

 <p style="text-align: center;">SLINGSBY CP SCHOOL HEALTHY EATING POLICY</p>	LAST REVIEW FEBRUARY 2021
	NEXT REVIEW FEBRUARY 2022

Introduction

Slingsby CP School is dedicated to providing an environment that promotes healthy eating and encourages children to make informed choices about the food they eat.

This policy is written in line with Public Health England, Change4Life (Healthy Weight, Healthy Lives (2008)) and the Department for Education (DfE) advice and in collaboration with North Yorkshire County Caterers.

Food Policy Aims

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.

Equal Opportunities

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

1. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through Science and PSHE teaching.

- **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 offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teacher planning meetings.

- **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. To facilitate this, staff are kept up to date through staff meetings and training.

- Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked, ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

- Resources

Resources used to deliver healthy eating are current and up to date; and all staff are consistent in the resources used throughout the curriculum. Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Books are also available for pupils in the library.

2. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Food-based standards exist, covering all aspects of school food. In light of Covid-19, additional hygiene and safety precautions have been introduced.

- Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Our Breakfast Club provides the children with healthy low or no sugar options of cereal, wholemeal toast, fruit and yoghurt. Drink options are only milk or water.

- Morning Snack

The mid-morning snack provided to the children comprises of raw fruit and vegetables supplied by G W Price Limited.

- National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government has announced new standards for school food, which has three parts, and was phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals, mid-morning break and afterschool clubs. Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

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 academic or other achievements. Other methods of positive reinforcement are used in school.

- Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge. We agree with this recommendation and whilst pupils are encouraged to bring their own labelled bottle containing water, if a bottle is not brought then a free supply of drinking water is available.

3. FOOD AND DRINK BROUGHT INTO SCHOOL

- Packed lunches

Families are encouraged to provide healthy food in pupil packed lunches brought from home and are given regular reminders of the appropriate food groups. Sweets are not permitted and 'junk' food is actively discouraged. Drinks other than water are also not permitted unless in exceptional circumstances.

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches.

- Snacks

Snacks are not permitted from home. Mid-morning snacks are provided by school.

4. SPECIAL DIETARY REQUIREMENTS

- Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

- Special diets for medical reasons

Parents/carers must complete an SD1 form for any dietary needs, together with a medical evidence, and must provide school with details of any adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. It is preferable that parents/carers check the school menu at the start of each term and advise the school of any specific foods to be avoided. School caterers are made aware of any food allergies/food intolerance/medical diets and alternative options provided where appropriate.

- Special diets for religious beliefs and cultural practices

The school provides food in accordance with pupils' religious beliefs and cultural practices.

5. FOOD SAFETY

In light of Covid-19, we have introduced even stricter safety and hygiene standards. Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

6. THE FOOD AND EATING ENVIRONMENT

Food is served by the catering team in a mixed class setting and the children are encouraged to clean away their own trays and drinks. All children are supervised washing hands before eating. A prayer of thanks is said before eating each day.

7. REFERENCES

We at Slingsby CP School follow the National Nutritional Standards for Schools together with guidance from Public Health England, NHS Change4Life and the DfE. The following sites are referred to:-

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>.

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>.

<https://www.gov.uk/government/publications/free-school-meals-guidance-for-schools-and-local-authorities>

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>.

<https://www.nhs.uk/change4life>