

Healthy Eating and Drinking Policy

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. The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links. The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and assemblies. In Key Stage 1 and 2 children, learn the importance of healthy living in Science, DT and PSHE. Topics include Ourselves, Health and Growth, Keeping Healthy. The message of healthy living is threaded through the Primary Curriculum and especially through Design and Technology.

We will use appropriate school / district data to inform and improve our practice.

SEND, inclusion, equality and diversity

Teaching will take into account the ability, age, readiness, and cultural backgrounds of our young people. To ensure that all can fully access provision to develop their health and wellbeing.

We promote social learning and expect our pupils to show a high regard for the needs of others.

We will use Healthy Eating education as a vehicle to address diversity issues and to ensure equality for all. 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.

Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.
- To contribute to the healthy physical development of all members of the school community.
- To ensure that all pupils are given consistent information regarding food to enable them to make healthy choices.
- To ensure the formal curriculum for food and nutrition in different lesson areas is consistent and up-to-date.
- Raise awareness of the variety of healthy foods through celebrating multi-cultural diversity.
- To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.

Objectives

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring, that this policy is both accepted and implemented by all members of the school community.
- To use the School Council as a means of consulting with pupils about aspects of the Healthy Eating Policy.
- To ensure that all pupils serving on the salad bar have regular up to date training.

Water Provision

At Garstang Primary School, we actively encourage all pupils to bring a clean, freshly filled water bottle to school each day. We allow these to be kept in classrooms and children are able to drink from them regularly. Children are encouraged to drink more after physical exercise and on hot days. The children also have access to drinking fountains. Water is available at lunchtime.

We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

The water in children's everyday drinking bottles must be plain drinking water (not fizzy, flavoured or coloured).

Playtime Snack

We encourage children to have a snack at break time to support concentration and as a way of eating five portions of fruit or vegetables per day. All Foundation Stage and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 snacks will consist of fresh fruit, vegetables or dried fruit only.

Lunchtime food provision

The school provides school meals, free school meals and facilities to eat packed lunches.

All children have their lunch hour between 12.00 p.m. and 1.00 p.m.

Foundation Stage, Year 1 and Year 2 children go into the dining hall first. Key Stage 2 go into the dining hall on a weekly rota basis to ensure that school dinner pupils in each of the classes have an opportunity to go in first.

Dining Hall

At Garstang Primary School, we try to make the dining environment as pleasant, calm and enjoyable as possible.

Midday supervisors are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to offer assistance where needed.

All children in the dining hall are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this.

Foundation Stage, Year 1 and Year 2 children line up and collect their meals before sitting down in their set places. KS2 are permitted to choose their own place, sitting in friendship groups as space allows, regardless of whether they are eating school dinners or packed lunches.

Children will be encouraged to develop good eating skills and table manners at lunchtime and will be given plenty of time to eat. This will be achieved by:

- entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- sitting freely with their friends (KS2)
- eating school dinners and packed lunches together KS1 & 2
- Midday supervisors promoting the correct use of cutlery
- Older children helping younger children
- being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- saying please and thank you to the catering staff and lunch time supervisors
- Foundation Stage, Key Stage 1 & KS2 children asking permission from a supervisor to eat their pudding.
- Children putting up their hand to have their eating/drinking monitored before replacing trays & packed lunches away.
- Parents or carers being advised if their child is not eating well

Whilst the dining staff strive to keep the noise level down in the dining hall and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

Children’s work is always on display in the dining hall and this contributes to making it a bright and attractive space in which to eat a meal.

School Dinners

Garstang Primary School engages the services of the catering company LCCG- who provide meals, which meet the national guidelines for nutritional standards.

A menu is sent home and on display for both parents/carers and pupils to look at before they make their choices. Whilst being served the kitchen staff discuss their choices with children and encourage them to try new foods. All pupils must have vegetables or salad portions on their tray. A drink of water, milk or juice is provided with each meal. All children have access to the salad bar and KS2 children serve Foundation and KS1.

Medical Diets

Individual care plans are created for pupils with medical dietary needs/requirements. These are displayed in the staffroom and all catering staff are informed. These document symptoms and adverse reactions and actions to be taken in an emergency.

Cultural and religious diets

Catering staff and school staff will be informed of pupils diets related to their culture or religious beliefs to ensure that every pupil receives the correct meal.

Packed Lunches

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit, leaving cake and biscuit items to last. Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted. Children may not bring sweets and confectionery items as part of their lunch. Water is available for pupils who may have forgotten a drink or who want more than what has been provided as part of their lunch.

Children put all their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten.

The use of visitors to support Healthy Eating Provision

We will use external contributors to enhance our planned programme. All visitors will be subject to the School Visitor Policy.

Supporting Organisations and guidance

Lancashire Healthy Schools: <http://www.lhsp.lancsngfl.ac.uk/>

Change for Life: <https://www.nhs.uk/change4life>

Eat well plate: www.nhs.uk/live-well/eat-well/the-eatwell-guide