

The British School

Working together for our children's future



The British School Healthy Eating Policy

Contents

Introduction.....	1
1-Aims and Objectives.....	2
2-Curriculum	2
3-Organisation.....	2
4-School Meals.....	3
5-Lunchtimes.....	4
6-The Role of the PSHE Leader.....	5
7-The Role of Parents.....	5
8-The Role of Governors.....	5
9-Monitoring and review.....	5

Introduction

As a Health Promoting School, The British School is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the Every Child Matters agenda 2004, and to support the 5 outcomes for children, promoting a healthy life style 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 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.

1. Aims and Objectives

1.1 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.

1.2 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.

1.3 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.

1.4 To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

2. Curriculum

2.1 We regard healthy eating 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.

2.2 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 the Science, D.T. and PHSE curriculum.

2.3 All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

3. Organisation

At The British School, we have agreed the following:

3.1 **FRUIT AND VEGETABLES** - Pupils in KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time. Class monitors will be responsible for the composting of waste.

3.2 **WATER** - All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Cups are also provided in the school for additional access to drinking water.

3.3 **UNHEALTHY TREATS** - Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.

Nevertheless, we recognise that there is no such thing as "bad food" so we teach the children to enjoy treats in moderation. Occasionally children and

staff enjoy snacks other than fruit or vegetables. The "treat" should not be excessive e.g. a couple of biscuits, a muffin, a scone or small cake.

3.4 - SPECIAL OCCASIONS - Birthdays, and special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food".

3.5 LUNCH BOXES - Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods in accordance with the Lunchbox Guidance leaflet which is available for parents on our website. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.

The content of lunchboxes is monitored and recorded daily by the senior lunchtime supervisor who liaises with the PSHE coordinator on a weekly basis. Patterns of unhealthy items and/or recurrent unbalanced lunches can then be identified and appropriate remedies put in place.

3.6 FOOD ALLERGIES - 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. This information is communicated to all staff and displayed in the school kitchen.

3.7 VISITORS - The British School has many visitors on a daily and weekly basis and therefore cannot guarantee that visitors other than staff will not carry nut or nut products and for that reason the school does not purport to be a "nut free school". Furthermore, advice from allergies web-sites suggest that it is in the interest of pupils longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.

3.8 PORTION - no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day.

4. School Meals

4.1 The hot meals service is prepared, cooked and delivered on site via our own staff. We work closely with the school cook and take guidance from the Healthy Food Standards to ensure the healthiest possible choice of food. Each day a choice of organic bread and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the

course of the week and these are in accordance with the new Healthy Food Standards in Schools which came into force in 2006.

4.2 The weekly school lunch menu is displayed in the front entrance and on the school website for parents. The weekly lunch menu is changed termly and it is for parents and children to discuss meal choices.

4.3 The Headteacher and relevant governors monitor the quality of the meals on a regular basis.

5. Lunchtimes

5.1 At The British School, we:

Respect the children as valued customers;

Give the children time and space to eat in a calm and attractive environment;

Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle;

Encourage the children to find out more about achieving a healthy balance;

Encourage the children to try new foods and flavours in a supportive environment;

Promote school food to children and parents;

Listen to and accept constructive feedback and respond accordingly.

5.2 The dining room is well staffed with midday supervisors and other members of staff who assist the children in a variety of ways such as opening yogurt lids, cutting food up or help keep table surfaces clean and tidy. Key Stage 2 students take turn at helping out with these tasks, reinforcing their responsibility as role model and their relationship with younger ones.

5.3 The tables are a good size and octagonal shaped to allow for the pupils to sit in groups promoting the idea that lunch times are a happy, social occasion.

5.4 Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- Sitting together with children from other classes, with different kinds of lunches ie packed lunches and school dinners
- Older children may help younger children with their lunch in a variety of ways including carrying trays, cutting up food etc
- Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Entering and leaving the dining hall in an orderly way; to show respect for other diners
- Parents or carers will be advised if their child is not eating well
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you" to the cooks, midday supervisors and other pupils

6. The role of the PSHE Subject Leader:

6.1 It is the responsibility of the subject leader to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.

6.2 It is the subject leader's role to ensure that staff are given sufficient training, so that they can teach effectively.

6.3 The subject leader monitors teaching and learning about healthy eating. The subject leader oversees the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.

7. The role of Parents:

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

- Inform parents about the school healthy eating education policy and practice;
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary;
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.
- Offer support to any parent who may struggle with providing a healthy packed lunch for their child on a daily basis.

8. The role of Governors:

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

9. Monitoring and Evaluation:

9.1 The effective implementation of this policy will be monitored by the subject leader, the Headteacher and the governing body.

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

This policy was reviewed in November 2023 by Holly Carter, PSHE coordinator

Next reviewed: November 2024