

# King Edwin Primary & Nursery School



## Healthy Schools Policy V.1

### INTRODUCTION

At King Edwin School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. As the DfE document states: "Providing good quality school food improves children's health, behaviour and performance."

The school has joined the English National Healthy Schools Programme and has been awarded Healthy School status

Our vision for our pupils includes our aspiration for "all children to be healthy, active, and valued". We are a caring school, whose values are built on mutual trust and respect for all. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets.

### AIMS AND OBJECTIVES

At King Edwin School we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically
- Give our children, parents and staff the information they need to make healthy choices
- Ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet
- Ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience
- Build the confidence of parents and pupils in the school meal service
- Support the provision of healthy packed lunches and snacks
- Ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, eg catering for religious groups and vegetarians and people with food-related allergies.

### THE CURRICULUM

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, PSHE, PE and DT curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth
- The development of strong healthy bodies
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model
- An understanding of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others
- The sustainability of our food supply and the effect on our planet
- Theme weeks, reward schemes and assemblies will also be used to explore health and food-related issues
- A Let's Get Cooking Club will work with small groups of children across a range of year groups to teach them practical skills in food preparation and cooking

## THE DINING ENVIRONMENT

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

We are also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunches difficult - for example, carrying trays, opening tins or packets
- Encouraging all children to eat the food they have been provided with
- Provision of water jugs, containing clean water and beakers
- Encouraging children to wash their hands before eating

## SCHOOL MEAL PROVISION AND PACKED LUNCHES

Children in Foundation and KS1 will have the choice of a free hot school meal (as part of the Universal Free School Meals scheme) or to bring a packed lunch from home.

Children in KS2 have the choice of purchasing a hot school meal, or having one provided if they are entitled to a free school meal, or bringing a packed lunch from home.

All children who are entitled to a free school meal will be provided with a school packed lunch for educational visits.

We are committed to:

- Creating a sociable dining environment and encouraging the development of good table manners.

- Providing a balanced menu that is compliant with the Governments standards for school lunches.
- Ensuring that the service is accessible to all pupils and that their dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Using feedback from parents and pupils, via the school council and taster sessions to develop menus that are nutritionally sound and provide choices that children want to eat.
- Monitoring and evaluating the food provision and seeking feedback from parents and children.
- Asking parents of KS2 children to provide a healthy, balanced packed lunch.
- Providing healthy food and drink during the school day.
- Recognising that breakfast is an important meal of the day. Sherwood Childcare organises the Breakfast Club which includes the provision of a nutritious breakfast for pupils before the school day.
- Providing KS1 children, at morning break, with a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme. The tuck shop allows KS2 children the opportunity to purchase a healthy snack or they may bring a healthy snack from home to eat at morning break.
- Supporting after-school care, which is currently provided by Sherwood Childcare and they also follow the school food policy.

### *Pupil Premium Breakfast Club*

From May 2017, pupils who qualify for the Pupil Premium will be offered the opportunity to participate in a free Breakfast Club when they will be provided with a healthy meal at the beginning of each school day.

### *Drinking Water*

Water is available all day, every day, to all pupils, free of charge. School water bottles can be purchased from the school office or one brought from home. Fresh water fountains dispense water for the pupils.

## FOOD HYGIENE

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon, etc. when tasting food.

## MONITORING

The Senior Leadership Team, Catering Team, classroom staff and lunchtime staff monitor this policy on a day-to-day basis.