

 Alfred Street Junior School	Page 1 of 6
Health Eating Policy	Issued: November 20
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APPROVAL BY	FULL GOVERNING BODY

Health Eating Policy

Table of Contents

1. Introduction	1
2. Relevant Legislation and Guidance.....	2
3. Aims and Objectives.....	2
4. Organisation - Curriculum.....	2
5. Organisation – Management of Eating.....	3
6. Breakfast Club	4
7. Tuck Shop.....	4
8. School Meals.....	4
9. The school has written the following manifesto for school lunches.....	4
10. The role of the Co-ordinator:	5
11. The role of Parents:.....	5
12. The role of Governors:	6
13. Monitoring and Evaluation:	6
14. References.....	6
15. Safeguarding.....	6

1. Introduction

As a Health Promoting School, Alfred Street Junior School (ASJS) is committed to encouraging and developing positive attitudes towards food and a healthy diet. 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 and parents) 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.

2. Relevant Legislation and Guidance

This policy refers to, and complies with, the following legislation and guidance:

- School meals - healthy eating standards (2021) [1]
- Standards for school food in England (2019) [2]

For the purposes of this policy, reference to 'parents' includes all adults who have a caring responsibility for a child or children in the school. This may include parents, step-parents, grandparents and other relatives, foster carers and adoptive parents as well as other adults who have a legal responsibility for a child.

3. Aims and Objectives

- To provide an environment that promotes the health and wellbeing of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Staff recognise and are committed to the fact that healthier children learn more effectively and aim to promote good eating behaviour.
- To improve the health of pupils 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 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 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.

4. Organisation - Curriculum

- 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.
- 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 (D.T). and Personal, Social, Health Education (PSHE) curriculum.
- All pupils learn about safe food preparation and 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.
- An after-school gardening club is run where vegetables, fruits and herbs are grown seasonally.

5. Organisation – Management of Eating

At Alfred Street Junior School, we have agreed the following statements:

- Children will be encouraged to eat a range of healthy snacks only at break time.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains provide additional access to drinking water. Fizzy drinks are not permitted on the school premises or while the children are representing the school.
- Chocolate and sweets should not be brought into school for break time snacks or in lunch boxes. Biscuits, crisps, and cakes are actively discouraged as everyday snacks.
- Pupils' lunch boxes should offer balanced nutrition. Across a week, parents are encouraged to offer a variety of healthy foods e.g. starchy foods such as bread or pasta, proteins such as meat or eggs, dairy foods such as cheese or yogurt, vegetables or salad and fruit.
- The contents of pupils' lunchboxes will be monitored e.g. once a term, by the lunchtime supervisors and/or school governor.
- Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. On special occasions such as Christmas and birthdays, children and staff may enjoy snacks other than fruit or vegetables. The "treat" should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. The staff will remind the children that this is an "occasional" treat and healthy snacks will continue to be encouraged. Staff will also be good role models of healthy eating and will not eat unhealthy food/ drinks in front of the children.
- Multicultural food is encouraged during diversity events.
- The use of sweets and sweet treats for rewards is kept to a minimum. Instead, children are rewarded with stickers, dojos, praise, value stones, certificates, Alfo Awards and phone calls home to parents.
- During SATs week, all year 6 pupils are offered free healthy breakfasts.
- The school community is aware of the possibility of food allergies and intolerances within the school population, e.g. nut allergies, lactose/ gluten intolerance, diabetes. Parents 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 will be displayed in the staff room and in the school kitchen for safety purposes.
- Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through our Parent app and on the website. Alfred Street cannot guarantee that all parents will comply with the request and for that reason the school does not purport to be a "nut free school". Further, 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. Parents are frequently asked to update their child's details including food allergies and intolerances.
- Portions will be looked at flexibly. 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. The children will be encouraged to try new foods to increase their variety of nutrition in their daily intake.

6. Breakfast Club

- Breakfast club offers a selection of cereal, wholemeal toast, spreads and healthy drinks such as water, milk or no added sugar squash.
- Recommended portion sizes are: no more than 30g of cereal, 2 slices of wholemeal toast, 1tsp of spreads (butter or jams) and an appropriate serving of healthy drinks.
- Occasionally, alternative products such as crumpets and fruit bread may be offered and portion sizes will not exceed the recommended daily amount.
- All staff involved in food preparation for breakfast club have a level 2 food hygiene certificate.

See ASJS Breakfast Club Policy [3] for further information.

7. Tuck Shop

- A healthy tuck shop is offered at morning break times serving a selection of fresh fruit and vegetables.
- Free milk is available to the children who receive free school meals however this must be ordered online by parents. Children who do not receive free school meals can still order milk but for a small charge.

8. School Meals

- The hot meals service is offered through Dolce. We work closely with the school cook and with Dolce to ensure the healthiest possible food is provided. There are strict guidelines determining the meals that are available through the course of the week and these are in accordance with government guidelines.
- The termly lunch menu is available on the ParentApps and the website so that parents and children can discuss meal choices. Lunches are booked online by parents.
- The Head teacher monitors the quality of the meals on a regular basis.
- The school occasionally has themed days related to a topic or time of the year such as Christmas.

9. The school has written the following manifesto for school lunches

School Dinners –Alfred Street Lunchtime Manifesto

- 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.
- The dining room is well staffed with Lunchtime Supervisors.
- The pupils are encouraged to sit in friendship groups promoting the idea that lunchtimes are a happy, social occasion.
- Children will be encouraged to develop good eating skills and table manners at lunchtime and will be given plenty of time to eat. This will be achieved by:
 - Sitting freely with their friends i.e. children eating packed lunches and school dinners sitting together.
 - Encouraging children 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 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, supervisors and other pupils.
 - Seeking permission from a Lunchtime Supervisor before eating dessert and leaving the table.

10. The role of the Co-ordinator:

- It is the responsibility of the Co-ordinator to ensure that staff and parents are informed about the Healthy Eating Policy, and that the policy is implemented effectively.
- It is the Co-ordinator’s role to ensure that staff are given sufficient training, so that they can teach effectively.
- The Co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.
- The Co-ordinator monitors teaching and learning about healthy eating. The Co-ordinator oversees the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.

11. 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;
 - 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.

12. The role of Governors:

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

13. Monitoring and Evaluation:

- The effective implementation of this policy will be monitored by the Co-ordinator, the Head teacher and the Governing body.
- The policy will be evaluated after 3 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.

14. References

- [1] gov.uk, "School meals - healthy eating standards," [Online]. Available: <https://www.gov.uk/school-meals-healthy-eating-standards>. [Accessed 29 August 2020].
- [2] GOV.UK, "Standards for school food in England," 26 March 2019. [Online]. Available: <https://www.gov.uk/government/publications/standards-for-school-food-in-england>. [Accessed 12 November 2020].
- [3] Alfred Street Junior School, "Breakfast Club Policy," 2020.
- [4] Alfred Street Junior School, "Child Protection and Safeguarding Policy," 2020.

15. Safeguarding

Safeguarding our children is our priority – see Child Protection and Safeguarding Policy [4]. All concerns must be reported to our Designated Safeguarding leads:

ASJS: Mrs K O'Connor, Mr C Butler, Mrs S Smith, Mrs W Watts, Mrs A Love