

# CHOWBENT PRIMARY SCHOOL

## Healthy Eating Policy



Date policy agreed by Governing body:

7<sup>th</sup> November 2023

Signed Mrs S Heapy Chair

*S. Heapy*

# **Chowbent Primary School Healthy Eating Policy**

## **Introduction**

At Chowbent Primary School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle.

We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

## **Aims**

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- To 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.
- To encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.
- To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.

## **Objectives**

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To ensure that all staff with responsibility for food have basic food hygiene training.

## **Water provision**

At Chowbent Primary School we actively encourage all pupils to drink water each day. Water bottles should be provided by parents or carers and these are kept in classrooms. Children are encouraged to drink more after physical exercise and on hot days.

We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

If a child brings to school a water bottle which contains drinks other than water, they will be asked to take it home and a drink of water will be offered instead. Flavoured water should not be brought to school to drink during the school day due to the sugar content.

## **Snacks**

We encourage children to have a snack at break time to support concentration and as a way of eating 5 portions of fruit or vegetables per day. All Foundation Stage and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative.

Key Stage 2 children may bring a healthy snack to eat at play-times, ideally fresh or dried fruit or vegetables. Grapes should not be brought into school for snack, due to the risks of choking. If children bring in a snack, such as; crisps, chocolate bars or sweets, they will be asked to take the food home and if available, will be offered a piece of fruit instead.

## **Lunchtime food provision**

The school provides school meals, free school meals and facilities to eat packed lunches. All children have their lunch in the dining hall. School meals can be ordered via School Hub. Currently all Reception, Year 1 and Year 2 children receive free school meals, which needed to be ordered in advance from home.

### **Dining hall**

At Chowbent Primary School we try to make the dining environment as pleasant, calm and enjoyable as possible. Midday supervisors are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to offer assistance where needed. All children in the dining hall are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this. Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- Entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- Sitting freely with their friends within their year group
- Eating school dinners and packed lunches together
- Promoting the correct use of cutlery
- Being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- Saying please and thank you
- Parents or carers being advised if their child is not eating well

Whilst the dining staff strives to keep the noise level down in the dining hall and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

### **School dinners**

Chowbent Primary School engages the services of the catering company Orian who provide meals which meet the national guidelines for nutritional standards. A menu is available online, via School Hub, for both parents/carers and pupils to look at before they make their choices. School meals can be ordered up to two weeks in advance. A drink of water is provided with each meal.

### **Packed lunches**

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit, leaving cake and biscuit items to last. Drinks in cartons and plastic bottles, such as fruit juice or squash, are allowed but fizzy drinks and energy drinks are not permitted due to their high sugar content. No hot food should be brought into school, including food in flasks. Welfare staff monitor the contents of lunch boxes regularly. If we feel that a child is repeatedly bringing

unhealthy choices for their lunch we will contact parents to discuss how this can be rectified.

Children may not bring sweets as part of their lunch. Water is available for pupils who may have forgotten a drink or who want more than what has been provided as part of their lunch. Children put all their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten. Children may not bring any nut products into school. This is to protect the pupils against potential allergies or intolerances.

### **Treats, prizes, social events and special occasions**

Staff will avoid confectionery items when purchasing prizes and treats for pupils. However, at Christmas and Easter, a small amount of chocolate may be given, e.g. a small Easter egg. Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances will always be considered.

When children celebrate their Birthday at school, they may choose to bring in sweet treats to share with children in their class. Children will be asked to bring the sweet treat home and will not be permitted to eat the treat at school. We request that you do not bring lollipop treats in for children as they can be a choking hazard. If you do not want your child to accept any sweet treats please make this clear to your child to not do so.

### **Before and after school provision**

Pupils will have access to a healthy range of breakfast and after school foods. Water, low sugar cordial and milk will be available every day.

### **Partnership with parents and carers**

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example.

### **Monitoring this policy**

This policy will be monitored through the following:

- The contents of pupils' lunchboxes will be monitored
- Discussions with staff, including midday supervisors and catering staff
- Observations of the dining hall/activity room at lunchtime
- Observations of break time eating habits

Examples of healthy packed lunches

