



Healthy Eating Policy

Our School's Mission

“With God’s help, together, we aspire, achieve and believe.”

Vision for Healthy Eating

At St John with St Augustine CE Primary School, we recognise the important part a healthy diet plays for a child’s wellbeing and their ability to learn effectively to achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people’s healthy by increasing their knowledge and understanding of food and helping them to make healthier food choices.

We aim to ensure that healthier food and drink is provided at all times of the day, taking into account the individual need of all and to reflect nutrition and healthy eating in our curriculum

Intent for PSHE Education

At St John with St Augustine we intend to deliver a personalised PSHEE curriculum which is accessible to all. It ensures that each of our pupils know more, remember more and understand more about what it means to play a positive and successful role in our society. Our spiral curriculum is planned and sequenced to support children in becoming healthy, independent and responsible human beings, helping them to prepare for future learning and employment. PSHE Education will be taught with the aim for all our children to understand how they are developing personally and socially, and give them the knowledge and confidence to tackle many of the moral, social and cultural issues that are part of growing up. At St John with St Augustine, PSHEE will provide a range of opportunities to develop our children’s cultural capital and teach them the knowledge of rights and responsibilities to guide our children to be well rounded, culturally diverse human beings.

Aims

The aims of healthy eating at St John with St Augustine CE Primary School are:

- to increase knowledge and awareness of a healthy diet through workshops and our PSHEE and Science curriculum,
- to provide safe, tasty and nutritious food that promotes health,
- enable all pupils to have a healthy school meal,
- make healthy eating enjoyable,
- provide safe, easily accessible water during the school day,
- promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices,
- be a role model for healthy eating,

- monitor healthy choices, including packed lunches,
- use a range of opportunities to promote healthy eating,
- ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Statutory requirements

The Statutory Health Education guidance states that for children to have “characteristics of good physical health and mental wellbeing... [they should be] taught about the benefits and importance of daily exercise, good nutrition...” *Relationships Education, Relationships and Sex Education (RSE) and Health Education*, page 32.

It also states that pupils should know:

- what constitutes a healthy diet (including understand calories and other nutritional content),
- the principles of planning and preparing a range of healthy meals,
- the characteristics of poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Curriculum Delivery of Healthy Eating

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through PSHEE, Science, PE, Religious Education and Design Technology. We ensure that children are taught about a well-balanced diet from EYFS up to Year 6 and is in line with the Health Education Statutory guidance. At St John with St Augustine CE Primary School we aim to develop children’s understanding in food related issues including food hygiene and safety issues.

This policy will contribute to others in the following ways:

Behaviour – children who eat healthily are more focussed on their work and their behaviour is better

PSHEE – healthy food and choices and practical food education is included in the curriculum

Science – healthy eating and nutrition is part of the Science curriculum

Equality – we take into account the needs of all our children including faith, disabilities and allergies

School Lunches

All our school meals are provided by Lancashire County Council who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the school website, and is sent home, via email, termly. The menu is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement

Packed Lunches

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Aims

To ensure that all packed lunches, brought from home and consumed in school (or on school trips), provide pupils with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Packed lunches should not include:

- unhealthy snacks such as crisps, biscuits or cake,
- confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread and sweets,
- fizzy or sugary drinks such as cordial.

These expectations are monitored by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

Special Diets and Allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons staff and pupils are also not permitted to swap food items.

Monitoring Packed Lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

Snacks

EYFS, Year 1 and Year 2 classes include a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school.

Key Stage 2 children are asked to bring in fruit (fresh or dried) or vegetables for playtime

Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

Roles and responsibilities

It is the responsibility of all staff including teaching staff, support staff and catering staff to implement the Healthy Food and Drink policy and to actively act as role models to demonstrate positive attitudes; to promote healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

- The subject leaders is responsible for the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen

staff and food contractor.

- The subject leaders are jointly responsible for what is taught about healthy eating and practical food education in the curriculum.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance.

This school policy takes into account national guidance produced by the School Food Plan, and Change4life.

Partnership with Parents and Carers

We inform and involve parents and carers about healthy eating through our school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water is to be consumed during lunch time.

During out of school events, such as school trips, the school will encourage parents and carers to consider the Healthy Eating and Drink. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents and carers do not to send in birthday cakes or foods that do not comply with our food policy.

From time to time, we may have a number of fundraising opportunities and celebrations that will be an exception to this policy.

PSHEE Subject Leader: Miss L.J. Middleton

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