

# Healthy Food and Drinks Policy

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## RATIONALE

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively, and also recognise that school can play a significant role, as part of a larger community, to promote health issues. We aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

## AIMS

Proper nutrition is essential for good health and effective learning.

We aim to:

- Provide a consistent programme of cross-curricular nutritional education that enables pupils to make informed choices.
- Provide a 'Whole School' approach to nutrition that makes the 'healthier choices easier choices'.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals.
- Work in partnership to achieve a pleasant and sociable dining experience that enhances the social development of each pupil.
- Involve pupils and parents in all decision making by communication through letters home.
- Encourage pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guidance.
- Encourage pupils to eat foods that are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- Discourage sugary drinks and less healthy snacks between meals.

## PROVISION OF FOOD AND DRINK ACROSS THE SCHOOL DAY

### SCHOOL MEALS

We believe that the messages that pupils receive about food and health from the daily life of school are as important to those given during lessons, and ensure that school meals are both healthy and tasty. By ensuring meals provided by the school kitchen are high quality we encourage as many pupils as possible to choose this as an option.

Further aspects of school meals:

- All children are encouraged to have vegetables, even if it is a small portion.
- All children are offered a choice of school meal, and children requiring special diets are well catered for. Children have 4 choices each day; sandwich bar, a meat option, vegetarian option or a jacket potato with a choice of fillings.
- The school provides menus for parents and pupils to help them make informed choices about what they wish to eat, and to let them know about any allergens present in food. Menus are available both on-line and on the school notice board.
- The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

## **DINING ROOM ENVIRONMENT**

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills. Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

## **MID-MORNING SNACK/DRINKS**

- The only snacks children can bring to school are fresh fruit and healthy snacks. This helps to reduce acid attacks on teeth and promote the whole school approach to being a healthy individual.
- All pupils in KS1 have access to fruit daily.
- All pupils throughout school have the option to pay into the cool milk scheme.

Children are encouraged to drink water at school particularly after PE, active play and in hot weather. Water fountains are available around school and the children are encouraged on a regular basis to bring in bottles from home, which can be refilled at these fountains, and drink from them throughout the day. The messages about drinking water are reinforced on a regular basis. Fizzy drinks are not permitted in school even as part of packed lunches.

## **PACKED LUNCHES**

Balby Central promotes as much consistency between a packed lunch and a school lunch as possible. Sweets sugary drinks and chocolate are discouraged in school as part of a packed lunch. Parents are given reminders and guidance about what makes a healthy lunch on a regular basis. The school provides a suitable storage area for lunch boxes. All uneaten food is returned in the lunch box so that parents know what has been eaten.

## **LINKS TO OTHER POLICIES**

- Curriculum policies such as Science, DT, PHSE through which healthy eating messages are taught.

For example, an investigation in science into the effect of different liquids on egg shells (with a clear connection to tooth enamel and dental health).

- Teaching and learning policy, particularly the fact that well nourished and hydrated pupils learn better.
- Behaviour management policy that identifies the link between behaviour and food and sets out the reward systems used within school. This school does not use food as a reward.
- Health and safety policy that clearly sets out how food is stored, prepared and cooked on the premises, including cooking within the classroom.

## **CURRICULUM TEACHING AND LEARNING**

Key healthy eating messages will be taught within Science, DT and PSHE. They will also be delivered through assemblies and theme days/weeks.

Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross curricular subjects including Geography, History and RE.

## **FOOD HYGIENE**

Children are reminded on a regular basis about the importance of hand washing before eating and improved facilities have been installed to reinforce this message.

Whenever children are to sample or handle food in the classroom, there are a number of rules that should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new jay cloth.
- If necessary, cover work surfaces with disposable / plastic table cloths before starting the task.
- Ensure all utensils have been thoroughly cleaned beforehand.
- Always wash hands using soap before any preparation / sampling task.
- Ensure sleeves are rolled up and aprons are worn for all food preparation.
- Keep the groups manageable and use support assistants / parents where necessary.
- When sampling, always let individuals have their own spoon / cutlery etc..
- Allow plenty of space to work, with all “classroom items” away from food and utensils.

- Encourage thorough washing up after the tasks and return utensils to where they are stored.
- Dispose of finished / unwanted food after the task.
- Remove disposable items and wash down work surfaces thoroughly.

Careful consideration is given to the correct storage of food within school. This includes the storage of packed lunch boxes, which are kept away from radiators.

This also includes the correct storage of fruit and vegetables from the school fruit and vegetable scheme.