

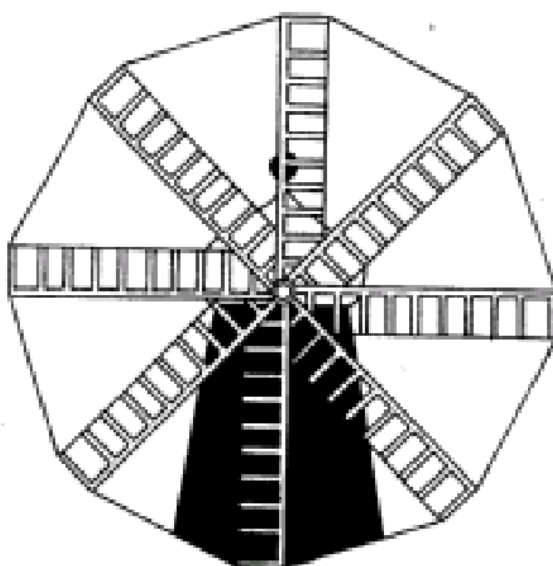
Food Policy

Heckington St. Andrew's C of E Primary School

Respect + Responsibility + Relationships + Resilience + Reverence

Five Rs = Ready for Life

"I have come that they may have life, and have it to the full." John 10:10



Approved by: Full Governing Board

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1. Introduction

At Heckington St. Andrew's Church of England Primary School, nurturing our children's health and well-being through promoting healthy eating and drinking habits is of vital importance. Good nutrition and hydration are essential for children's physical health, emotional well-being, and academic achievement.

Our approach to food is rooted in our school vision of developing children who are "Ready for Life." We believe that educating children about food, nutrition and healthy choices is an important part of preparing them for the next stage of their lives.

Our Christian values of Respect, Resilience, Relationships, Reverence and Responsibility underpin our approach.

- **Respect** – We encourage children to respect their bodies and understand the importance of nourishing themselves well. We also respect individual dietary requirements, allergies, cultural differences and personal circumstances.
- **Resilience** – We encourage children to develop confidence in making healthy choices, trying new foods and developing positive habits that will support their wellbeing as they grow.
- **Relationships** – Food provides opportunities for children to learn together, eat together and develop consideration and respect for others.
- **Reverence** – We encourage children to appreciate food as part of God's creation, developing gratitude for the natural world and an understanding of where food comes from.
- **Responsibility** – We help children understand that they have a growing responsibility for their own health and wellbeing and for making thoughtful choices about food, drink and waste.

Our food policy therefore supports not only the physical health and wellbeing of our pupils, but also their personal development, independence and understanding of how their choices can affect themselves, others and the wider world.

Through our approach to food, we aim to equip children with the knowledge, understanding and positive habits they need to make informed choices throughout their lives.

2. Aims

- To promote the health and well-being of all children and staff through the provision and encouragement of healthy food and drink choices.
- To ensure that food and drink provided and consumed in school supports children's growth, development, concentration, and hydration.
- To contribute to the healthy physical development of all members of our school community
- To foster positive attitudes towards healthy eating and drinking that children will carry into adulthood.
- To involve parents, staff, and the wider community in promoting healthy eating and drinking.

3. Curriculum

Links to food safety and where our food comes from will be made across the curriculum. Examples of these may include, but are not limited to:

Art and Design – observational drawing of fruit or vegetables.

Design and Technology – recipes, food preparation and cooking

English – instructions/recipes

Geography – where our food comes from and sustainability.

History – how people used to eat, rich and poor lifestyles of past eras.

Mathematics – weights and measures

PE – healthy eating and the effect of exercise on the body.

PSHE – mental health effects of healthy lifestyle/healthy eating.

RE – the rich diversity of other faiths, religions and cultures.

Science - healthy lifestyles, effects of heat on food, bacteria, how plants grow.

4. Breaktimes

In the Early Years Foundation Stage and Key Stage 1, children are provided with a daily fruit or vegetable snack through the government-funded school fruit and vegetable scheme.

In Key Stage 2, children may bring a portion of fruit or vegetables to eat at playtime. The school's decision to limit breaktime snacks to fruit or vegetables is part of our school food policy and is not a requirement of the School Food Standards. This approach reflects our commitment to promoting healthy choices and supporting children's health, wellbeing and readiness for life.

No other snacks are permitted at breaktime.

Heckington St Andrew's Church of England Primary School has opted into the Cool Milk scheme enabling parents to purchase milk at a subsidised rate for their children. The milk is stored in a refrigerator within school.

The school ensures that a paediatric trained first aider is within the room when any children from the Early Years Foundation Stage are eating. This includes school trips.

5. Lunchtimes

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. They provide a hot and cold option, both of which have regard to nutritional balance and healthy options. There is always a vegetarian option.

The school ensures that food provided as part of a school lunch complies with the School Food Standards. School lunches will include appropriate foods from the following groups:

- **Starchy foods**, such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than three times a week.
- **Fruit and vegetables**, with fruit and vegetables available every day. Fruit-based desserts should be available twice a week.
- **Milk and dairy foods.**
- **Meat, fish and alternative sources of protein.** Red meat should be served at least twice a week, fish at least once a week and oily fish at least once every three weeks. Cheese may be included within the meat, fish and alternative sources of protein group for primary-aged children.

The School Food Standards apply to lunches provided for pupils during term time, whether these are provided free of charge or are paid for by parents and carers. They also apply to hot and cold food, including packed lunches provided by the school for pupils on school trips.

Parents and carers are asked to bear in mind the contents of their child's packed lunch. The school provides guidance to parents and carers about appropriate lunchbox choices. Midday supervisors monitor lunchboxes and any significant concerns will be discussed with the class teacher and, where appropriate, the parent or carer.

Fizzy drinks and sweets are not permitted in lunchboxes. Chocolate biscuits, cakes and similar items should be limited to one small item.

Exemptions from the School Food Standards

The School Food Standards do not apply to food provided in certain circumstances. These exemptions include food provided:

- at parties or celebrations to mark religious or cultural occasions;
- at fundraising events;
- as rewards for achievement, good behaviour or effort;
- for use in teaching food preparation and cookery skills, including where food prepared is served to pupils as part of a school lunch; and
- on an occasional basis by parents or pupils.

The school will use these exemptions appropriately and will continue to consider its Christian vision and commitment to children's health and wellbeing when making decisions about food provision.

An exemption from the School Food Standards does not mean that the school is required to provide food on these occasions. It provides flexibility for food to be provided in circumstances covered by the regulations.

6. Water Provision

Heckington St Andrew's Primary School realises that a constant supply of water can have a positive effect upon the health and well-being of children and staff. It reduces tiredness, irritability and distraction and can help concentration. Children are encouraged to drink water throughout the day and are able to refill their water bottles when needed.

Children's water bottles for use in the classroom should be filled with water only. If a child has a medical condition which prevents them from drinking plain water, then this is treated as an exception to this policy and will be approved by school where medical evidence is provided.

7. Health and Safety

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.

Food will be stored in appropriate places and parents will be encouraged to use insulated packed lunch boxes.

Catering staff will hold the required food hygiene certificates.

All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly.

As a staff we will be aware of eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

8. Partnership with Parents and Carers

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with relevant outside agencies (such as the Lincolnshire Food Education Team).

9. Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has a particular expertise in this area.

10. Monitoring arrangements

The head teacher is responsible for supporting colleagues in the delivery of the Food Policy.

This policy will be reviewed by the head teacher every three years.

At every review, the policy will be approved by the full governing board.

Further Information

<https://www.nhs.uk/healthier-families/>

<https://www.nutrition.org.uk/life-stages/children/>

<https://www.gov.uk/government/news/phe-urges-parents-to-cut-sugary-drinks-from-childrens-diets>

<https://www.childrens.com/health-wellness/effects-of-sugary-drinks-on-your-childs-health-infographic>