

# SCAWSBY SALTERSGATE INFANT SCHOOL



## Healthy Eating Policy

<b>Policy Approved by Governors</b>	<b>Feb 2024</b>
<b>Review Date</b>	<b>Feb 2026</b>

## **Aim**

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

## **Mission Statement**

Our school's central aim is the achievement of the highest possible standards by all children. We provide an environment in which:

- quality teaching and learning come first
- hard work and positive achievements are always praised
- very high standards of behaviour are expected
- staff, children, parents and governors all work together
- visitors are welcomed
- there is a calm, orderly and purposeful atmosphere
- children and adults respect and care for each other

We believe that we are an (educational) inclusive school where the teaching and learning, achievements, attitudes and well-being of every pupil matter.

## **Aims**

We actively seek to remove the barriers to learning and participation that can hinder or exclude individual pupils, or groups of pupils. This means that equality of opportunity must be a reality for our children, regardless of race, gender and sex. We make this a reality through the attention we pay to the different individual and groups of children within our school to ensure minimal risk of underachievement.

## **Consultation Process**

Healthy eating is frequently discussed within our school and our pupils have a sound understanding of the importance of eating healthily. The School Council are always involved in any changes regarding the dining area.

## **Rationale**

Several studies show that obesity is increasingly prevalent among children. Since the first Caroline Walker Trust school meal guidelines in 1992, the number of school aged children in England and Wales who are overweight or obese has doubled and evidence from the National Diet and Nutrition Survey of young people in Britain aged 4-18 suggests that:

- For many children, intakes of saturated fats and sugars are high and intakes of vitamin A, riboflavin, folate, zinc, iron, magnesium, calcium, potassium and iodine are often low, compared with reference nutrient intakes.
- Children are eating less than half the recommended 5 portions of fruit and vegetables a day and 20% of 4-18 year olds surveyed ate no fruit at all in an average week.

Evidence suggests that action in schools can affect key health outcomes. A key area for improvement is school food which should reinforce healthy eating messages from the classroom. Food eaten at school provides a significant proportion of children's intake and can encourage pupils to eat more fruit and vegetables and develop a taste for food low in sugar, salt and fat. Schools offer a place where the government and others can support most children and young people in making informed choices about their diets, now and in later life and provide them with access to healthier foods.

### **Policy in Practice**

#### **Teaching and Learning opportunities to promote healthy eating**

- Circle time sessions
- Curriculum areas
- Visits and special events held in school
- Assemblies
- Expertise and skills offered by visitors
- PSHE

#### **Food offered within school**

In a recent study it was stated that;

*"Food choices at school lunchtime made a significant contribution to overall diet, providing around a third of daily energy intake among children of primary school age. On average those usually taking school meals met current food-based standards for school lunches."*

#### **Morning Break**

All children have access to fruit and/or vegetables every day and are encouraged to eat this as part of the healthy diet promotion.

## **School Lunches**

All school lunches will comply with the National Nutritional Guidelines at all times.

- Our school will aim to make the dining room environment a pleasant eating environment for pupils.
- Clean and palatable drinking water will be freely available for all pupils during lunchtime.
- Foods that are appropriate to the cultural and religious needs of the school population will be on offer.
- We will ensure that those pupils who are vegetarian are provided for and that the food options meet the national nutrient based standards.
- We will ensure that specific dietary needs (where the school has been notified by the parent) are provided for.
- Unless there are exceptional circumstances, packed lunches are not permitted to be brought into main school. We offer a minimum of four food options each day (meat option, vegetarian option, jacket potato or sandwich option). This ensures all food consumed can be controlled in an appropriate way and greatly reduces the salt/sugar intake for each child.

## **Drinking**

- Children are encouraged to have bottles of water in school and this can be accessed in each lesson
- Cups are provided in each classroom for children to access the taps in their class
- Water will be available in the school at break and lunchtimes from water fountains sited on the premises.
- Staff have access to a cold water fountain situated in the staff room
- Children are encouraged to drink water throughout the day
- We do not allow the drinking of flavoured water, juice, fizzy or sugary drinks. This is because of numerous associated allergies in school and the amount of research available promoting the drinking of water, especially by children of a young age.
- Drinking water also:
  - Provides a low cost refreshment throughout the day
  - Promotes health and well being
  - Reduces tiredness and irritability
  - can have a positive effect on children's concentration
  - Raises the awareness of the importance of appropriate fluids
  - Supports the management of obesity

### **Promotion of food at school**

- There will be no withholding of food as a punishment.
- Pupils will be encouraged to 'try' foods but not forced to do so.
- Our school will not advertise branded foods or drink products on the premises, school equipment or books and will ensure that any collaborations with business does not require endorsement of brands or specific company products.
- All school staff should encourage students to choose a healthy balanced meal and explain the importance of physical exercise.
- Food from other cultures will be offered as part of our Multicultural weeks and children have the opportunity to experience this if they wish to.

### **Washing hands**

- All children are encouraged to wash their hands thoroughly before the consumption of any food or prior to the preparation of food.

### **Curriculum**

- Within the school curriculum we will actively ensure that all pupils will acquire knowledge, skills and practical experience in food and nutrition during the school career so as to be provided with the appropriate skills and knowledge of how to eat well when they become independent.