

PINNER WOOD SCHOOL



FOOD AND HEALTHY EATING POLICY

Approval Authority

Effective From: September 2023

Date Ratified by GB:

Next Review Date: September 2024

Signed by Chair of GB:

Pinner Wood School

Food and Healthy Eating Policy

Introduction

At Pinner Wood School we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As a school we endorse fresh, local food.

As a school we know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community.

At Pinner Wood School we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

Aims and objectives

Our aims are:

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure staff and volunteers are trained so that children receive a consistent message.
- 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 ensure that packed lunches brought in from home provide the child with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards. Including information for parents to help support healthy lunches.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices and negate them.

Organisation – Packed lunches

The Food Standards Agency survey of packed lunches showed that many children's lunches contained too much sugar, salt and fat and little fruit and vegetables. At Pinner Wood School we are committed to encouraging parents to provide healthy lunchboxes for children.

- Pupil's lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.
- Lunch boxes should not contain the following foods: crisps, confectionary, chocolate bars, sweetened drinks, fizzy drinks, chewing gum, nuts and sweets.
- The contents of children's lunchboxes will be monitored, to ensure a balanced meal is being provided and the portion size is appropriate for the age of the child.
- Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. Some children are allergic to nuts and a serious reaction, including breathing difficulties can occur.
- Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.
- At special events such as Christmas parties, food contributes to a sense of celebration and sharing. On these occasions party food may be allowed, but the staff will remind the children that this is an "occasional" treat and not "every day food". Details of such events will be shared with parents through ParentMail and Newsletters.
- The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided.

Organisation – Dining Environment

At Pinner Wood School we are committed to providing a welcoming eating environment and 'Dining experience' that encourages the positive social and cultural interaction of children. The school will aim to provide a calm, ordered environment conducive to good behaviour and mutual respect.

- The dining room is well staffed with lunchtime supervisors who assist the children with packed lunches in a variety of ways such as opening yoghurt lids, opening containers, keeping table surfaces clean and tidy.
- Children are able to help themselves to the salad bar and take as much fruit as they like for dessert.
- Each table for lunch has water for children to pour, a wholemeal bread basket and cutlery so it encourages children to be independent and help friends.
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. They will also be encouraged to eat their sandwiches and savoury things first.
- Children will be encouraged to demonstrate good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you".

- The children will all leave together and before leaving the table they will be encouraged to eat the food they have been provided with.

Organisation - Curriculum

- We regard healthy eating and healthy lifestyle education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, Design and Technology and PSHE (Personal, Social, and Health Education) curriculum.
- All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain, healthy lifestyle (exercise, sleep and the components of a healthy diet) and its effect on the human body through the Science curriculum.

Snacks

We have agreed the following statements:

- Children in Reception and KS1 all benefit from the Governments Fruit and Vegetables scheme. These children will be encouraged to eat their piece of fruit or vegetable as part of their daily snack time.
- To ensure consistency across the school, KS2 children will also be encouraged to eat fruit or vegetables at break time. Other healthy snacks could include; bread sticks, wholemeal crackers or rice cakes.
- Chocolate, sweets, biscuits, crisps and cakes are not allowed as everyday snacks in school. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- For medical reason nuts are also not allowed. As a school we have a duty of care to all our children.
- Children are able to purchase milk from school via Cool Milk, they drink this at break time.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day.
- Pinner Wood School recognises that healthy snacks are crucial to aid learning and development.