



## **Healthy Eating Policy**

### **Introduction**

At Nateby Primary School we believe that education about health issues is very important for the development of our pupils both now and for the future. We recognise the link between a healthy diet and the ability to learn effectively. Our aim is to improve the health of our school community by teaching ways to establish and maintain life-long healthy eating habits.

### **Aims**

- To encourage and promote healthy eating and drinking habits that will last a lifetime.
- To provide cross-curricular education that enables pupils to make an informed choice.
- To develop and maintain an ethos in the school in which making a healthy choice is a part of everyday routine.
- To encourage a balanced diet to meet the requirements for the School Food Standards across the school day.
- To have a pleasant and sociable dining experience which enhances the social development of all children.
- To encourage fluid intake with an accessible water supply throughout the day.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst the children.

### **Objectives**

Our programme aims to assist children and young people to prepare for adult life by supporting them through education about Healthy Eating and encouragement of healthier food and drink choices. Help them to understand how to make informed choices about food and drink and maintain a healthy weight.

To work towards ensuring that this policy is both accepted and embraced by governors, school management, teachers and support staff, pupils, parents, food providers and the wider community.

## **Provision of Food and Drink across the Day**

### **Breakfast Club**

Cereal, fruit, milk, and water are provided for those children who attend breakfast club. The importance of starting the day with a good breakfast is emphasised and encouraged.

### **Mid-Morning Snack**

We are involved in the school fruit and vegetable scheme, where a piece of fruit is provided free each day to all children in Foundation Stage and Key stage 1. Children are encouraged to have a piece of fruit or vegetable at this time or alternatively, may bring a piece of fruit of their own choice from home. Children in Key Stage 2 are also invited to have a piece of fruit provided by the school free of charge every morning. Alternatively, they too can bring a piece of fruit of their own choice from home.

### **Packed Lunches**

Those children who bring a packed lunch are encouraged to have a balanced and healthy lunch. The school regularly sends home leaflets to inform and encourage parents to provide a balanced diet in their packed lunch. Staff regularly monitor the contents of packed lunch boxes and have conversations with pupils about making healthy food choices.

### **School Meals**

School lunchtime meals are provided by Lancashire Commercial Services and have to meet the healthy food standards as set out by the government.

From September 2014 all children up to the age of 7 have been entitled to a free school meal each day. A three weekly menu is prepared by the school meals service and sent out to parents. Children have two hot main course options to choose from as well as the option of a sandwich or a jacket potato.

As well as the main meal provided, children can choose a selection of fresh salad and vegetables from the salad bar. Children are actively encouraged to have one or two extra portions of salad or vegetables by either school staff who serve at the salad bar.

Children can choose from a cup of milk or water to go with their meal.

### **Dining Room Environment**

The school recognises:

- The importance of lunchtime organisation on the behaviour of pupils
- The value of promoting social skills

The school cook, welfare staff and other staff on duty at lunchtime all work together to create good dining room ambience and the development of appropriate table manners.

### **After School Club**

The after-school clubs run from 3.30pm until 5.00pm and offers all pupils who attend a healthy snack when they first arrive after the close of school. Examples include cheese, crackers, sandwiches, fruit bread, yogurts and fruit/vegetable snacks.

### **Cooking Club**

Food that is cooked during Cooking Club will adhere to the guidelines set out in The School Food Standards. A balance of both savoury and sweet foods will be prepared and cooked. Children will learn about the nutritional value and origins of the food being made.

### **Drinks**

Children are encouraged to drink water throughout the day, particularly after PE, active play and in hot weather. Children must bring a water bottle to school every day. Water bottles are accessible to pupils at all times throughout the school day.

At lunchtime, children on school meals are offered water or milk. Those children who bring a packed lunch are encouraged to bring water or soft fruit juice or squash. Fizzy drinks are not permitted in children's lunch boxes.

Foundation Stage and KS1 children have the opportunity to have milk each day. This is paid for by the parent/carer unless the child claims free school meals. A specific time is set aside for this and those that do not wish to have milk have a drink of water instead.

### **Treats**

Whilst endeavouring to encourage healthy eating as the norm, we also accept that at times it may be appropriate to enjoy less healthy options as an occasional treat. Examples include:

- Crisps, chocolate biscuits and sweets at the Christmas party or school disco.
- Treats brought into school by children to share with their class on the occasion of their birthdays.
- Sweets and fizzy drinks for sale at a fundraising event for school.

## **Curriculum, Teaching and Learning**

Key healthy eating messages will be taught within Science, DT and PSHE and will promote the 'Eat Well Food Plate' which promotes having a balanced diet. This will also be delivered through assemblies and theme days/weeks. Where possible, we will ensure cross-curricular learning through these subjects in order to promote an understanding of healthy nutrition and to encourage children to make healthy choices. Where cooking happens within curriculum time, all food made will follow the guidelines from the School Food Standards Guide and will adhere to the school's Health and Safety policy guidelines.

Opportunities are taken whenever possible to encourage pupils to taste multi-cultural aspects of food through cross-curricular subjects including Geography, History and RE.

## **Children with Special Needs**

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children and staff require specialist diets, including certain allergies. The schemes of work are sensitive to this and the teachers will be aware of any pupils within their class who this may apply to. Information is requested from parents on admission and whenever food is sampled within school, a letter is sent home informing them of this. Prior to residential trips, a form is sent home which includes information on dietary needs.

The school cook has an up-to-date list of any pupils with allergies. This information is also kept in the front of each class register and in the Before/After-school Club register for staff to refer to.

## **Food Hygiene**

Children are reminded on a regular basis about the importance of hand washing before eating.

## **Monitoring and Assessing the Policy**

The Whole School Food and Drink Policy is monitored by the co-ordinator and senior management team. It will be reviewed on a planned two year cycle.

**Date: December 2025**

**Review: December 2027**