

**Richard Bonington
Primary and Nursery School**



Food and Healthy Eating Policy

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Reviewed:	June 2023
Head Teacher:	Mrs L Barbuti
Chair of Governors:	Mrs V Burr

Food and Healthy Eating Policy

Introduction

Richard Bonington Primary School is committed to encouraging and developing positive attitudes towards food and healthy eating. In accordance with the Every Child Matters agenda, promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about the food they eat. This will be achieved by a whole school approach which supports children in understanding how balanced nutrition contributes to a person's health and well-being.

Aims and Objectives

The main aims of our Food and Healthy Eating Policy are:

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.
2. To provide healthy food choices throughout the day and access to easily available water supply.
3. To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils eg religious, vegetarian, medical and allergenic needs.
4. To encourage similar criteria in packed lunches brought in from home i.e. healthy and nutritious food which matches the national standards regulating food served in school.
5. To work in partnership with parents and pupils and involve them in decision making.

The Curriculum

1. We regard healthy eating and healthy lifestyle education as a whole school issue and opportunities to learn about these occur through the curriculum.
2. The importance of balanced nutrition and healthy food choices is taught explicitly through the Science, DT and PSHE curricula.
3. All children have the opportunity to learn about safe food preparation and cooking 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 the effects on the human body through the Science curriculum.

4. Children are given the opportunity to grow food and learn about how and where food is produced. This is an important part of the whole school approach to food and nutrition.
5. The Healthy Lifestyle Project raises awareness of issues such as diet, sport, mindfulness and active lifestyles.

School Meals

1. There are mandatory guidelines for all food served in schools (School Food Standards - launched in 2014). At Richard Bonington we work closely with the school cook and Nottinghamshire County Council to ensure the healthiest possible choices.
2. Through working with our school meals provider, we will ensure, wherever possible, meals are salt free, processed sugar free and free of artificial flavours and sweeteners.
3. The weekly lunch menu is displayed in the front entrance for parents.
4. Regular feedback from parents and pupils regarding school meals will be sought.

Dining Environment

1. At Richard Bonington we are committed to providing a welcoming eating environment that encourages positive social and cultural interaction of children.
2. Children will be encouraged to try a wide range of foods and flavours at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
3. Children will be encouraged to develop good eating skills and table manners and to show respect for other diners.
4. The dining room is well staffed with lunchtime supervisors who assist the children in a variety of ways.
5. Parents or carers will be advised if their child is not eating well.

Packed lunches

1. It is impractical for school to dictate the content of children's packed lunches. Therefore the school will provide guidelines on what constitutes a healthy packed lunch (see below)*.
2. Sweets and fizzy drinks will not be allowed as part of a packed lunch.
3. Where staff have concerns regarding the make up or nutritional value of a child's lunch, parents/carers may be contacted and concerns raised with them.
4. Children will be discouraged from throwing rubbish away in order that parents/ carers are clear about what their child has eaten.

***NHS Guidance on packed lunches**

'A healthier lunchbox should:

- be based on starchy carbohydrates such as bread, potatoes, rice, pasta
- include fresh fruit and vegetables/salad
- include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low fat and lower sugar yogurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar free jelly
- include a drink such as water, skimmed or semi-skimmed milk, sugar free or no added sugar drinks'

'Cutting out foods that are high in salt and sugar is a huge step towards a healthy lunch for your child. Simply swapping crisps, sweet biscuits and chocolate bars for foods like dried fruit, chunks of cheese or a low sugar yogurt is a big step forward'

Snacks

1. Pupils in KS1 will benefit from the free Fruit and Vegetable Scheme . These children will be encouraged to eat their piece of fruit as part of their daily break time.
2. All children are encouraged to bring in a water bottle so they can have access to water throughout the day.
3. Chocolate, sweets, biscuits and crisps are not allowed as snacks in school.

4. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
5. 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 should be avoided. This information will be displayed in the staff room and in the School Kitchen. For medical reasons, nuts are not allowed in school.
6. Because of concerns about allergies and food safety/hygiene, we ask that food is not brought in for other children to consume during celebrations, other than for special occasions where permission will be sought from parents.
7. At School discos (maximum of 3 a year) a limited amount of sweets will be provided.
8. At the School Film Club we may offer popcorn rather than sweets or other sugary snacks or ask children to bring a healthy snack.
9. Whilst for special occasions, or for fundraising events, school may choose to sell cakes or sweets, these occurrences will be infrequent and alternative healthier options will be available.
10. The school makes a distinction between events it runs itself, where staff are expected to consider carefully the nutritional value of any food products provided, and events provided by parent and other associations, such as after school clubs. However, consideration of the nutritional value of any food provided by such organisations is strongly encouraged.

The Role of Parents

The primary role models in children's healthy eating are parents / carers. We wish to build a positive and supportive relationship with the parents of children at our school. In promoting this objective we will:

1. Inform parents about the school Food and Healthy Eating Policy and practice so that parents can support the key messages given to children at school.
2. Encourage parents to be involved in reviewing school policy and modifying it as necessary.

The Role of Governors

The Governing Body is responsible for monitoring the Food and Healthy Eating Policy. The governors will support the Head teacher in following guidelines from external agencies. Governors will inform and consult with parents about the Food and Healthy Eating Policy as required.

Monitoring and Evaluation

The implementation of this policy will be monitored by the Headteacher and the Governing Body. This policy will be evaluated after 12 months through consultation with the school community especially the views of pupils through assemblies and School Council.