parents if we have any concerns. Signs are posted outside of classrooms to remind parents of the school's no sweets policy and letters are sent home as necessary. We aim to develop positive relationships with parents and carers in order to ensure that messages related to healthy eating are received and understood. If concerns arise about a child's health, staff will consult with a member of the school's senior staff. If necessary, the School Nurse can be consulted and may choose to follow up with parents/carers.

### ***Consultation***

If you have any comments or questions about the policy please make these known to staff. This policy was completed in October 2016 and will be reviewed in July 2017 and then triennially.