



Stokes Wood Primary School

Healthy Eating and Food Hygiene Policy

Introduction

Stokes Wood is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this school healthy eating policy.

The policy was formulated through consultation between members of staff and governors. All parents will be informed that a healthy eating policy has been drawn up and will be invited to read it and comment on it.

Healthy Eating Policy Aims

The main aims are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.

These aims will be addressed through the following areas:

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity to all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.
(See Design Technology Policy)

This is addressed through:

Teaching Methods.

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and including debating issues, group discussions, practical work and role play.

Leading by example and staff training

Teachers, teaching assistants, pastoral staff, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, all staff are given the opportunity to participate in staff development in Healthy Eating. Some members of staff eat with children at lunchtime to model good healthy food choices and appropriate social behaviour at meal times.

Visitors in the classroom

This school values the contribution made by school nurse in supporting school staff and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that all contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

Resources

Resources for the teaching of healthy eating in DT, Science and PSHE/RSHE have been selected to complement each other. Books are also available for pupils in the library.

Evaluation of pupils' learning

The healthy eating aspects of the Curriculum are assessed through End of Key Stage Teacher Assessment.

Attitudes to healthy eating are assessed through pupil and parent surveys.

Food and Drink Provision throughout the School Day

Breakfast: families are encouraged to provide their children with an adequate breakfast before coming to school as it should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral requirement.

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Stokes Wood provides a Breakfast Club for parents who start work early or for vulnerable pupils who are not given breakfast. Bagels are provided on the playground every day for those pupils who would like them.

National Nutritional Standards for School Lunches

The Government introduced National Standards for School Lunches that became compulsory in April 2001. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards describe how many servings from each food group of the Balance of Good Health should be available at lunch.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Leicester City Catering has achieved the Silver Food For Life Award. Stokes Wood Primary School has achieved the Silver Food For Life Award. The school has also achieved the All Parliamentary Group National Excellence in School Food Award.

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages consumption of snacks high in fat and sugar at break time. KS2 pupils may bring a piece of fruit/non-chocolate coated cereal bar for break time. Water is provided through water machines. KS1 pupils are provided with a piece of fruit or vegetable as part of the National Fruit scheme.

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat. However sweets are used as a reward for good behaviour or academic or other achievements in sensible and restricted quantities. Other methods of positive reinforcement are also used in school. For example: stickers, house points, certificates, extra playtimes etc.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, free of charge.

The school agrees with this recommendation and provides a free supply of drinking water.

Water from fresh-water coolers is available in the dining room and in all departments.

Food and Drink prepared in school

Caterers serving food on school premises

Leicester City Catering have complied to all food supplier declarations to achieve Food For Life Silver Award.

Packed Lunches

Packed lunches prepared by the school adhere to the National Nutritional Standards for Healthy School Lunches.

The school encourages parents and carers to provide children with packed lunches that adhere to these standards.

Parents receive advice for the recommended contents for a healthy packed lunch.

Special Dietary Requirements

Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

School caterers offer a vegetarian and or vegan option at lunch every day.

Food allergy and food intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. These are held by class teachers, the school office and are posted in the staff room. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to the agreed process.

Food Safety

Appropriate food safety precautions are taken when food is prepared and stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Teaching Assistants and relevant lead teachers have completed the Food Hygiene Certificate to ensure safety when preparing and cooking food with and for children.

The Food and Eating Environment

Staff and pupils are consulted through the School Council and surveys to assess their views on the eating environment within the school and the policy reviewed.

This policy will be reviewed annually.

Nutritional Guidelines

National Diet and Nutrition Survey of 4 to 18 year olds

Young people require a varied and balanced diet to maintain health and promote proper growth and development. A good diet in childhood can also help prevent ill health in later life. The National Diet and Nutrition Survey of 4 to 18 year olds found that although the majority of young people in the UK are getting all the nutrients they require, they are not eating a balanced diet. On average, sugar in carbonated drinks and sweets, which can cause dental caries, provided 16% of food energy, which exceeded the recommended average intake of 11%. Also the intake of saturated fats from pastries and cakes was higher than the recommended average intake. These findings suggest that young people could benefit from consuming less food and drinks high in sugar and fat, and more fruits and vegetables and bread, other than cereals and potatoes.

Dietary Reference Values for Food Energy and Nutrients for the UK

These values described in the 1991 report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy, are estimates of how much of individual nutrients people require including children.

The healthy eating principles which this policy uses help to ensure that pupils are eating a diet that provides the recommended amount of the different nutrients required for health.

The Balance of Good Health

The Balance of Good Health (BOGH) is a pictorial representation of the recommended balance of foods in the diet, which aims to help people understand and enjoy healthy eating. It shows the types and proportions of foods needed to make a well-balanced and healthy diet. It is suitable for all children of school age, adults, vegetarians and people of all ethnic origins.

The five food groups that make up the BOGH are:

1. Bread, other cereals and potatoes.
2. Fruit and vegetables.
3. Milk and dairy foods.
4. Meat, fish and alternatives.
5. Foods containing fat, foods containing sugar.

The BOGH contains the healthy eating guidelines that this school will apply through its food policy. The BOGH will be used to teach about and promote healthy eating, and in menu planning.