Halley Primary School

Including all learners, achieving their best

Healthy Eating Policy

Approved by:	Shoshannah Thompson
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OUR INTENT

OUR VALUES



OUR VISION

Our vision is underpinned by the principles of the UN Convention on the Rights of the Child (UNCRC). As a Gold Rights Respecting School, we are committed to promoting children's rights in all areas of school life - ensuring every pupil is listened to, valued, kept safe, and supported to reach their full potential. We believe that by embedding the language and values of rights, we nurture respectful, confident, and active citizens who contribute positively to their school and community.

Provide a safe, supportive, and stimulating environment that enables and encourages highest standards of achievement (**ambition**).	Broad, balanced and **creative** curriculum which makes the most of the learning opportunities offered by the richness and diversity of the **cultures** and environment on our doorstep.	Provide an **enriched practical** curriculum based on excellence and **enjoyment** which allows for **exploration**, **enquiry**, and opportunities to ask questions.

OUR AIMS

1. All of our children are to become **successful**, **independent** learners.
2. All of our children are to be equipped with skills and knowledge to meet their current and future needs and **creative** potential.
3. All of our children are to be **confident** individuals who can live safe and **healthy** lives.
4. All of our children are to **respect** and value each other's contributions irrespective of race, gender, religion or ability.
5. All of our children are to be **self-aware** and able to manage their own behaviour, understanding that it has an impact on others.
6. All of our children are to be active and motivated **citizens** within the wider school community.

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Healthy Eating Policy

The aims of this policy are to develop healthy eating and drinking activities that benefit the pupils, staff and visitors to the school. The school believes that food has a significant role to play in determining health and wellbeing and that for pupils it can influence achievement, behaviour, punctuality and well-being. We know that throughout their lives children will have choices to make about what they eat and that we should support their ability to make these informed choices.

1. The UN Convention on the Rights of the Child (UNCRC) Articles which inform this policy

Article 6:

Life, survival and development Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

Article 24:

Health and healthcare Every child has the right to the best possible health and to healthcare. The state should ensure children have healthcare services, nutritious food, clean water, a clean environment and healthcare information.

2. Aims

This policy aims to:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.

2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

3. Roles and responsibilities

Person Responsible for overseeing Healthy Eating: Shan Hardy

Person writing this policy: Bethan Mason

4. Provision

4.1 Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The School runs a daily breakfast club for pupils from 8am – 8.45am. The breakfast menu includes: fresh fruit, cereals (cornflakes, rice crispies, cheerios, shreddies), porridge, bagels, margarine, low-sugar jam, milk and yoghurt.

4.2 Snacks

The School understands that healthy snacks can be an important part of the diet of young people.

The School participates in the National School Fruit Scheme, ensuring that pupils in the Nursery, Reception class, Years 1 and 2 receive a free piece of fresh fruit each day. Snacks provided throughout the day in the early years usually consist of fresh fruit and water but may also include other healthy options e.g. breadsticks, rice cakes and crackers.

Key Stage 2 pupils are able to bring fruit into school to eat at break-times and key stage pupils work with the communication team to run their own healthy tuck shop selling fruit kebabs.

Any after school snacks must be healthy and follow the principles of this policy, whether provided by the pupil or the school.

4.3 School Meals

School Meals are provided by contract services.

School meals are planned on a 2-week cycle and as a Healthy School we have actively chosen the Reduced Sugar Menu.

We encourage and promote uptake of salad, fruit and vegetables at all times to all pupils.

We have processes in place for pupils, staff and parents to raise concerns including our smart school council, parent voice and pupil voice. We work with our school caterer to constantly review and improve school food and there is regular dialogue between pupils, mid-day meals supervisors and catering staff regarding food preferences.

We have worked to improve the lunchtime experience for all pupils. In early years and key stage 1 pupils are served at their tables in family groups and in key stage 2 older pupils are involved in organising and serving the food. We aim to make lunchtimes a more enjoyable and stress-free experience for pupils with visual menus and relaxing music.

4.4 Packed lunches

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The School provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink.

4.5 Water

Staff and children have access to drinking water throughout the day, children are expected to bring their own water bottles to school.

4.6 School Trips

A healthy packed lunch will be provided by the school, for all children who usually have a school meal.

Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

4.7 Specialist Dietary Requirements

The School does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and relevant staff are aware of these plans.

We are a nut free school.

5. Curriculum

Curricular and Extra Curricular

Food and nutrition are taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition).

The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

All food provision within the curriculum or cookery clubs will be healthy at all times, unless there is a valid reason to change this – e.g. to make a recipe from the book children have been studying in English.

6. Initiatives

Sugar Smart

Our School has signed the Sugar Smart Pledge, a national campaign backed by the Mayor of Tower Hamlets, The Healthy Lives Team and the Public Health Team, with the aim at reducing sugar consumption, tackling obesity and improving oral health across the Borough.

7. Rewards and Special Occasions

Rewards

The School does not allow food to be used as a reward for good behaviour or achievement.

Other methods of positive reinforcement used in school include specific praise, recognition boards, feedback to parents / carers, phone calls home (see Behaviour Policy).

Special events, celebrations and birthdays

The School recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, every effort will be made to celebrate birthdays in a healthy way, for example by celebrating with a song class and a special birthday badge.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

8. Consultation and Partnerships

Parents

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Staff

The School encourages staff to contribute to and support this food policy across the school day. Staff and visitors will be encouraged to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Appendix 1: The Eatwell Plate

