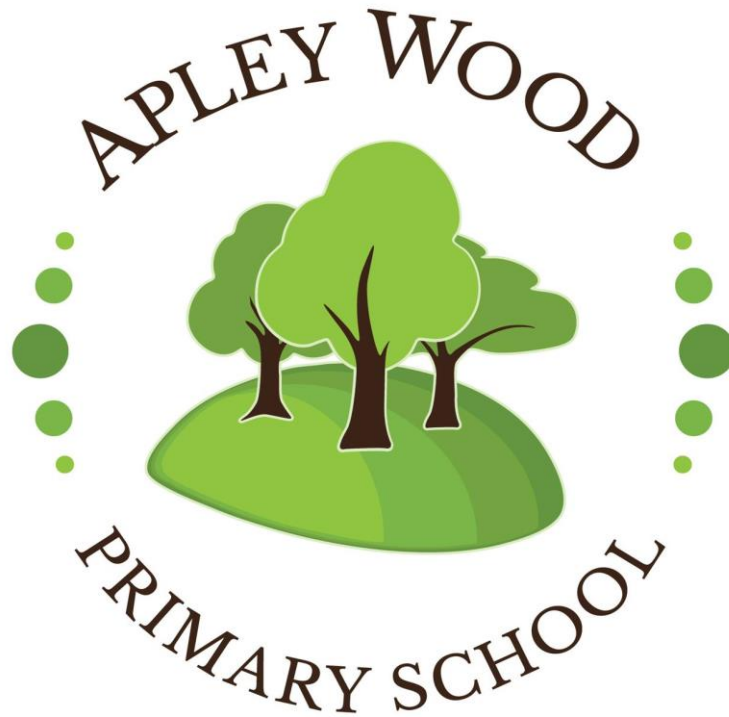


Apley Wood Primary School



Healthy Eating Policy

Developed by: Senior Leadership Team	Summer 2011 (Updated May 2018) (Updated September 2021)
Approved by: Staff and Governing Body	
Approved by: School Council and pupils	
Monitoring and Evaluation: Senior Leadership Team and Governing Body	
Head of Inclusion: Yvonne Thorpe	
Review Date: September 2023	

This policy should be read alongside our Teaching and Learning Policy, Homework Policy, Character Education policy, Science policy and other Curriculum Policies

Introduction

At Apley Wood Primary School we are dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. We believe that what you eat affects how you learn, how you feel and how you behave.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 years olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

Food Policy Aims

Apley Wood Primary School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of children, staff and their families by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.
- Ensure children are well nourished at school, and that every child has access to safe, tasty nutritious food, and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure that food provision in the school reflects the medical and ethical requirements of children and staff, for example: medical, allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

The school will work towards these aims in partnership with all parents and carers. The food and nutrition education element focuses on four strands of the national curriculum framework:

- Personal development developing confidence and responsibility and making the most of their abilities.
- Active citizens preparing to play an active role as citizens.
- Health & Safety developing a healthy, safer lifestyle.
- Relationships developing good relationships and respecting the differences between people.

The food and nutrition education element also encourages the following values:

- Respect for self
- Respect for others
- Responsibility for their own actions

- Responsibility for their family, friends, school and wider community

Equal Opportunities

Apley Wood Primary School is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

Ethnic and Cultural Diversity

Different ethnic and cultural groups may have different attitudes to Healthy Eating. The school will consult children, parents and carers about their needs, take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage in Science, DT and Character Education. It is also taught in other cross-curricular areas.

(Appendix 2).

The curriculum is addressed through:

1. Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom will offer a rich variety of opportunities for participatory learning. Teachers' planning reflects this range.

2. Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. Staff are encouraged to model good practice to pupils and to take part in healthy eating training sessions/INSET when possible.

Food and Drink Provision during the School Day

1. Free Fruit Scheme EYFS and Key Stage 1

The school does all it can to encourage Key Stage 1 pupils to take a fruit snack at break time and to drink water throughout the day.

2. Water Provision

Water fountains are situated around the school. Pupils are encouraged to bring a bottle of water to school each day. Consumption is permitted both in the class, and during break and lunchtimes. Water is also available in the dining hall at lunch time and during sports activities.

3. Snacks at Break Time

Pupils in Key Stage 1 and 2 are encouraged to bring a healthy snack in for consumption at break time. During recent academic years, Sainsburys have held a tasting session, offering a variety of healthy snacks for the children to try, with the aim that pupils will begin to bring in a wider variety of healthy snacks at break.

The school council will periodically work on promoting healthy eating across the school.

3. School Dinners/Packed Lunches

Our school caterers adhere to the nutritional guidelines laid down by the National Nutritional Standards (NNS) for Healthy School Lunches. They provide lower fat alternatives to foods and dishes with ingredients in the proportions advised by the NNS. Staff have undergone appropriate food hygiene training and the kitchens meet food safety requirements. The school council work with the catering team, when appropriate, to help design the school's healthy menu.

The school encourages parents and carers to provide children with healthy packed lunches. Children are also taught these principles. Occasional lunch box suggestions are also sent out to parents.

4. Extended school provision

Children at the school can access the Breakfast Club which is run by the school. Healthy items such as cereal, milk, fruit juice, water and toast are served daily. Children are also able to access the Hub (after school club) where a healthy snack will be given to them.

5. Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or other achievements. Other methods of positive reinforcement are used in school. (Each class has its own rewards/incentives etc.). Children are discouraged from bringing sweet into school to share with the class to mark an occasion such as a birthday.

6. Special Dietary Requirements

The school provides food in accordance with pupils' religious and cultural practices. School caterers offer a vegetarian option at lunch everyday. Individual care plans are created for pupils with food allergies or diabetes. Staff are made aware of such children.

7. Food Safety

Appropriate food safety precautions are taken when food is handled, prepared or stored in school. These include ensuring that adequate storage and washing facilities are available; that food handlers undergo food hygiene training and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

Parent's permission will be sought prior to food tasting activities.

8. The Food and Eating Environment

The dining area is well decorated and maintained. A display area reflects the healthy eating message.

9. Hygiene

Children are encouraged to wash their hands after going to the toilet and before handling food. All government regulations pertaining to food hygiene are complied with by food service providers. Cleaning and disinfectant schedules are regularly inspected by the Health & Safety Representative and the catering service provider. All staff employed in food preparation hold a basic food and hygiene certificate.

10. Outside Organisations

Outside organisations will be used to support and assist teaching staff in the development of classroom based work. If the school or a parent has any concerns regarding a specific child, the headteacher will initially seek advice from the school nurse.

Monitoring and Evaluation

The policy was formulated by the Healthy School Co-ordinator in collaboration with the staff and Governors. Parents are welcome to view the policy at any time. It will be reviewed every 2 years.

Appendices

Appendix 1 Nutritional guidelines

National Diet and Nutrition Survey of 4 to 18 years olds

Young people require a varied and balanced diet to maintain health and promote proper growth and development. A good diet in childhood can also help prevent ill health in later life. The National Diet and Nutrition Survey of 4 to 18 years olds found that although the majority of young people in the UK are getting all the nutrients they require, they are not eating a balanced diet. On average, sugar in carbonated drinks and sweets, which can cause dental caries, provided 16% of food energy, which exceeded the recommended average intake of 11%. Also the intake of saturated fats from pastries and cakes was higher than the recommended average intake. These findings suggest that young people could benefit from consuming less food and drinks high in sugar and fat, and more fruits and vegetables and bread, other cereals and potatoes.

Dietary Reference Values for Food Energy and Nutrients for the UK

These values described in the 1991 report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy, are estimates of how much individual nutrients people require including children.

The healthy eating principles which this policy uses, help to ensure that pupils are eating a diet that provides the recommended amount of the different nutrients required for health.

The Balance of Good Health

The Balance of Good Health (BOGH) is a pictorial representation of the recommended balance of foods in the diet, which aims to help people understand and enjoy healthy eating. It shows the types and proportions of foods needed to make a well-balanced and healthy diet. It is suitable for all children of school age, adults, vegetarians and people of all ethnic origins.

The five food groups that make up the BOGH are:

1. Bread, other cereal and potatoes
2. Fruit and vegetables
3. Milk and dairy foods
4. Meat, fish and alternatives
5. Foods containing fat, foods containing sugar

The BOGH contains the healthy eating guidelines that this school will apply through its food policy. The BOGH will be used to teach about and promote healthy eating, and in menu planning.

Appendix 2
Character Education

	Character education – physical health and mental wellbeing
Reception	Manage own basic hygiene. Talk about ways to keep healthy – exercise and diet.
Year 1	Keeping healthy; food and exercise, hygiene routines; sun safety
Year 2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help
Year 3	Health choices and habits; what affects feelings; expressing feelings
Year 4	Maintaining a balanced lifestyle; oral hygiene and dental care
Year 5	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies
Year 6	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing

Science

	Animals including humans
KS 1	I describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
KS2	<p>I identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.</p> <p>I recognise the impact of diet, exercise, drugs and lifestyle on the way our bodies function.</p> <p>I construct and interpret a variety of food chains, identifying producers, predators and prey.</p> <p>I describe the ways in which nutrients and water are transported within animals, including humans</p>

Design and Technology

Developing an understanding of designing and making with food and the importance of healthy eating.
Developing basic food preparation techniques.
Developing an understanding of the skills in working with food.
Developing skills, knowledge and understanding of food.