



## Walter Infant School

# Healthy Food Policy

### DOCUMENT HISTORY

Version	Action	By	Date
1	Approved	Full Governing Body	27 <sup>th</sup> February 2019

**Next Review Date: March 2022**

## **Introduction**

At Walter Infants School and Nursery we are committed to promoting and developing children's positive attitudes towards food and a healthy lifestyle. We wish to equip our children with the knowledge and skills they need in order to make healthy, informed choices both in and out of school. We recognise the connection between a healthy, balanced diet and a child's ability to learn effectively and succeed and therefore we will ensure that all aspects of food and nutrition in school promote the health and wellbeing of our pupils and staff.

### **1. Aims**

- 1.1 To develop children's understanding of what 'being healthy' means.
- 1.2 To understand what is included in a balanced diet.
- 1.3 To prepare children to make healthy, informed choices both in and out of school.
- 1.4 To ensure there are tasty, nutritious meals and snacks available for children in school and drinking water is available throughout the day in line with 2015 School Food Standards.
- 1.5 To ensure packed lunches brought in from home are healthy and nutritious and support the school's healthy eating message.
- 1.6 To foster children's positive attitude towards food and a healthy lifestyle

### **2. Curriculum**

- 2.1 We believe that healthy eating is an important part of children's education and there are opportunities for teaching throughout the curriculum.
- 2.2 Healthy eating is taught explicitly in our Science, PSHE and D&T curriculum following the National Curriculum objectives.
- 2.3 In Science and PSHE children are taught about what being healthy means. They are taught about the different food groups and a balanced diet as well as the importance of exercise and hygiene. In science they also learn about where food comes from, food chains and what plants need to grow.
- 2.4 In D&T they learn about safe food preparation and the importance of hygiene as well as how to prepare some simple, healthy dishes.
- 2.5 Children will also have opportunities to learn about healthy eating during whole school theme or celebration days.

### **3. Eating environment**

- 3.1 As recommended in 'The School Food Plan' we want the eating environment to be a welcoming place that encourages social interaction between children and staff and reinforces good manners.
- 3.2 We aim to provide a calm and well organised environment where queuing is kept to a minimum in order to promote good behaviour. Packed lunches will eat alongside those children having a hot school dinner.
- 3.3 Children will be encouraged to try a wide range of foods.
- 3.4 Each week a child from each class will be invited to sit at the 'Top Table' as a reward for good behaviours or learning in class. There will be a member of staff also on the Top Table and it is an opportunity for staff to interact with children during lunch and to promote good table manners.

### **4. Packed lunches**

- 4.1 We will promote and encourage packed lunches to be healthy and nutritious. Therefore fizzy drinks, sweets and chocolate are not allowed.
- 4.2 We have a strict no nuts policy in order to keep safe those children in school with allergies.

## **5. School lunches**

- 5.1 The hot school dinners are provided for the school by Caterlink. They are in line with the 2015 School Food Standards.
- 5.2 Each day there is a nutritious meat option and a vegetarian option or children can choose to have a jacket potato. Vegetables are included in every meal and fruit is always available as a pudding.
- 5.3 The menus are sent home at the start of each term for parents to discuss the choices with their children.
- 5.4 All our children receive free school meals under the 'Universal infant free school meal' government policy.

## **6. Snacks**

- 6.1 All our children are provided with a piece of fruit or vegetable as a morning snack as part of the Government's Fruit and Vegetable scheme. As part of promoting a balanced diet they will be encouraged to eat this.
- 6.2 We understand that healthy snacks are important for children's concentration and learning so, in order to encourage as many children as possible to benefit from this, there is a dedicated snack time each day where they can sit down and enjoy their piece of fruit or vegetable in a social situation.
- 6.3 In Foundation there is a snack table and children can choose when they want to sit here and eat their snack.

## **7. Other food**

- 7.1 In order to promote our healthy eating message staff will not use sweets or chocolate as a reward.
- 7.2 During school celebrations or special events, for example the Christmas party, we feel food contributes towards the sense of celebration. On these occasions children will be allowed to enjoy 'treats', however we will emphasise that this is a special treat and not an everyday occurrence.
- 7.3 When we ask parents to bring in a contribution for the food we will ensure that there is a good balance of savoury and sweet items, as well as some fruit and vegetables.
- 7.4 We feel that if each child brought in sweets for their birthday it will result in them having a large amount of sugary sweets throughout the year.
- 7.5 It would also be harder for parents to keep track of the amount of sweets their child eats. Therefore, our policy is that birthday sweets are not allowed in school.

## **8. Drinks**

- 8.1 We recognise that drinking water throughout the day helps with children's concentration. Therefore, we encourage children to have a water bottle in school that is kept in the classroom and is accessible all day. We also provide cups so all children have access to drinking water.

**8.2** Children are only allowed healthy drinks in school. No fizzy or sweetened drinks are allowed which is in line with 2015 School Food Standards and 'The School Food Plan'.

**8.3** Through 'Cool Milk' parents can also pay to provide their child with a carton of milk each day which will be drunk during snack time.

**8.4** All children under the age of 5 are entitled to free milk; parents must register to pay for milk once their child has had their 5<sup>th</sup> birthday. Children in receipt of the Pupil Premium Grant can have free school milk if requested.

## **9. Allergies, intolerances and other dietary requirements**

**9.1** All allergies and intolerances are recorded on our registers and in the children's personal files.

**9.2** Photographs of children and an explanation of the allergies and intolerances are shared with all staff and displayed sensitively in key areas including the servery.

**9.3** Caterlink will adapt their menu to meet most allergies, such as gluten and most intolerances, such as dairy.

**9.4** Staff will make adaptations in the classroom, such as gluten free playdough and dairy free areas for snacks

**9.5** We are a no nuts school

**9.6** We always offer at least one vegetarian choice each day for vegetarians or children who have restrictions on which meat they can eat. These dietary requirements are requested upon enrolment to the school and shared via the registers to all teachers and catering staff.

**9.7** The children wear a coloured wristband depending on the menu choice they have made to avoid any confusion:

Band Colour	Lunch category
Red	Main: Meat or Fish
Green	Vegetarian
Yellow	Jacket potato
Purple	Allergy/intolerance