

Healthy Eating

Policy



Written by	H Walker
Ratified by Governors	M Walker
Next Review Date	January 2027
Signed – Governor	M Walker
Signed – Headteacher	M Clark

INTRODUCTION

At Eastbrook we are committed to encouraging and developing positive 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 seasonal, fresh, local food as much as possible. We know that quality nutrition 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 promote healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community. At Eastbrook we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

AIMS AND OBJECTIVES

- To improve the health of pupils, staff and the whole school community by promoting healthy eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure staff and volunteers are adhering to the policy and curriculum objectives so that children receive a 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 school.
- To support parents to ensure that packed lunches brought in from home provide the child with healthy and nutritious food which is nutritionally similar to food served in school, is balanced and guided by national standards.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegan, vegetarian, medical, intolerances and allergenic needs.
- To promote practices within the school to reinforce these aims.

ORGANISATION – PACKED LUNCHES

The Food Standards Agency survey of packed lunches showed that many children's lunches contained *too much sugar, salt and fat* and little fruit and vegetables. **A report by Public Health England confirmed that pupils with better health are likely to achieve better educational outcomes, as well as fare better socially and emotionally.** At Eastbrook we are committed to encouraging parents to provide healthy lunchboxes for children.

- Parents are advised that lunch boxes should be in insulated bags or with ice packs, if possible, to ensure food stays fresh until lunch time.
- Pupils' lunch boxes should offer balanced nutrition ('eat the rainbow'): Packed lunches should contain at least **one portion of fruit and one portion of vegetables** of a child's '5 a day'; a source of **protein** (meat, fish or other source of non-dairy protein); a **starchy food** (bread, pasta, rice etc) and a drink.
- Lunch boxes should **not contain more than one** of these foods: crisps, cake, processed meat (such as sausages and sausage rolls) and sweetened drinks.
- Fizzy drinks, chewing gum, nuts and sweets (including chocolate) **are not allowed**.
- Plastic-free lunchboxes are encouraged to support our drive towards sustainability.

- The contents of children's lunchboxes will be monitored, to ensure a balanced meal is being provided and the portion size is appropriate for the age of the child. Positive messages will be shared with parents when possible.
- If a child regularly brings in a packed lunch that does not conform to the policy, then parents will be contacted to discuss this.
- 'Top tips', ideas and examples will be shared through the school newsletter.
- Children with special diets and allergies will be given due consideration.
- Children are taught not to share packed lunches and parents are reminded about the need to never send in packed lunches containing nuts (including Nutella). Some children are allergic to nuts and a serious reaction, including breathing difficulties can occur.
- Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.
- At special celebration events such as birthdays and Christmas parties, celebration food may be allowed, but the staff will remind the children that this is an "occasional" treat and not "every-day food".

SNACKS

Eastbrook recognises that healthy snacks, for example fresh fruit and vegetables, are crucial to aid learning and conversely, unhealthy snacks, for example foods high in fat, sugar, and salt, hinder learning.

- Children in Reception class have a 'rolling snack' system which allows them to eat when hungry.
- Children in KS1 will benefit from the Government's Fruit and Vegetables Scheme. These children will be encouraged to eat their piece of fruit or vegetable as part of their daily snack time.
- To ensure consistency across the school, KS2 children will also be encouraged to eat a fresh fruit or vegetables snack at break time. This snack should be plastic free – either in a reusable pot or simply the fruit or vegetable on its own. If a child is unable to have this then parents need to communicate with the teachers about the child's specific needs.
- Dried fruits are discouraged due to the impact that they have on tooth decay.
- Plastic wrapped snacks are discouraged.
- Chocolate, sweets, biscuits, crisps, processed meat and cakes are not permitted as everyday snacks in school.
- Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school (e.g school trips).
- For medical reasons, nuts are also not allowed. As a school, we have a duty of care to all our children.
- 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.

ORGANISATION – DINING ENVIRONMENT

At Eastbrook 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 and main hall are well-staffed with lunchtime supervisors and a member of the Leadership team is always on duty and/or available.
- 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 sandwiches and savoury things first.
- Children will be offered a wide range of foods at lunchtimes 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 or 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 quiet 'indoor' voices and saying "please" and "thank you".
- The children will seek permission from a Lunch Supervisor before leaving the table (by raising their hands) and they will be encouraged to eat the food they have been provided with.
- EYFS children start lunch first and are collected from the dining hall in different groups so that they all have long enough to eat their meals.
- KS1 children are expected to remain in the dining hall until a lunchtime supervisor indicates that playtime has started, to ensure they have plenty of time to enjoy their food.
- KS2 children are encouraged to eat all of their food before leaving the hall.

ORGANISATION - CURRICULUM

- Healthy eating is a priority in our curriculum. We regard healthy eating and healthy lifestyle education as a whole-school issue, and opportunities to teach the children 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 food choices is explicitly taught through the Science, Design and Technology and PSHE (Personal, Social, Health Education) curriculum.
- All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain, healthy lifestyles (exercise, sleep and the components of a healthy diet) and its effect on the human body through the Science curriculum.

MONITORING AND EVALUATING

- There is an appointed governor responsible for overseeing the healthy eating policy and the School Food Standards through the school's catering contracts. The governors support the Headteacher in following guidelines from external agencies. Governors will inform and consult about the healthy eating policy as required.
- The effective implementation of this policy will be monitored by the staff, the Headteacher and the Governing Body.
- The policy will be evaluated after 24 months or as needed through consultation with the relevant stakeholders within the whole school community, particularly the views of pupils.

SUMMARY

Snacks:

- EYFS and KS1 have free snacks from the Government's Fruit and Vegetables Scheme.
- KS2 children need to bring in a healthy snack (preferably fruit or vegetables) for break time.
 - Healthy snacks include: fresh fruit, fresh vegetables, breadsticks, rice cakes or crackers.
 - This snack should be plastic free (reusable pot or simply the fruit or vegetable on its own)
 - Plastic wrapped snacks are discouraged.
 - Chocolate, sweets, biscuits, crisps, processed meat and cakes are not permitted as everyday snacks in school.
 - Dried fruits are discouraged due to the impact they have on tooth decay
- All children should have a named water bottle.

Packed lunches:

- Use an ice pack if possible.
- Lunch should be balanced ('eat the rainbow'):
 - **At least one portion of fruit**
 - **At least one portion of vegetables**
 - a source of **protein** (meat, fish or other source of non-dairy protein)
 - a **starchy food** (bread, pasta, rice etc and a drink.
- Only one portion of: crisps, cake, processed meat (such as sausages and sausage rolls) or sweetened drinks.
- Fizzy drinks, chewing gum, nuts and sweets (including chocolate) **are not allowed. This includes any foods containing Nutella.**
- Plastic-free lunchboxes are encouraged.
- Children with special diets or needs will be given due consideration.

Reinforcing the policy:

- Positive feedback for balanced lunches and plastic free lunches
- Feedback on items not adhering to the policy to be addressed through staff discussion to ensure this is carried out in a fair, proportionate and measured way.
- Parents will be contacted if a child regularly brings in a packed lunch that does not conform to the policy.