



All Saints Benhilton C.of E. Primary School Healthy Eating Policy

Mission Statement:

Together, within God's love, we nurture and inspire today's minds for tomorrow's challenges.

Introduction:

At All Saints Benhilton C.of E. Primary School we recognise that good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social wellbeing. We are dedicated to helping each child understand the role of healthy eating in achieving good health.

Aims

The school aims to:

- ❖ Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- ❖ Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- ❖ Develop a positive attitude towards eating habits.
- ❖ Provide opportunities within school to pursue a healthy diet, including access to water..
- ❖ Help children to understand that some foods should be eaten in moderation.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage in both science and PSHCE. There is an emphasis on eating a balanced diet and considering the role of the different food groups in healthy growth and development. Practical activities may include cooking and sampling and on these occasions appropriate food safety precautions are taken when food is handled, prepared or stored in school. These lessons may be as part of DT, MFL lessons or in a cross curricular topic. Teachers seek parents' permission before food tasting activities. In the Foundation Stage classes there are regular opportunities for being involved in cooking; staff ensure that they are aware of different dietary needs and that the ingredients are nut-free. Occasionally staff run extracurricular clubs which involve cooking and tasting food and will ensure they know the dietary requirements of participants.

Food and drink provision during the school day

Foundation stage

In Nursery both morning and afternoon classes have a fruit (from the free fruit scheme) and drink break.

In the Reception classes have a fruit (from the free fruit scheme) and drink break every morning. The pupils have access to their water bottles throughout the day.

Key Stage 1

At break time the school encourages Key Stage 1 pupils to take a fruit snack from the selection provided by the free fruit scheme and to drink water throughout the day. Water fountains are situated in the cloakroom areas. Children are encouraged to bring water bottles to school each day.

Key Stage 2

At break time children are allowed to eat a nut-free healthy snack, including fruit, which they bring from home. They are encouraged to drink water throughout the day and bring their own water bottles. Water fountains are situated around the school and a water cooler in the Y4-6 corridor, for filling water bottles.

Responsibility

The overall responsibility for food in school lies with the Head teacher.

Allergies, vegetarians, religious observance

All individual food needs are entered on the yearly entry records and updated regularly. These are entered on to the computer system used by the kitchen staff, who are alerted of the individual needs. First Aiders names are listed at first aid points around the school. Staff are made aware of particular allergies through child display in the staff room and office. Further information on this subject can be obtained through contacting the school nurse.

School dinners

Our school meals are supplied by Caterlink, who provide meals that meet the Government Standards for Food based and Nutrient Based standards for School lunches. The lunches are cooked on the premises. Staff have undergone appropriate food hygiene training and the kitchens meet food safety requirements. The School Meals provided meet the Silver Food for Life Catermark shown below.

Food for Life menu criteria

Bronze Meals contain no undesirable food additives or hydrogenated fats

75% of dishes are freshly prepared

Meat is from farms which satisfy UK welfare standards

Eggs are from cage-free hens

Menus are seasonal

Training is provided for all catering staff

No GM ingredients are used

Silver (in addition to Bronze criteria)

A range of local, organic and fair trade produce is served

Chicken, eggs and pork products are from sources which meet high welfare standards or 10% of food is organic

No fish is served from the Marine Conservation Society 'fish to avoid' list

Information about where the food has come from is on display

Packed lunches The school has a packed lunch policy which encourages parents and carers to provide children with healthy packed lunches which must be nut- free. Children are aware of this and midday supervisors ensure the safety of all by being vigilant. Occasional lunch box suggestions are sent out to parents.

Dining environment

Lunch is served in the main hall using a staggered lunch hour:

Foundation Stage 11.45am – 12.45 pm; KS1 12.00pm – 1.00pm; KS2 12.15pm – 1.10pm.

The children enter the hall in an orderly manner and queue to collect their lunch. On collecting lunch children are encouraged to visit the salad bar before finding a place to sit. School dinners and packed lunches sit together and enjoy the time to socialise. Children are rewarded positively throughout their dining experience and if necessary reminded of the Lunchtime Rules. Staff members sometimes take the opportunity to sample school lunches and sit with the children.

Equal Opportunities In healthy eating, as in all other areas of the curriculum, we recognise the value and needs of the individual and strive to provide equal access of opportunity for all.

This Review : May 2016

Next Review: May 2019