



Houghton Conquest Lower School & Early Years Centre

Healthy Eating Policy

Introduction

This document is a statement of the aims, objectives and strategies for encouraging healthier eating at Houghton Conquest Lower School.

We recognise that good nutrition will help all our children achieve their potential and begin to establish a healthier way forward into their adult lives. We will help our children to develop a positive attitude to healthier eating through curriculum planning and links with families. This policy reflects the standards as set out in The National Healthy Schools Scheme.

Aims

- To enable pupils and staff to choose healthier meals and snacks in school
- To help pupils and staff understand the importance of a healthier diet
- To ensure that pupils and staff have access to fresh drinking water throughout the school day
- To provide opportunities in the planned curriculum at Foundation Stage, Key Stage 1 & 2 for pupils to learn about food, food hygiene, food preparation and a balanced diet
- To make sure food is stored, served and eaten in a clean, bright, comfortable and happy environment
- Fruit for all in Foundation Stage, Key Stage 1 and Early Years children - every day

Objectives

- Introduce the importance of healthier eating to our Foundation Stage children
- Reinforce the message of healthier eating on a regular basis in assemblies and by introducing special food days, inviting health specialists into school and by encouraging children to learn about food by producing displays, carrying out food surveys, working on quizzes and taking part in competitions
- Ensure healthier eating is promoted by all teaching and non-teaching staff in a positive way
- To make sure all pupils have a water bottle in school for sporting activities and all children are encouraged to use the water cooler in each classroom to access water regularly during the day
- Encourage all children to take part in the fruit/veg only mid-morning breaks and to 'reward' those children who are trying 'new' fruits as well as those who are eating fruit on a regular basis with stickers and stamps

School Meals in our Hygiene rated 5 star kitchen

The school has made a commitment to raise the standard of school meals and to provide fresh healthy food each day. Mrs Wilson, our school cook (Kitchen Manager), makes nutritious meals each day in the school kitchen. They offer a balanced and varied diet. A menu is displayed in the office reception and a sample menu is regularly sent out and can be requested from CaterLink Staff.

Parents are welcome to come along and try a school meal at any time and this should be booked and agreed with the Kitchen Manager. (School CaterLink Office telephone: 01234 740202 Option 3, from 9.00am -1.30pm – please do try to ring between 9am-10am as this is a very busy kitchen).

Alternatively, a packed lunch may be brought to school.

Packed Lunch

- Please send packed lunches in a box clearly marked with pupil's name and class.
- Children are encouraged to bring milk or fruit juice, water is provided for all as a healthy option. We ask that no glass bottles, fizzy or excessively sweet drinks are brought.
- Pupils are rewarded by stickers for healthy lunch boxes by the midday supervisors.
- Parents are required to pack relevant cutlery and cups for a packed lunch.
- No sweets or chocolate bars please, but yoghurts/desserts/and plain biscuits may be sent.
- Please, if possible, put in a small ice pack to ensure food is kept cool.
- To avoid incidents, please do not send in any packed lunches containing peanut butter or any other nut-based food. We do have children who are allergic to nuts.

Universal Infant Free School Meals (UIFSM)

Since September 2014 all pupils in reception, year 1 and year 2 in state-funded schools in England are offered a free school meal (FSM). This is not the same as the existing entitlements to free school meals for disadvantaged pupils in nursery classes and at key stages 2-4. This entitlement will continue based on the existing free school meals eligibility criteria for those groups of pupils.

The legal requirement on schools will be to provide a lunchtime meal that meets the School Food Standards, where they apply. Our pupils are offered a hot meal option daily. The Kitchen Manager makes reasonable adjustments for pupils with dietary requirements.

Drinks

- School milk is available free each day for our children under 5.
- Parents who wish their child to have milk to drink at break time are welcome to request a form to pay for this option daily.
- Throughout the school we have water coolers where pupils can re-fill their water bottles regularly, as well as drinking taps in each classroom
- The school has organised purchase of customised water bottles and carriers to encourage regular water drinking.

Making the Most of Me

As part of our Healthy Schools Curriculum our Year 4s take part in a 12-week programme which will help to deliver positive changes in attitude, understanding behaviour and aspirations towards healthy lifestyles.

Parents are always asked if children have any food intolerances. An example of their activity is that the children will be making and tasting butter. Also during the programme they will be bread tasting and looking at fat content of snack foods.

This programme is presented in a culmination of 2 x 6 week blocks to cover '**Good Food for Me**' and '**Dance Unit of Work**'.

Good Food for Me

This unit will cover knowledge and understanding of food issues and the relationship between healthy eating and to promote changes towards healthier food choices. Parents will be invited to a presentation.

Dance Unit of Work

This unit will help them to increase their full self-esteem and self-belief via performing in front of their parents / carers.

This policy has been agreed by pupils, staff and governors of Houghton Conquest Lower School and discussed with CaterLink Staff on site.

Monitoring of the Healthy Eating Policy

This policy will be reviewed annually by the Headteacher, staff and Governors.