



Healthy Eating and Nutrition Policy

Motivate • Educate • Achieve

Date of Policy: October 2022

Reviewed: January 2025 in consultation with staff

Presented to the Full Governing Body: 28 January 2025

Date of Next Review: January 2028

Introduction

Woodcock Hill Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this policy.

Aims

The aims of our school food policy are:

- To provide children with healthy food choices throughout the school day.
- To enable pupils to make healthy food choices through the provision of information and the development of appropriate skills and attitudes.
- To provide information on the implementation of statutory guidance.

These aims will be addressed through the following areas:

Food and Drink Provision Throughout the School Day

Breakfast and After School Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The menu is evaluated to reduce sugar and fat intake. Relevant staff have basic food hygiene and preparation certification.

Mid-Morning Snack

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Fruit and milk are provided to children in Reception and KS1 as part of the Government Scheme whilst children in KS2 bring in a healthy snack from home or a piece of fruit provided by the school. Snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.).

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint) of semi skimmed milk every day for Reception and Key Stage 1. Parents can specify if an alternative type of milk is required e.g. soya.

Lunch Time

Woodcock Hill is committed to implementing the National Nutritional Standards 2014 and the School Food Standards that were revised in January 2015 when providing school meals to children.

All school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment".

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We will provide Universal Free School Meals for children in Foundation Stage and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food, which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to create it healthily.. [Appendix 1: Packed lunch guidance](#). The school will not remove items from a child's lunchbox

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

Children choose from the menu each morning either a cooked meal or a sandwich/wrap both with a choice of dessert or fresh fruit. Menus are accessed on the school website and available from the school office.

Provision of Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school provides drinking water for children throughout the day and at the tables during lunchtime service. All children are expected to bring a water bottle to school, which can then be refilled during the day. The bottle should be taken home daily to be cleaned and returned. To maintain good dental health children are encouraged not bring squash or flavoured water.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

Effective teaching requires pupils to develop their understanding of healthy eating gives them the appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a variety of opportunities for participatory learning and include debating issues, group discussions and role-play. Key curriculum areas which link to nutrition within the National Curriculum, Science, PHSE and Design and Technology.

Visitors in the classroom

The school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted. This may include visits by the school nurse, dental practitioners, or other health care professionals.

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Celebrations

Occasionally, children bring in sweets for their friends as a treat to celebrate their birthday. We recognise that this is a generous act. The children are always asked to keep the treat until they meet their parents so they can then decide when it should be eaten.

At Christmas and at the end of the school year classes may have a class party in which shop bought food may be sent in by parents. Information regarding this will be sent out to parents prior to the celebration going ahead. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

The Parent Teacher Association (PTA), organise and lead celebration events, such as discos and fairs. The PTA provide a balance of treats and healthy snacks, such as fruit, which can be purchased during the events.

Special Dietary Requirements

Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school can also provide a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. These care plans are displayed in the staff room and in class information booklets, including the register. Supply staff are made aware of the pupils concerned. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Staff Responsibility

Members of staff are required to:

- Ensure children's specific dietary requirements are adhered to.
- Monitor the amounts of food and drink children intake, and report any unusual changes in appetite to parents.
- Support the children in recognising that they need to drink water when they are thirsty, hot, and at regular intervals throughout the day.
- Respect and make arrangements for children's cultural and religious needs.
- Encourage good hygiene and table manners.

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- Use lidded cups for the consumption of hot drinks within
- the school, except within the confines of the staffroom or offices where there is no
- contact with children.
- Abide by the requirement to maintain a 'nut free'
- environment, and must not bring their own snacks or cakes into school which contain nuts.

Equal Opportunities

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. This includes the provision of culturally appropriate diets.

Staff are sensitive to the fact that children may come into school not having had breakfast. When this occurs, breakfast is provided and these incidents are reported to a DSL and noted on My Concern in order for further action to take place.

Monitoring and Evaluation

We consult annually with caterers, pupils, parents/carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.

This Policy will be reviewed every three years by the Full Governing Board.

APPENDIX 1

WOODCOCK HILL PRIMARY SCHOOL PACKED LUNCH GUIDANCE

Aims

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now strictly regulated by national standards.

Rationale

- To make a positive contribution to children's health and wellbeing.
- To encourage happier and calmer children and young people.
- To promote consistency between packed lunches and food provided by schools.

National Guidance

The guidance was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in school's toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 20050.

Where, when and to whom this guidance applies

To all pupils, parents and guardians providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off during the Summer.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- oily fish, such as salmon or tuna, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

Packed lunches should not include:

- meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.

Packed lunches MUST not include :

- nuts – including peanut butter and Nutella – **because of the life-threatening risk** to any other child who may have a severe allergy.
- confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- drinks other than water – fresh water is available at all times so you do not need to include this.
- snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

Special diets and allergies

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

Please be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

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