



## **Healthy Eating Policy**

January 2022

### **Introduction**

Highgate Primary School is committed to providing an environment that promotes healthy eating and supports children to make informed choices about the food they eat. Educating children about food and nutrition is at the cornerstone of good health. As dietary habits track from childhood to adolescence and then to adulthood, eating well at school and learning about food, including how to cook nutritious snacks and meals, contributes to the long-term wellbeing of our pupils.

### **Aims and Objectives**

At Highgate Primary School, our aim is for all children

- to have a good understanding of food and nutrition and the importance of a healthy diet
- to be able to make healthy food choices
- to develop positive attitudes towards food and nutrition
- to be able to cook nutritious snacks and meals

### **Teaching and learning**

Food and nutrition is taught at an age-appropriate level throughout each key stage and is delivered through the Science and PSHE strands of the school curriculum. In addition, the scheme of work for Design and Technology provides regular opportunities for children to cook within the school's Cookery Studio. Through cookery lessons, children are encouraged to participate in the planning, preparing, cooking and evaluation of food. Within PSHE lessons, children are taught about issues relating to healthy eating and are encouraged to develop appropriate skills and attitudes that will assist them in making informed decisions.

### **Role of adults in school**

All adults in school play a key role in influencing pupils' knowledge, skills and attitudes towards food, so it is important that they are familiar with healthy eating guidelines. Staff are encouraged to model good practice to pupils.

### **Food and Drink Provision during the School Day**

The school:

- provides milk in Nursery and Reception classrooms and in the Dining Centre during lunch
- provides freshly baked bread in the afternoon for children in Nursery and Reception
- ensures fresh fruit or vegetables are available for children in EYFS classrooms
- provides children in KS1 with fresh fruit at morning play
- encourages children in KS2 to bring in a fresh fruit or vegetables to be eaten at morning play
- encourages children to drink water throughout the day
- provides fresh water through drinking fountains and water coolers/jugs of water to fill cups or bottles

The school does not allow unhealthy snacks, sweets or drinks to be consumed at school during the school day.

## **School Lunches**

Our school kitchen produces high quality food which is cooked every day on the premises from fresh ingredients. The kitchen adheres to the nutritional guidelines laid down by the National Nutritional Standards for Healthy School Lunches. Staff have undergone appropriate food hygiene training and the kitchens meet food safety requirements. The benefits to children of taking school meals are actively promoted to the school community.

Children in Nursery who stay for lunch have a school meal. They eat in a family-dining configuration, sitting with familiar Nursery staff who help them to explore, and experiment with, a range of healthy dishes. The experience leaves them well-placed to make healthy dietary choices as they progress through the school and beyond.

All children in Reception and Key Stage 1 have a school meal, which is provided free through the government's policy of Universal Free School Meals. Children in these year groups are only allowed to have a packed lunch if this is supported by a letter from their GP.

Children are strongly encouraged to continue with school meals as they progress through Key Stage 2.

## **Special Dietary Requirements**

The school provides food in accordance with pupils' religious, cultural and personal practices. School lunches include a vegetarian option every day. Individual care plans are created for pupils with food allergies or diabetes. Staff are made aware of such children.

## **Packed Lunches**

Where a family elects to take a packed lunch, the school asks parents to ensure that it meets the National Nutritional Standards for Healthy School Lunches.

Children in Key Stage 2 who elect to take a packed lunch, queue for their food with their peers for a tray and plate, onto which they transfer the edible contents of their packed lunch. All packaging is transferred into their packed lunch box and returned home. There is strong evidence to show that the appeal of packaging can make poor quality and sometimes unhealthy food seem more desirable to children. Removing packaging allows children to see the food they are eating without the influence of marketing.

Packed lunches must not include sweets, crisps or fizzy drinks. Where these are brought to school, lunchtime staff sensitively remove these and hand them to the class teacher to be returned to parents at the end of the day. A healthy alternative is always offered.

## **Food as a Reward**

The school does not allow sweets or other foods high in sugar or fat to be used as a reward for good behaviour or other achievements.

## **Birthdays and special occasions**

As cakes and sweets are not allowed to be given to children in school time, parents are encouraged to send in alternative, non-edible, birthday celebrations such as a birthday book for the class library.

## **Cake sales**

Each month, one year group holds a cake sale at the end of the school day. Children are encouraged to work with parents to bake items for these sale occasions.

## **Nuts**

Nuts are not allowed to be brought onto the school premises.

## **Food Safety**

Appropriate food safety precautions are taken when food is handled, prepared or stored in school. These include ensuring that adequate storage and washing facilities are available; that food handlers undergo food hygiene training and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Parent's permission will be sought prior to food tasting activities.

**Links to other policy documents**

This policy should be read in conjunction with the following documents:

- Curriculum Policy
- PSHE Policy

**Staff Responsible for Implementation of the Policy**

|               |                |
|---------------|----------------|
| William Dean  | Headteacher    |
| Emily Harries | Leader of PSHE |

**Policy Monitoring and Review**

A copy of this guidance is available to all staff and parents and is published on the school website. Parents will be made aware of this policy when their child is admitted to this school.

This policy is reviewed every four years by the Governing Body.