



Heathy Eating and Nutrition Policy

Introduction

At Jarrow Cross CE Primary School we are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The member of staff responsible for the implementation and review of the Whole School Healthy Eating Policy is the Health Promoting schools Co-ordinator Miss K. Elcoate.

Rationale

Our school is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. In our school we actively support healthy eating and drinking throughout the school day.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Why a healthy eating policy is needed

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers

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- Prevention of osteoporosis (brittle bones)

Aims

- To promote lifelong learning about food, nutrition and eating.
- To develop knowledge and understanding of a balanced diet.
- To encourage children to enjoy food and make informed choices to enable them to keep healthy
- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.
- To encourage a healthy lifestyle through association of healthy food with exercise and the promotion of health enhancing habits.
- To ensure that we are giving consistent and up to date messages about food and health to the children.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

Objectives

- To teach accurate factual information about food and nutrition through Topics, as part of the curriculum.
- The School Kitchen will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit as part of morning break.
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers will be regularly reminded of our packed-lunch and snack policies.

Drinks

- Children can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- Mid-morning milk is ordered for children who require it, and is paid for on a termly basis

- At dinner time children will be offered water.

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- The breakfast club operates on a daily basis in the school for all children. The food offered is healthy and is consistent with a healthy diet. We provide toast, pancakes, crumpets and cereal. Children can choose from water, milk, and fruit juice to drink.
- We have a whole school bagel initiative where every child can have a bagel for breakfast when they come into school. This is to encourage children who we know have little or no time for breakfast in the mornings at home to eat together in class. A healthy school breakfast, without barrier or stigma, can set up children to succeed and give them the very best chance to learn.

Mid-Morning Snack

- Reception, Years 1, 2 have their morning fruit snack provided every day.
- Pre Covid KS1 and KS2 had the opportunity to buy a healthy snack from the school tuck shop on a Tuesday, Wednesday and Thursday morning break. This included fruit juice, dried fruit, seeds, popcorn and spicy noodles etc. Covid regulation allowing this will commence during the academic year of 21/22.

School Meals

- Our school works with the catering service to ensure that healthy choices are available and that national standards are met.
- Fruit and vegetables are included as part of the meal and salad is available for the children to help themselves. Where possible, meals have a reduced fat, salt and sugar content.
- Vegetarian and medical needs will be met in appropriate ways.
- The weekly menu is on display for the children and parents, and is sent home twice a year.

Packed Lunches

Our packed lunch policy adheres to government guidance advice associated with healthy eating and the school day in order to follow school food standards. Around one in a hundred home packed lunches in England meet children's nutritional needs according to the Children's Food Trust. A packed lunch represents one third of a child's daily intake and should reflect the nutritional guidance the school follows. Parents are asked not to include drinks with added sugar, crisps, chocolates or sweets as these are not part of the food standards which

the school follows. Parents are encouraged to adhere to the school's healthy eating policy and to consider this in preparing their child's packed lunches.

The following guidelines are given

- A large proportion of the lunch should be starchy foods e.g. bread, pasta or rice.
 - Children also need protein e.g. lean meat, canned fish, cheese, hard-boiled eggs, pulses, milk.
 - Try to include fruit and vegetables in each meal. It can be a challenge for children to achieve their "five-a-day."
 - Try to cut down on foods containing a lot of fat or sugar e.g. processed foods.
 - Do not provide sweets or chocolate in packed lunches.
 - Avoid fizzy or sugary drinks as these provide little nutritional value.
- Due to allergies within school nut or products containing nuts cannot be permitted
- Hot drinks or soup cannot be permitted
 - Children are not allowed to swap food as they may be unaware of another child's dietary needs or allergies.
 - Packed lunches are stored on shelving near the Dining Hall. The school does not have the facilities to refrigerate lunches and so we ask parents to consider including an ice pack or using an insulated bag with ice pack in order to keep food cool until lunchtime.
 - Our school aims to support parents in making healthy choices when preparing packed lunches.
 - To promote this we have sent out information on healthy choices, and will update this as necessary.

Special occasions and Rewards

Special occasions, such as Christmas, birthdays and the end of terms are a time when teachers and pupils like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

Food across the Curriculum

We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics, for example smoothie making.

After schools clubs

- Membership of after school clubs is voluntary, and attendance is on a termly basis.
- A Healthy Cooking Club is part of our After School Clubs Offer
- Recipes try to reflect a balanced diet, within the limitations of our cooking resources

- We grow a variety of vegetables in our garden with help from the children. The items are handed out for children to try at home.

Food Hygiene

- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home every day to be washed.
- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.

Monitoring and Evaluation

Teacher's planning, children's work, discussion, observation, displays, photographs etc. will form the basis of evaluation of pupil learning.