

Healthy Eating Policy

Alexander McLeod Primary School

Revised: September 2019

Review: September 2020

1. A statement of the schools values and ethos

As a Health Promoting School, Alexander McLeod 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.

To sustain our status as a Healthy Schools Gold Award winning school, we are committed to ensuring our children live a healthy lifestyle.

2. Aims and objectives

- We aim to encourage children to develop healthy eating and drinking habits.
- We aim to encourage children to eat at least 5 portions of a variety of fruit and vegetables a day.
- We aim to promote clear and consistent messages about food, drink and nutrition through the classroom setting, through the provision of food and drink and in all other aspects of school life.
- We aim to promote school food provision within school and wider community using a whole school approach to enhance the health and wellbeing of pupils and their families.

3. The taught curriculum

Through education about healthy eating we aim to enable children to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.

The children will be taught and encouraged via the National Curriculum e.g. science topics, studies relating to people in humanities- people; settlements; religious festivals etc..

From time to time whole school activity days/weeks may encompass healthy living, including Healthy Schools Week.

Food and nutrition is taught at an appropriate level throughout each key stage Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014.

4. The school food and drink provision

We aim to provide a service that is consistent with our teaching of Healthy Eating including the consumption for fruit and vegetables (5 a day message), thus enabling children to put into practice their learning in the curriculum.

The following are available at

- Breakfast Club
- Fruit stall at playtime
- School lunch
- Water

- Free subsidised fruit for EYFS and KS1
- Free fresh milk (EYFS) (The new Food Standards require that milk must be available for drinking at least once per day during school hours. This standard is not met by providing milk at breakfast or after school clubs.

- Monitored packed lunches
- Growing school garden
- Farm visits
- Scheme of work within PSHE and science relating to healthy eating
- Junior Governors
- Healthy Schools Ambassadors
- Healthy Schools Week
- Cookery clubs/ Let's get Cooking *(As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques).*

School meals

We aim to provide our pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the Greenwich Catering team (GS plus) and meets the National Nutritional Standards for school lunches and in line with the School Food Plan. As a school we encourage pupils to have a school lunch provided by the catering service and free school meals are provided to all those pupils who are entitled to them. Healthy options are promoted at lunchtime. Children / young people are consulted about food choices.

As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches have been in force since January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and morning break and after-school clubs.

Marketing

In conjunction with GS Plus we will have strategies in place to promote healthier options

which will take into consideration the following...

- Information prominently displayed in dining area
- Recognition of the importance of the appearance and presentation of food
- Encourage the children to eat at least 5 portions of a variety of fruit and vegetables a day.
- Encourage food growing where the produce is used in the kitchen
- Appropriate portion size
- Reasonable cost
- Promotion of healthier options/special events day e.g. Fruity Fridays ,
Vegetarian
Monday
- Twitter is used to promote healthy eating (PSHE account)
- School website has links to guidance on healthy eating and evidence of children's work
linked to healthy eating

Quality of the environment

We aim to make our dining area user friendly by ...

- Monitoring noise levels
- Giving the opportunity to eat food without being rushed
- Having appropriate furniture and seating

- Staff supervision
- Appealing presentation

5. Breakfast Club

We will encourage children to eat breakfast before attending school or come to our

Breakfast Club

At Breakfast Club children are provided with healthier choice cereal, bagels, fruits and healthy drinks at minimum cost.

Children are encouraged to participate in a range of physical and learning activities at breakfast time.

6. Break-time snacking

We will actively discourage children from consuming high fat, high sugar snacks by....

- Encouraging children to bring in fresh fruit and /or vegetables from home
- Participating in National School Fruit Scheme
- Regularly reviewing the provision of our fruit stall
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7. Rewards and treats

Rewards take the form of house points, star of the week and 'good news notice' cards (no rewards related to food)

8. Water

Fresh drinking water is available at all times and children are encouraged to bring in a bottle of fresh water.

9. Packed Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using:

- Using the principles of the Balance Of Good Health (BOGH)
- Sending out lunch box suggestions to parents
- Including healthy eating articles in newsletters, and school website
- Distributing advice and resources such as leaflets re lunch boxes
- Inviting parents to healthy eating events in school e.g. fruit tasting and gardening club/ harvest festival
- Giving advice on hygienic lunch box preparation and storage e.g. store in the fridge until morning, if you make the night before keep away from direct sunlight and/ or radiators
- Pack your food in an insulated cool bag or lunch box along with an ice pack (if possible).
- Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards.

The packed lunches must contain food only. Children will be provided with a glass of water.

Packed Lunches must follow the guidance as per the 'Change 4 Life' website.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

10. Food supplied at school events

Where possible we will ensure that food supplied at school events is consistent with the school's healthy eating principles.
Water will be available at Sports Day

Healthy options will be available at school events

11.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 allergies, intolerance or diabetes. Staff are made aware of such children. We are a nut free school.

12.Wider agencies

The school works in partnership with other agencies to promote the healthy eating message, including:

- Oral Health Team
- School Nurse
- Catering Services
- Greenwich Public Health
- GDCA
- Healthy Schools London

13.Food policy Consultation

A wide consultation process, implementation, monitoring and evaluation is recommended for impact. Groups involved in the consultation process include staff, pupils, parents/carers, school nurse, governors and school catering staff etc..

14.Training and support

Training opportunities and support will be offered to staff involved in key areas of food and drink provision in school.

15.Monitoring and evaluation

- We will use the following success criteria to monitor and evaluate our work on healthy eating-
- Increased uptake of healthier food in the canteen
- Reduction in the amount of high fat, high sugar and high salt food being consumed during the school day
- Greater understanding/awareness by children of the need to eat a nutritious and balanced diet
- Greater understanding /awareness by children of the need to eat at least 5 portions of a variety of fruit and vegetables a day
- Improved attendance at breakfast club
- Increased attendance at parent workshops

Methods of data collection may include:

- Monitoring the coverage of healthy eating in the curriculum
- Greenwich data from the Health Related Behaviour Survey (HRBS)
- Questionnaire indicating the number of children consuming breakfast
- Questionnaire indicating the awareness/understanding of the five a day message
- The number of visits to health/fruit tuck-shop and breakfast club
- Audit of packed lunches
- Audit of breakfast club
- Registers at parent workshops

16.Celebrations

- When it is a child's birthday, they may bring in fruit to share with the class (no unhealthy snacks). Alternatively, children may buy a book for their class.
- Once a week, as part of a reading picnic or reading afternoon, children may have one plain biscuit.

Revised: June 2018

Review: July 2019.

This document was approved and adopted by the governing body of Alexander McLeod Primary School

Date: _____

Name of the Chair of Governors: _____

Signature of the Chair of Governors: _____

