



# Sutton St James Community Primary School



**Healthy Food Policy**  
Implementation Date: January 2021  
Review Date: January 2023

<b>Headteacher:</b> Claire Willows	
<b>Chair of Governors:</b> Vicki Newton	
<b>Date implemented:</b>	
<b>Date for review:</b>	



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## Healthy Food Policy

Implementation Date: January 2021

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**Staff responsible: Head Teacher, Designated Food Governor**

### **Process:**

The example policy was discussed and amended by the Head, governors, teachers, parents, pupils and MSAs.

### **Aims:**

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices.
- work in partnership with school meals providers to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- involve pupils and parents in discussion regarding views and ways forward. (e.g. school council, questionnaires, open day food sampling).

### **We aim to promote healthy and balanced eating by:**

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health’ and the new, revised standards, from the Department for Education, for school food which came into force from 1<sup>st</sup> January 2015.
- encouraging foods which are rich in vitamins, iron, calcium and fibre - in particular fruit, vegetables, meat, beans, bread and low fat dairy products and wholegrain.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

### **School Catering:**

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and hot meals provider and are analysed to meet the new school food standards.
- Termly food related theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables/salads and fruit as part of their meals. They are encouraged to try some, even if it is a small portion.
- Fresh milk is available at morning break times for children up to the age of 5 ( with an option to purchase milk after the age of 5) and fresh fruit up to the age of 7.

**Breakfast and After School Club:**

The school ensures that food served is healthy and nutritious, milk, and water are freely available and that fruit, low fat yoghurt and brown bread are always served as well as other healthy options. Food served is based on the revised standards for school food and coordinated with lunchtime menus.

**Packed Lunches:**

Water is provided in the dining hall for all pupils and it is not essential for separate drinks to be brought to school for lunchtime. Packed lunches should include some fruit or vegetable; e.g. piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

A guidance leaflet is issued to parents and carers on the contents of packed lunches (see appendix A).

**Mid-morning Snack:**

It is our policy that the only mid-morning snack children can bring to school is a healthy one – either fruit or vegetables (this does not include processed pre-packaged snack bars). This helps to reduce litter, ensures children still have an appetite for their lunch and promotes healthy eating. Any snacks not in line with policy will be returned home with the child.

**Drinks Policy**

- Children are encouraged to drink water during the school day particularly after PE, active play and in hot weather.
- Water will be provided via water fountains and water bottles in classrooms.

**School Ethos, Environment and Organisation:****Lead Staff Member:**

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils.
- the value of promoting positive social skills.

Teachers, caterers and MSAs work together to create a good dining room ambience and the development of appropriate table manners.

Teachers are encouraged to eat with the pupils.

All Foundation and Key Stage 1 children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

**Free School Meals:**

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Information booklet and application forms are available at our school reception desk.

**Treats and Rewards:**

On rare occasions, sweets or chocolates are used as rewards (i.e. annual attendance, cup winners). Exception to this policy can be made on special occasions such as Christmas parties or other such events

**Curriculum, Teaching and Learning:**

- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.
- Multicultural aspects of food are explored and linked with school meal theme days.
- Children are encouraged to join in classroom cooking sessions and after school cookery clubs

**Parental Involvement:**

- Information about school meals is provided at parent's events and through the school newsletters. Parents, carers and governors are invited in to visit the breakfast club.
- Feedback is invited through questionnaires, consultation, newsletters and a suggestions box in the conservatory.

**Monitoring and Evaluation:**

This policy is to be reviewed every two years. Headteacher to monitor delivery of school hot meals contract. Input is valued from pupils, teachers and carers via questionnaires, meetings, etc.