

Federation of Shevington Primary Schools

The Shevington Federation

Millbrook and Shevington Vale Primary Schools



Healthy Eating Policy

Date: September 2024

Review date as necessary should changes be needed

1.

Introduction

At Shevington Vale we are committed to encouraging and developing attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where, and why they eat. As a school we endorse fresh, local food.

We know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, 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.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit the children, staff, parents, and the whole school community.

At Shevington Vale we recognise the important connection between a healthy, balanced diet and child's ability to learn effectively and achieve high standards in school

2. Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure staff and volunteers are trained so that children receive the consistent message.
- 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 packed lunches brought in from home provide the child with healthy and nutritious food that is food similar to food served in school, which is now regulated by national standards.

- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

3. Organisation – Packed lunches

The Food Standards Agency survey on packed lunches showed many children’s lunches contained too much sugar, salt and fat and little vegetables and fruit. At Shevington Vale we are committed to encouraging parents to provide a healthy lunchbox for children.

- Pupils’ lunch boxes should offer balanced nutrition. Across a week parents are encourage to offer a variety of healthy foods.
- Lunch boxes should not contain more than one of each of these foods; crisps, small chocolate bar or biscuits and sweetened drinks.
- Fizzy drinks, sweets and chewing gum are not allowed in school.
- The contents of children’s lunchboxes will be monitored, to ensure a balanced meal is provided and portion size is appropriate for the age of the child.
- Children are taught not to share packed lunches. Food not eaten or packaging will be taken home by the child to ensure that parents are aware what their child has or has not eaten.
- At special events such as Christmas parties, food contributes to a sense of celebration and sharing. On these occasions party food may be allowed, but staff will remind the children that this is an “occasional” treat and not “everyday food”. Details of such events will be shared with the parents through letters, seesaw, Twitter or the school website.
- The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on 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 foods which must be avoided.

4. Organisation – Dining Environment

At Shevington Vale we are committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of children. The school will aim to provide a calm, ordered environment conducive to good behaviour and mutual respect.

- The dining room is well staffed with Welfare staff and older pupils who assist the children in a variety of ways such as opening yoghurts, opening containers, keeping table surfaces clean and tidy.

- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. They will also be encouraged to eat their savoury things first.
- Children will be encouraged to try a wide range of foods at lunchtime to develop a taste for a greater variety of foods and achieve a balanced diet.
- Children will be required to enter and leave the dining hall in an orderly way; to show respect for other diners.
- Parents and carers will be advised if their child is not eating well.
- The children will be encouraged to demonstrate good manners in the hall e.g. using indoor voices, and saying “please” and “thank you”.
- Children will be encouraged to use their knife, fork and spoon correctly and to eat most of their food.

5. Organisation – Curriculum

- We regard healthy eating and healthy lifestyle education as a whole- school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school’s curriculum. The importance of balanced nutrition and healthy foods choices is explicitly taught through science, topic work and Physical development.
- All children have the opportunity to learn about safe food preparation and to learn where foods come from has from. Children learn about the requirements for plant growth, the food chain, healthy lifestyles and its effect on the human body through the science curriculum.
- Sweets and biscuits will not be given to children as rewards during school hours.

6. Snacks

We have agreed the following statements:

- Children in Reception class have fruit available throughout the day.
- Children in KS1 benefit from the Government’s fruit and vegetable scheme. These children will be encouraged to eat a piece of fruit or vegetable as part of their daily snack time.

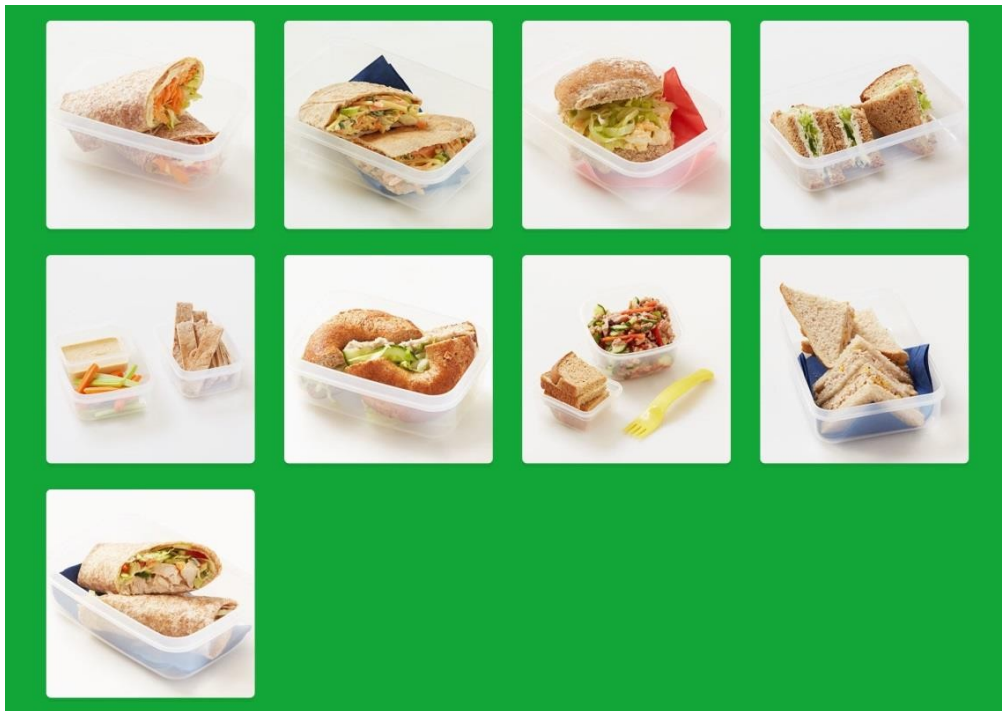
- To ensure consistency across the school KS2 children will be encouraged to eat fruit or vegetables at break time. Children can bring in snacks from home.
- Children are able to purchase milk through “Cool Milk” which they can drink at break times. Reception children receive free milk up to their 5th birthday.
- All children are encouraged to bring in a water bottle so they can have access to **water** throughout the day. It has been recognised that drinking plenty of water improves behaviour and concentration.
- Healthy snacks are crucial to aid learning and development.

7. Monitoring and Evaluating

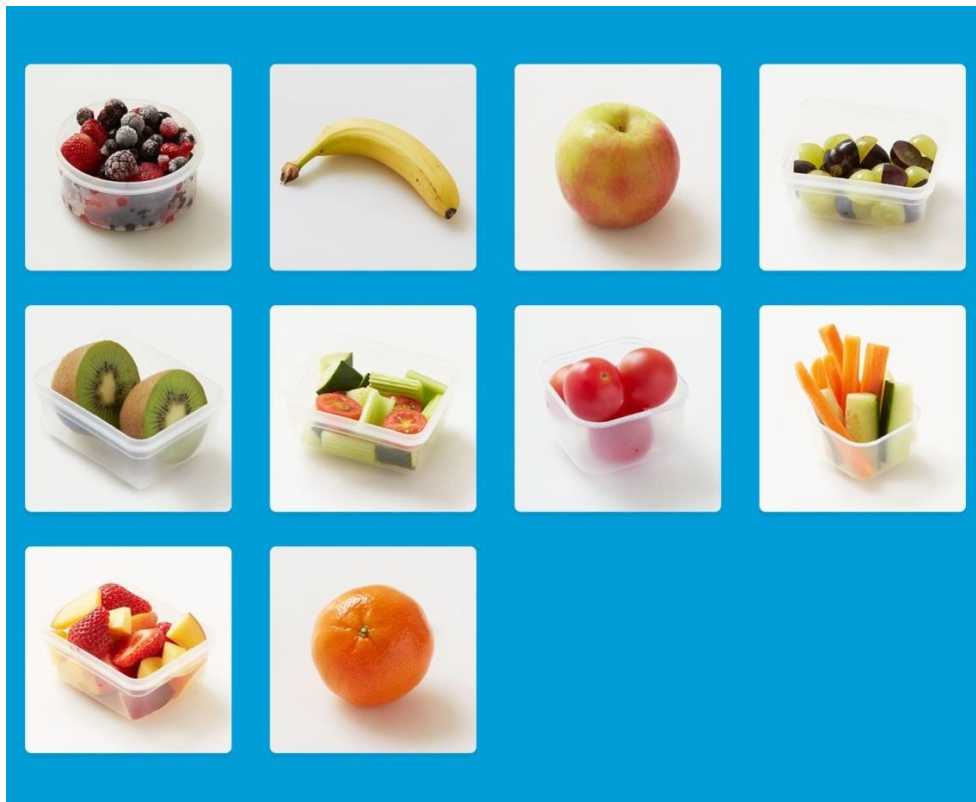
- The Governing body is responsible for monitoring the healthy eating policy. The Governors support the Head Teachers in following guidelines from external agencies. Governors will inform and consult with parents and School Governors (Pupils) about the Healthy eating policy as required.
- The effective implementation of this policy will be monitored by the coordinator, the Head teacher and the Governing Body.
- The policy will be evaluated by the school community after 12 months.

Ideas for a Healthy Lunchbox

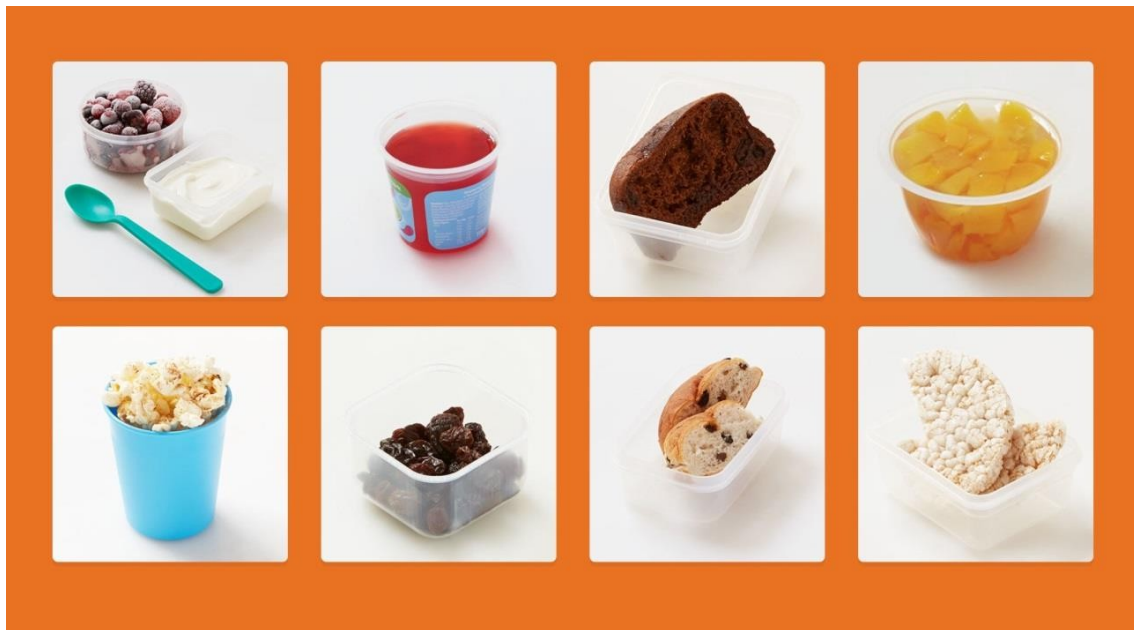
Choose a main dish



Add some fruit or salad



Add a little something else



And a drink!



Useful Website's

www.nhs.uk – change4life

The Eatwell Guide

www.bbcgoodfood.com

www.childrensfoodtrust.org.uk