



An Academy

BOUGHTON PRIMARY SCHOOL: AN ACADEMY



An Academy

Healthy Eating Policy September 2020

PERSON RESPONSIBLE FOR POLICY:	<i>MRS MARY JAMES</i>
APPROVED:	<i>FGB MTG 5TH OCT 2020</i>
BY:	<i>FULL GOVERNING BODY</i>
TO BE REVIEWED:	<i>SEPTEMBER 2022</i>

At *Boughton Primary* the named personnel with designated responsibility for this policy are:

Head Teacher	PSHE Lead	PE Lead
<i>Mary James</i>	<i>Rachel de Pass</i>	<i>Jodie Sadler</i>

LEGISLATION AND GUIDANCE

This guidance has been written to reflect the School Food Standards that were revised in 2019.

It has also been written to reflect the Eatwell Plate Model of Healthy Eating ([the NHS Eatwell guide](#)) and supports key outcomes of the School Food Plan.

Encouraging children to eat more fresh fruit and vegetables (especially vegetables) is vital for good health. Fruit and vegetables are a good source of essential vitamins and minerals; they are also often a good source of fibre. Introducing children to a wide variety of fruit and vegetables establishes healthy eating habits for life, reducing the risk of poor health in later life.

This policy supports the Education Inspection Framework (Ofsted 2019) commitment to assess pupil's personal development, including how they keep themselves healthy:

“developing pupils’ understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle.”

OVERVIEW

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events.

It forms part of our School Improvement Plan for 2020-2021 (strand one: Social, Emotional and Mental Health) and has been informed by national guidance and our observations of pupils' health and well-being over time.

RATIONALE

At Boughton Primary we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's long-term health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Healthy eating is a key part of our ethos around resilience, responsibility and empowerment. To be prepared and ready to learn, pupils need to be well-rested, well fed and nourished.

APPLICATION

This policy covers the areas of:

- Break time snacks, including those brought in from home
- Milk
- Water
- School lunches including packed lunches
- Curriculum
- Events and celebrations

BREAK TIME SNACKS

All Foundation Stage and Key Stage 1 children are provided daily fresh fruit or vegetables as part of a Government scheme.

Parents and carers (of pupils in any class) can choose to provide a breaktime snack from home but this will be restricted to fruit or vegetables, unless an alternative is recommended by a doctor on medical grounds.

What do we mean by fruit or vegetables?

Fresh fruit or vegetables, in any sized portion.

Why not dried fruit?

We used [the NHS Eatwell guide](#) to help us arrive at this decision. The information below is taken from the guide.

A portion of dried fruit is around 30g. This is about 1 heaped tablespoon of raisins, currants or sultanas, 1 tablespoon of mixed fruit, 1 handful of dried banana chips. But dried fruit can be high in sugar and can be bad for your teeth. Try to swap dried fruit for fresh fruit, especially between meals. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal – as a dessert, for example, not as a between meal snack.

Why not other fruit products?

Many products that are advertised as being high in fruit content are also very high in sugar. In addition, the fruit content is from concentrate. The combination can be bad for your teeth.

Milk

We provide a milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register for this scheme which is free for under 5s and provides a carton (189 ml or 1/3 of a pint) of milk every day for any registered child. Parents of children aged 5 and over need to pay for this, which is done directly to the Cool Milk for Schools company. Families in receipt of free school meals are eligible for free milk.

Water

Drinking water is available for all pupils during the day and pupils are encouraged to drink at frequent intervals. Pupils can bring an additional drink with their packed lunch, this should not be fizzy. Pupils are encouraged to leave a water bottle in school, which we run through the dishwasher at the end of the week.

We ask that no other drinks are brought in unless recommended by a doctor for medical needs.

School lunches, including packed lunches

Hot school meals and packed lunches are prepared by Chartwells' Caterers, following the government nutritional guidelines.

During the Covid-19 pandemic, we have been limited to packed lunches only, but plan to reintroduce a limited hot meal menu from November.

School meals are ordered via ParentPay, details are available on the school website.

Pupils in Reception, Year One and Year Two are entitled to a free daily meal under the Universal Free School Meals programme. These are ordered in the same way.

Due to Covid-19, pupils eat within their class bubbles; only our Reception class will use the hall when we reintroduce hot meals.

Packed lunches from home

We ask that parents support our aim for children's packed lunches to be as healthy and balanced as possible. The [Change4Life website](#) is full of useful ideas for packed lunches.

[The Eatwell Guide](#) is a helpful, interactive guide to a balanced diet.

Lunches should consist of a balance between carbohydrates, protein, fats, fruit and vegetables. Items such as crisps, biscuits, cakes and chocolate are treats and should be limited as much as possible.

The following items are not allowed in lunchboxes and pupils will be asked to take them home:

Fizzy drinks; chocolate bars; sweets

Curriculum

Curriculum food, its production and preparation is an important part of the curriculum for all pupils. Ordinarily this would be taught across a range of subjects, including Science, PSHE, Design and Technology.

Due to Covid-19 we are limited in the amount of food preparation we can allow pupils to participate in. It is hoped that we will be in a position to return to a full curriculum offer in this area as restrictions are lifted and guidance changes.

Events and Celebrations

Special events and celebrations, and the foods that accompany them, are an important part of children's experiences, cultural understanding and development. For that reason we recognise that there should be opportunities to celebrate birthdays, Christmas, other festivals and special times.

If parents/carers choose to send in cakes or sweets for their child's birthday, these will only be distributed at the end of a school day and children will be asked to take them out of school; it is then each parent's decision to allow their child the treat.

At Christmas and the end of the school year, classes may have a party in which food is either brought in or paid for with donations from parents. Children also earn a tea party with the Head Teacher as part of our rewards system. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

Monitoring and review

This policy will be reviewed every two years, unless changes in legislation or guidance require increased frequency.