

Chellaston Junior School

Healthy Eating Policy

Introduction

As a Health Promoting School, Chellaston Junior School is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know 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 believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

1. Aims and Objectives

- 1.1. To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- 1.2. 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.
- 1.3. To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils, e.g. religious, vegetarian, medical and allergenic needs.
- 1.4. To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

2. Organisation – Curriculum

- 2.1 We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- 2.2 Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PSHE curriculum.
- 2.3 All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

3. Organisation – Management of Eating

- 3.1 To ensure consistency across the school, children will be allowed to eat only fruit or vegetables at break time.
- 3.2 All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Chilled water is also provided in the school for additional access to drinking water.
- 3.3 Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.

- 3.4 Pupils' lunch boxes should offer balanced nutrition. Whilst we do not check lunchboxes on a daily basis, the lunchtime staff monitor the children and inform class teachers if they feel a lunchbox is not healthy. In this situation, class teachers will contact parents.
- 3.5 Birthdays and special events, such as Christmas parties, are times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered.
- 3.6 The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be shared with colleagues and displayed in medical needs booklets (available in all classrooms and the school office) and in the school kitchen.
- 3.7 Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts.
- 3.8 Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can to ensure that they are not hungry later on in the day.

4. School Meals

- 4.1 The hot meals are prepared, cooked and served on the premises. We work closely with the Catering Manager to ensure the healthiest possible meals. Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance government guidelines and updated as necessary.
- 4.2 The school lunch menu is displayed on the school website for four weeks at a time. The menu is updated on a monthly basis to allow parents and children time to discuss meal options.
- 4.3 The Headteacher monitors the quality of the meals on a regular basis.
- 4.4 The dining room is well staffed with midday supervisors who assist the children in a variety of ways such as opening yogurt lids or helping the children to get salad, keeping table surfaces clean and tidy.
- 4.5 A well stocked salad bar is located at the side of the room for the children to help themselves. Fruit and yoghurt are available as a dessert choice very day.
- 4.6 Water and milk are available in the dining hall for all children to drink as they eat their lunch.
- 4.7 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:
 - Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet
 - Entering and leaving the dining hall in an orderly way; to show respect for other diners
 - Parents or carers will be advised if their child is not eating well
 - Demonstrating good manners in the hall, e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, mid-day supervisors and other pupils
 - Seeking permission from a Midday Supervisor before leaving the table.

5. The role of the co-ordinator and learning team

- 5.1 The PSHE Co-ordinator is responsible for the Healthy Eating policy.
- 5.2 It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.

- 5.3 It is the co-ordinator's role to ensure that staff is given sufficient training, so that they can teach effectively.
- 5.4 The co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework
- 5.5 The co-ordinator monitors teaching and learning about healthy eating. The co-ordinator oversees the content of the planning to ensure that all pupils have the opportunity to learn about healthy eating.

6 The role of Parents:

6.1 The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the school healthy eating education policy and practice via the school website.
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.

7 The role of Governors:

7.1 The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

8 The role of Pupils:

- 8.1 Pupils will participate in Healthy eating activities across the school Pupils will be expected to follow the Healthy Eating rules for break times and lunch times
- 8.2 Pupils will be invited to feedback to the school council on the Healthy Eating practice across the school

9 Monitoring and Evaluation:

- 9.1 The effective implementation of this policy will be monitored by the co-ordinator, the Headteacher and the governing body.
- 9.2 The policy will be evaluated after 2 years through a survey of the views of the whole school community, particularly the views of pupils. This takes place through assemblies, in class discussion and school council.

Jenny Collins – PSHE Co-ordinator:

Autumn 2017

Review Date:

Autumn 2019