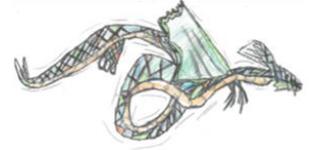
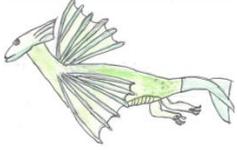


BOREHAM PRIMARY SCHOOL
A Friendship School

'Daring to aim high, scale new heights, spread our wings and fly far'



HEALTHY EATING POLICY FEBRUARY 2019

Staff Consulted: 11.3.19

Approved by Governing Body: 25.3.19

Next Review Date: February 2021

Boreham Primary School

Healthy Eating Policy

Introduction

As a health promoting school, Boreham Primary is committed to encouraging and developing positive attitudes towards food and a healthy diet. Encouraging a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what they eat.

As a school we know that a balanced diet is fundamental to the quality of a child's life, not just in providing essential nutrition, but also in communicating and sharing positive values, attitudes and experiences.

We believe that adults (staff, governors, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Aims and Objectives

- To improve the health of pupils, staff and the whole community by helping to influence eating habits through increasing knowledge and awareness of food issues; including what constitutes a healthy diet.
- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of pupils and staff, e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practises within the school to reinforce these aims and to remove or discourage practises that negate them.

Organisation – Curriculum

We regard healthy eating education as vital and believe that opportunities to teach about the importance of living a healthy lifestyle occur regularly throughout the curriculum.

Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through Science, Design and Technology, Personal, Social, Health and Economic Education and PE.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. All children from Reception to Year Six will have the opportunity to participate in food preparation and cooking activities. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

Organisation – Management of Eating

At Boreham Primary School:

After consultation with pupils and staff, Boreham has adopted the following policy of **a fruit or vegetable snack ONLY for morning break times. This applies to all children across the school.**

Pupils in Reception and KS1 benefit from the free Fruit and Vegetables Scheme. Pupils are encouraged to eat their piece of fruit as part of their afternoon break time.

All children are encouraged to bring in a named water bottle so they can have access to water throughout the day. Water dispensers are provided across the school so that children can refill their bottles regularly. Water is only permitted in classrooms and on the playground. Children have access to their water bottles in their classrooms at an appropriate time during lessons.

Sweets and fizzy drinks are not permitted in packed lunch boxes. This follows nutritional guidelines from www.childrensfoodtrust.org.uk/schools/the-standards .

Pupil's lunchboxes should offer balanced nutrition and these are monitored during lunchtime by the Midday Assistants and members of the School Leadership Team.

No chocolate or sweets can be brought into school as part of children's packed lunch or snack.

We recognise that there is no such thing as 'bad food' and teach the children to enjoy treats in moderation. On birthdays and special events in school, where food contributes to a sense of celebration and sharing, staff remind children that these are still an 'occasional' treat and not 'every day' food.

The school community is aware of food allergies within the school population and information about these children is displayed in the staffroom and school kitchen. Parents and carers of children who have special diets for medical or religious reasons, or who have allergies will be asked to provide as much information as possible about which foods are suitable or which must be avoided.

Pupils are taught not to share packed lunches or snacks and parents are reminded not to send in food containing nuts.

We encourage 'portion control' and no child is made to finish all the food they are offered because we know appetites vary from person to person. However, we do actively encourage the children to 'try a little bit more' to ensure they are not hungry later in the day.

School Meals

A hot meals service is provided and the School Cook and her team provide healthy, nutritionally balanced meals. A salad bar is available 2/3 times a week and there is fresh fruit and yogurt provided as a dessert choice on a daily basis. There are strict guidelines determining which foods are suitable through the course of the week and these are in accordance with the "Nutritional Standards and Requirements for School Food" guidance.

The weekly school menu is displayed on the Parent's Noticeboards and Boreham School website. The weekly menu is sent home on a three-weekly basis for parents and children to decide on meal choices.

The School Cook and the School's Support Advisor from Essex County Council monitor the quality of the meals on a regular basis.

We offer special themed-day menus to encourage uptake for our school meals and to promote a varied diet.

We respect the children as valued customers.

We give the children time and space to eat in a calm and attractive environment.

We have a whole school Dining Hall Code of Conduct, which was agreed by pupils in a Healthy School Buddy Assembly led by our Deputy Headteacher.

We help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle.

We encourage the children to try new foods and flavours in a supportive environment.

We listen and accept constructive feedback and respond accordingly.

The dining area is well-staffed with midday supervisors and Year 6 prefects who assist the children in a variety of ways, such as opening yogurt lids, getting drinks and helping the younger children at the salad bar.

The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups within their classes, promoting the idea that lunchtimes are a happy, social occasion.

Children are encouraged to develop good eating skills and table manners.

Children enter and leave the dining area in an orderly way and show respect for other diners.

Parents and carers are advised if their child is not eating well.

Staff will act as positive role models, eating with the children regularly.

Children are expected to demonstrate good manners and use quiet voices. They are encouraged to be polite too, saying "please" and thank you" to the cooks, middays and Year 6 prefects.

Children must seek permission from the middays before they can eat dessert or leave the table.

As children progress through the school, they are encouraged to clear their own tray with assistance from adults or Year 6 prefects. This is to help children's levels of independence.

Children who follow our dining room code of conduct are invited to attend out 'Top Table'. Three KS1 and three KS2 children are invited to attend each week and bring along a friend of their choice. At this table, children will eat in a formal manner whilst being waited on by Year 6 waiter volunteers and a member of SLT where possible.

The Role of the Healthy Schools Subject Leader

It is the responsibility of the Healthy Schools Subject Leader to ensure that staff, parents and children are informed of the healthy eating policy and that the policy is implemented effectively.

The subject leader monitors the teaching and learning about healthy living and oversees the content of curriculum maps to ensure that all pupils have the opportunity to learn about what constitutes a healthy lifestyle.

The subject leader encourages positive role-models amongst staff by promoting only healthy eating choices.

The Role of Parents

The school is aware that the primary role-models in children's healthy eating education are parents. We wish to build a positive and supportive relationship with parents of children our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the healthy eating policy and practise.
- Encourage parents to be involved in reviewing school policy and making modifications to it if necessary.
- Inform parents about the best practise known with regard to healthy eating so the parents can support the key messages being given to children at our school.
- A 'Because we Care' box is located in the main school foyer and provides all parents with the opportunity to make suggestions for school improvement.

The Role of Governors

The Governing Body is responsible for agreeing the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors consult with parents about the healthy eating policy as required.

Monitoring and Evaluation

The effective implementation of this policy will be monitored by the Healthy Schools Subject Leader, the Headteacher and the Governing Body.

The policy will be evaluated after 2 years through a survey of views of the whole school community and in particular the views of pupils. This takes place through assemblies, in class discussion and the School Council.