

Healthy Food and Drink Policy

Northway Community
Primary School



Approved by: Mrs Mckenzie

Date: June 2023

Last reviewed on: June 2023

Next review due by: June 2024

Introduction

At Northway Community Primary School, we understand the importance of healthy eating, oral health and the benefits of staying hydrated. We promote healthy lifestyles and support children to make healthy choices that will have a positive impact on their physical and mental well-being. Educating our children about making healthy choices is woven into many aspects of the curriculum and our school ethos. Teachers are well equipped to promote healthy lifestyles in a subtle and age-appropriate manner.

1. Intent

1.1 Aims

At Northway we aim to:

- equip our pupils with the knowledge to make choices that will support their physical and mental well-being
- support our pupils to develop healthy eating and drinking habits
- ensure that our pupils obtain the energy and nutrition they need across the whole day

Consistent and progressive teaching about making choices that have a positive impact on how we feel, both mentally and physically, are woven into the PE, PSHE and Science curriculum. Teaching about making healthy choices is subtle, age appropriate and taught alongside important themes such as self-respect, self-acceptance and self-worth.

At Northway, we strive to provide healthy and nutritionally balanced food options. We cater for vegetarians, make careful provisions for medical dietary needs and allergies. We work with parents, carers and pupils to make sure that they are able to eat the food on offer. We appreciate that some children can face challenges regarding their diet, and we are committed to working with everyone in our care to enjoy a wider range of healthy foods.

1.2 Consultation

This policy was produced by Mrs Harrison, leader for PSHE/School Council, in consultation with:

- SLT
- Teaching staff
- Governors
- Pupils- Pupil voice has played a key role in the creation of this policy. For example: All children were asked to consider healthy options that they would enjoy during snack time. A whole school vote was taken to create our snack options.

1.3 Legislation and guidance

Guidance and research for designing the policy and curriculum was taken from:

- The Key - support for designing a food policy
- DFE Promoting children and young people's mental health and well-being- A whole school approach
- DFE Requirements for School Food Regulations 2014
- DFE School food standards practical Guide -Updated 8 September 2021

2. Implementation

Across the school day, pupils, staff and parents/carers are asked not to consume products containing nuts. For the safety of all our pupils, staff will remove and return all products containing nuts.

Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals.

Healthy breakfast options:

- We offer a variety of natural juices and low in sugar juice.
- A selection of cereals including low sugar, low salt and high fibre alternatives.
- A variety of different types of bread for sandwiches or toast, including wholemeal varieties.
- A variety of different toppings for toast and bread e.g. low fat spread, reduced sugar jam.
- Semi-skimmed milk for drinking and with cereal.
- Yoghurt.

Snacks

At Northway we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. Snacks provided for children are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

Children across the school are allowed to bring their own snack at play time. These snacks have been decided in consultation with all pupils:

- Fruit/vegetable
- Bread

Items not in line with our policy will be returned home.

School lunches

Food prepared by the Sefton Catering department meets the 'National School Food Standards' and we ensure that the quality of the ingredients and that the choice of meals are appealing to pupils. In September 2014, the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

Packed lunches

Parents/carers are encouraged to provide healthy well balanced packed lunches. As their child enters school parents/ carers are sent advice on how to ensure lunches are nutritionally balanced.

Preparing a balanced child's lunchbox, include:

- starchy foods - these are bread, rice, potatoes, pasta and others
- protein foods - including meat, fish, eggs, beans and others
- a dairy item - this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

Packed lunches must not include:

- Sweets and chocolate
- Fizzy drinks
- Products containing nuts

These items will be removed and returned home. Where possible, alternatives will be provided.

After School Club snacks

- Crackers, cheese, carrot sticks
- Toast /crumpets/ pancakes
- Wraps, ham/ cheese, cucumber
- Breadsticks, humus, cucumber
- Hot dogs (vegetarian option available)

Drinks

Water is available for all pupils throughout the day, free of charge. Milk is available for children up to the age of five at least once a day in addition to before and after school clubs

School events off site

Pupils who are entitled to income-related free school meals are provided with a nutritious packed lunch if not on the school site for lunch.

Birthdays and other special celebrations

Celebrating children's birthdays/celebrations with cake or sweets brought in from home is not allowed.

2.1 Roles and Responsibilities

The Headteacher will review the implementation and impact of the healthy food and drink policy.

Staff will ensure that pupils adhere to the healthy food and drink policy.

Pupils are asked to uphold and adhere to the healthy food and drink policy. Pupils are able to express their views about the healthy food and drink policy through their representatives in the school council.

Parents/carers are asked to uphold and adhere to the healthy food and drink policy. Parents/carers can access information about the healthy food and drink policy via the school website. It is parent/carers responsibility to inform or update school with any changes to a pupil's allergies/intolerances/medical conditions.

2.2 Planning:

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

At Northway we aim to:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Address healthy choices through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitor the pupils learning and understanding of making healthy choices.
- EYFS pupils are taught about healthy eating daily and fruit/vegetables is available for them in the classrooms. The school nurse delivers sessions on living a healthy lifestyle and visits annually to talk about oral health.

2.3 Teaching:

Teachers understand that pupils will bring differing levels of knowledge, understanding and experiences regarding how to maintain a healthy lifestyle. Teachers are sensitive to this and support children to make appropriate and informed choices about healthy living.

2.4 Involving parents/carers:

We are committed to working with parents and carers. School will meet with parents/carers and pupils, where appropriate, to address individual matters. Parents are asked to keep schools well informed about medical needs linked to dietary requirements.

2.5 Equal opportunities:

Special dietary requirements are made for pupils who may fall into any of the categories below:

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance
- Medical needs directly linked to diet and nutrition

Staff are aware of all food allergies/intolerances and other dietary requirements of all the pupils in their care.

We offer a vegetarian option for every meal and make provisions for any additional needs.

2.6 Health and safety:

Northway has adequate facilities; suitable equipment and all possible hazards are identified in relation to dietary needs. Staff involved in the preparation of food follow health and safety guidelines. Appropriate staff are trained in food hygiene and safety.

3. Impact

Northway aims to create a healthy and balanced attitude towards making healthy dietary choices. Teaching around healthy choices is delivered in an age-appropriate manner and taught in conjunction with a wide range of life skills and knowledge that support each child to make choices that support their physical and mental well-being.

3.1 Monitoring and Evaluation:

The provision and promotion of healthy food and drink choices are regularly monitored by SLT and staff. Staff are proactive in responding to changes, concerns and enquires made about promoting healthy lifestyles.

4. Concluding Notes

4.1 Links to other policies

This policy is to be read in conjunction with the following policies:

Safeguarding and Child Protection

PSHE

Science

PE

Mission Statement

Teaching and Learning

4.2 Appendices

The research for creating this policy is based on a holistic view to developing good mental and physical health. See supporting documents:

DFE Promoting children and young people's mental health and well-being- A whole school approach

DFE Requirements for School Food Regulations 2014

DFE School food standards practical Guide -Updated 8 September 2021