

STANLEY PARK JUNIOR SCHOOL



Healthy Eating Policy

Mission Statement

"We believe that every child and adult matters. At Stanley Park Junior School, we work together as staff, parents, carers and governors, in a fun, safe and inclusive environment. We strive to create a rich, varied and challenging curriculum that provides inspirational learning opportunities for all children as they aspire to become successful learners, confident individuals and responsible citizens with a sense of pride in themselves and their school."

Policy agreed by Staff:

December 2020

Next review date:

December 2023

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1) AIMS

Stanley Park Junior School recognises the important connection between a healthy diet and a pupil's ability to perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to establish a healthy lifestyle that we hope will be promoted into the wider community and continue into adulthood.

We understand that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

2) OBJECTIVES

- ❖ To adopt an affirmative approach to healthy life style and diet and that this policy is widely promoted
- ❖ To ensure that our curriculum promotes healthy eating and lifestyles
- ❖ To improve the health of pupils, staff and their families by helping them to make healthy food choices through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- ❖ To ensure pupils and staff have access to safe, nutritious, healthy and appealing food and water within the school environment
- ❖ To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them
- ❖ Snack and meal times should be an opportunity for positive social interaction and promoting social skills
- ❖ That food provision should reflect cultural, religious and medical needs of our school community e.g. religious, ethnic, vegetarian, medical, and allergenic needs

3) BREAKFAST CLUB

Breakfast club is provided for up to 60-65 children from 7.45 -8.45 on school days. Children are provided with a range of healthy breakfasts, comprising of cereal, toast, fruit juice and sometimes a hot option. A range of activities are provided for the children to do prior to the school teaching day.

4) BREAKTIME

Children and staff are encouraged to eat fruit or vegetables at break time as well as drink water. Fruit is usually sold during morning break and milk is also available at this time at no charge to children entitled to free school meals and at a small cost to those who want it. Children are encouraged to refill their water bottles. Snacks are restricted to fruit or vegetables, unless recommended otherwise by a doctor on medical grounds (e.g. diabetes, dietary needs etc.).

5) LUNCHTIMES ARRANGEMENTS

Staff work with children to provide a clean, safe and inviting dining area in which to enjoy their lunch. Children are encouraged to display good manners while eating and to be independent in clearing up after themselves. Children eat in the dining room with other children in the same year group, whether school dinners or packed lunches.

COOKED DINNERS

All children have the opportunity to have a cooked lunch at school. The menus are rotated on a 3-weekly basis and are varied, always including a meat/fish option, a vegetarian option or jacket potato with different fillings, as well as a pudding option, each day for the children to choose from. There is always a selection of fruit that the children can choose to eat and a salad bar. All food cooked complies with the Statutory Nutritional Standards. Portion sizes are controlled in line with government guidelines and there is always bread and some form of salad for the children to add to their meal. Water is readily available for the children to drink. Nuts are not used in foods prepared in the kitchen.

PACKED LUNCHES

Healthy foods are encouraged. A balanced diet is about eating lots of different foods to get the nutrients you need and we recognise that it is hard to get that variety into lunchboxes. The children learn about a balanced diet through the science and PSHE curriculums and we would ask for support in reinforcing this learning through the contents of children's packed lunch boxes.

The following are suggestions for food to INCLUDE in a healthy packed lunch:

- At least one portion of fruit and vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, roll or salad)
- Oily fish, such as pilchards, salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereal every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Cereal bars rather than cakes and biscuits
- Pretzels, seeds, fruit, crackers and cheese and vegetable or bread sticks with a dip

Children are discouraged from bringing in sweet and sugary drinks (no fizzy drinks allowed).

Suggestions for food NOT TO INCLUDE in a healthy packed lunch:

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or anytime (unless part of a birthday or special celebration treat)
- Nut or nut products (although they can be healthy) because of the danger to those children with allergies
- Fizzy drinks
- Foods which have been fried in oil

For more advice and a range of recipes for lunch boxes, please see the NHS Change for Life Website (<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>).

6) WATER

Parents are informed of the health benefits of drinking water and encouraged to provide a refillable water bottle for their child to have in school each day.

Children are given access to fresh drinking water throughout the day and are encouraged to do so by teaching staff. Each classroom and the staffroom have a tap providing filtered drinking water. Children keep their water bottles on their desk and are reminded to drink plenty of water throughout the day.

Water is available in the dining room.

7) NUTS

In recognising that we have a number of children who have both mild and severe nut allergies, no nuts are used in the preparation of foods in the Dining Room and children are discouraged from bringing nuts into school in their packed lunches. Parents are notified of this through our School Brochure and reminded at least annually through our Newsletters.

8) EVENTS AND CELEBRATIONS

We want to give children the opportunity to celebrate their birthday with their classmates. We appreciate that this occasion is often a chance for a 'treat', and therefore allow children to bring in sweets/cakes to share with their peers. However, alternative options, such as healthy snacks or non-food options (e.g. stickers, a class reading book) are also welcomed. When food sharing occurs as part of a birthday celebration, children take their snack home with them and must not eat it until they have checked with their parent/carer.

At Christmas, classes may celebrate with a class Christmas party in which children are able to bring in a plate of food for themselves to enjoy. We encourage parents to provide a variety of nut-free snacks.

9) LINKS WITH OTHER POLICIES

This policy should be read with reference to other policies on:-

- ❖ Teaching and Learning;
- ❖ Inclusion;
- ❖ Science;
- ❖ Physical Education;
- ❖ Design Technology;
- ❖ Personal, Social, Cultural and Health Education. (PSCHE)

10) RESPONSIBILITIES

The Healthy Schools Co-ordinator:

- ❖ will work in conjunction with other staff to ensure that healthy eating and lifestyles is promoted;
- ❖ liaises with visitors who may come into school linked to healthy eating;
- ❖ raise awareness of healthy eating and lifestyles through assemblies.

11) REVIEW

This policy will be reviewed by the Healthy Schools Co-ordinator along with staff and Governors every 3 years (earlier if necessary).

COVID ADDENDUM

In line with Covid restrictions the following arrangements are not currently able to happen

- Fruit/vegetables are not sold in the playground to prevent children from touching fruit.
- Currently children who opt for a school dinner eat in the dining room with other children in the same year group. Due to Covid, children who bring a packed lunch to school eat alongside their classmates in their classroom.
- Water is currently not available for children to pour themselves, they are asked to bring a wattle bottle to the dining room. Children can ask a member of staff to refill their bottle