



Meadowside Community Primary & Nursery School

A Member of **The Challenge Academy Trust**

Healthy Eating & Drinking Policy

Policy written by	School
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Head teacher	Mr S Wright 
Chair of Governors	Mr P Calrow 

'Where Learners Grow'

Introduction to Healthy schools.

Meadowside Community Primary & Nursery School is committed to giving all our pupils consistent messages about all aspects of health. This will help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

We aim at all times to be a health promoting school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Aim of Healthy Eating and Drinking Policy.

The aim of this policy is for a whole school approach towards promoting a healthy lifestyle. Encouraging children to adopt a healthy diet will involve all of the stake holders in our school promoting the same message that...

“A healthy diet is a balanced diet.”

All members of the school community should act as positive role models and thereby promote a consistent message.

Eating should be seen as a social activity, a time to sit and enjoy the company of friends and relatives, as well as enjoying the food. Exercise and a healthy lifestyle will be promoted to support a healthy diet, including PE and ‘Wake Up Shake Up’ activities within class. A wide range of Extra-curricular sport clubs are also offered across the school.

Aims of Healthy Eating Education

- To provide opportunities for pupils to develop their knowledge, skills and attitudes towards developing healthy, safe lifestyles.
- To recognise what makes a diet a healthy diet and to appreciate the benefits of this.
- To help children make informed choices about what they eat or drink.
- To contribute to the healthy physical development of all members of our school community.

Food across the Curriculum

There are a number of opportunities across the curriculum to promote healthy eating and our school uses the balance of good health as a model of good practice, as stated by the Healthy School Standard. The school holds a ‘Keeping Ourselves safe’ week in the summer term. During this week a ‘mini’ theme takes place linked to developing healthy life styles. Healthy eating is also integrated into other areas of the curriculum, for example **PSHE**,

Science and DT. If food tasting is a part of the lesson, parents will be informed and asked to advise re: allergies, vegans, lactose intolerance etc....

All staff will make themselves aware of allergies in their class and key information is stored and pinned in Arbor. A poster will be on show in a discrete area of the classroom and in the photocopying room when a child has an allergy; with a photograph of the child and the name of the allergy to ensure all staff, including supply staff can be aware. All discussion of food will respect the ethnic background, dietary rules of religious groups and any other social or personal beliefs.

Drinks

- The children are allowed to bring water bottles to school – juice is discouraged.
- Children are encouraged to refill their water bottles from the taps located in the classrooms. They are encouraged to drink more after PE and when the weather is hot to ensure they are not dehydrated.
- During lunchtime, children will be offered milk in addition to water.

Snacks Mid-Morning/afternoon

- Early Years/Key Stage 1 participate in the National School Fruit and Vegetable Scheme and therefore receive a free piece of fruit or vegetable daily.
- Children are encouraged to bring a healthy snack in at break time, if parents feel it is necessary.
- **Healthy breakfast snacks are prepared by Helping Hands and offered to all children across school (years 1-6). EYFS and the Development Centre are also offered a selection of healthy snacks as a part of their provision.**

Chocolate bars, crisps and sweets are not permitted for snack. If these are brought into school, the class teacher will speak to the parents/carers at the end of the day and remind them of our school policy. If they continue to be brought into school, as a healthy school, we reserve the right to confiscate the items and return them to parents/carers at the end of the school day; outlining again our Healthy School policy.

Lunch Time Meals

School liaises closely with the Catering Manager. A school lunch menu is devised each term, rotating over a three week period. All children in KS1 are offered a free school meal and 55% of our children are Pupil Premium and can access Free School Meals.

Our school works with the **TCAT Catering Service** to ensure that healthy choices are available and that national standards are met. Fruit and vegetables are included as part of the meal and, where possible, have reduced fat, salt and sugar content. The food provided will reflect the ethnic background of pupils and dietary rules of religious groups. Vegetarian and medical needs will be met in appropriate ways.

Parents may discuss dietary needs with the Catering Manager. When school has concern regarding a child's eating behaviour, the class teacher should hold a discreet conversation with the child's parents/carers. The child's eating behaviour will be monitored and the school Welfare Team may be informed, for support, if necessary."

Packed Lunches

Our school encourages parents/carers to provide healthy packed lunches and reminded during the school year of the expectations. If there is a concern over the dietary balance of the content of a lunchbox, then the class teacher will discuss this with parents. School will seek to encourage and support a child to eat as much of their lunch as possible.

Chocolate and sweets are not permitted in the lunch boxes. If these are brought into school, the class teacher will speak to the parents/carers at the end of the day and remind them of our school policy. If they continue to be brought into school, as a healthy school, we reserve the right to confiscate the items and return them to parents/carers at the end of the school day; outlining again our Healthy School policy.

The Midday Assistants Team support the children during the lunch period, ensuring they are able to access their lunch, cutting food, monitoring lunchboxes for appropriate food i.e. no sweets or chocolates and ensuring a sufficient amount of the lunch is eaten.

School are aware that some children, particularly those with Special Educational Needs and Disabilities (SEND), may have restricted eating habits and as such, their lunch boxes may not contain the variety of foods consistent with a healthy lifestyle. Discreet discussions should take place with parents around their child's diet and support offered via the school Welfare Team – where appropriate.

Birthdays and Rewards

Special events, such as birthdays, are recognised as special treats and as such the children may like to share sweets / cakes with their classmates. However, as a health and safety issue, the children will be told **not to bring**

lollies to school. Any sweets that are brought in will be given to the class teacher (who will consider any allergies in their class) and shared out at the end of the day, with the message that they should be taken home and eaten after tea.

Involving Parents and Pupils

Our school actively encourages participation by all stakeholders through

- Rights Respecting School Council.
- Providing information to parents such as menus and details of healthy eating initiatives.
- Providing healthy alternatives to sweet and chocolate.

The website and social media is used as a vehicle to remind everyone about healthy snacks and lunches. This includes advertising the 'themes' for the school lunches celebrating special events. All members of the school community should act as positive role models and thereby promote a consistent message.

Food Hygiene

- Children should be reminded to wash their hands after going to the toilet and before eating. This will also be covered by the school nurse during "Keeping Ourselves Safe Week".
- Water bottles and lunch boxes should be taken home every day to be washed.
- When handling food in lessons staff and children should have clean hands, hair tied back and a clean surface to work on.
- Food hygiene is explicitly taught in Food Technology lessons that are covered as part of the DT curriculum.

All staff involved in the preparation of snack for children are required to hold a Level 2, Food Safety and Hygiene for catering certificate. This is required to be renewed every three years.

