



**GOODYERS END PRIMARY SCHOOL**

# **HEALTHY EATING AND FOOD POLICY**

Adopted by the Governing Body:

Date: Spring 2025

Date of next review: Spring 2028

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## 1.0 Introduction

Diet is a contributing factor to the rapid rise in childhood obesity, and it has been found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Poorly nourished children, particularly those who are overweight or obese, experience social and psychological problems. This can have a significant impact on their behaviour and performance in schools.

As children spend on average a quarter of their waking lives in school, one big step to improving the nutrition of children is to offer healthy food and drink choices throughout the school day. The school environment, attitudes of staff and pupils, as well as what children learn in the classroom, have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink early on, it is much more likely that these positive behaviours will remain with a child throughout life.

## 2.0 Our Aims

We aim to:

- Improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy and environmentally sustainable eating habits.
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day, as outlined by School Food Standards.
- Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities.
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

## 3.0 Our Objectives and Desired Outcomes

We shall accomplish our aims through food education, including the development of skills such as cooking and growing, the food served in school and core academic content in the classroom.

We shall work towards the following **objectives**:

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff, eg religious, ethnic, vegetarian, medical and allergy needs.
- To encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, etc) to meet the same standards as food provided by the school.
- To ensure that food and drink available before and after school meets the same standards as that provided by the school (after school clubs, study support/out of hours activities, residential visits, etc).

Adopted by Governing Body	Spring 2025
Review date	Spring 2028

- To make the provision and consumption of food an enjoyable, social and safe experience for all.
- To encourage children to develop appropriate skills for choosing and preparing healthy meals.
- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles), eg cystic fibrosis.
- To introduce and promote practices within the school that reinforce our aims, and to remove or discourage practices which negate them.

**Desired outcomes:**

- Staff are trained in practical food education
- Pupils choose healthy and nutritious food across the school day and enjoy it
- The whole school is aware of how they are transforming school food
- There is a reduction in behavioural incidents in the eating areas
- The school meets school food standards
- Pupils can plan and cook healthy food
- There are snacks available that are not rich in salt, sugar and fat
- There is increased fruit and vegetable consumption

#### 4.0 Food through the School Day

The school community has agreed to promote a balanced diet, in line with 'The balance of good health', through the following approach to food through the school day:

- **Snacks / fruit in school:** The school participates in the National Fruit and Vegetables to School Scheme which entitles all Foundation Stage and KS1 children to a free piece of fruit or vegetables every day. All KS2 children are encouraged to continue with this by bringing a piece of fruit or vegetable into school for break time. Confectionary or crisps are not allowed.
- **National Breakfast Club:** The school follows School Food Standards guidelines and implements these in breakfast club. Children are offered a range of cereals, fruit, toast and bagels. Small, measured quantities of fruit juices and water are also available.
- **School meals:** The school uses Educaterers to provide hot school meals. There are 4 options to choose from each day and this always includes a vegetarian, meat, jacket potato and cold deli option. A salad bar is also available for all children.
- **Packed lunches:** Parents are expected to support the school's commitment to healthy eating by not sending in large quantities of unhealthy snacks such as chocolate and sweets. This is also in recognition of the important impact of peer pressure on children. The school endeavours to ensure that information and ideas about healthy packed lunches is sent home regularly to promote awareness and support for this agenda. Confectionary is discouraged but a small chocolate bar or a chocolate-covered biscuit is allowed at lunchtime only. Midday Supervisors monitor the contents of lunchboxes on a regular basis.
- **Birthday treats:** Where parents choose to send in sweets for their child's birthday, the school will distribute these at the end of the school day to be eaten at home. Staff are mindful of children's allergies when handing these out.

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- **School community events and parties:** The school is not required to meet government school food standards at one-off events such as Christmas / Summer Fayres. The school sees such events as celebration times, when it is appropriate to enjoy treats together. However, care will be taken to ensure healthy drinks and snacks are also available and that the nature of the event does not promote excessive consumption of less healthy options.
- **Trips and off site purchase of food:** This policy applies equally to trips and off-site purchases of food.
- **Storage of food:** Parents are encouraged to send packed lunches in suitable, secure container to keep food fresh. The school will ensure that packed lunches are stored in a clean environment and away from heaters and direct sunlight.
- **Nuts:** Children are not allowed to bring nuts into school due to the serious nut allergies of some children.
- **Water:** Water is provided for all children at lunchtime. There are water coolers located in KS1, Lower KS2 and Upper KS2 corridors for children to use to fill water bottles. School regularly use various communication methods to encourage them to be brought in everyday filled with water. The school newsletter will be used to encourage parents to send in water bottles. It is the parents' responsibility to ensure that water bottles are taken home and washed regularly.  
Teachers will encourage children to take a drink daily, and will particularly encourage children displaying poor behaviour or lack of concentration, or where parents have made staff aware of any medical condition that can be improved with increased consumption of fluids. Water bottles should only contain water, not squash or juice. This is to avoid problems with spillages (juice and squash cause more damage and the sugar in them attracts ants).
- **Milk:** Parents can apply for free milk up to their child's 5<sup>th</sup> birthday. Following this, they may continue on a paid basis or receive free milk if in receipt of Free School Meals. Parents are made aware of how to access this scheme through the school induction process and the school newsletter.
- **Other drinks:** Water or juice is provided for children taking school meals at lunchtimes. Fizzy drinks are never served to children and parents are asked not to send these into school for health, practical and environmental reasons.

## 5.0 Staffing and Staff Development

Catering staff are trained through Educaterers while a member of school staff has successfully completed a Level 2 course in Food Hygiene. This is update as and when required and other staff will be trained if necessary.

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## 6.0 Curriculum Organisation, Planning and Delivery

We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas. We undertake to capitalise on these opportunities in order to:

- Bring the subject 'alive' through curriculum links and projects that provide ongoing contact with food professionals.
- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Both curricular and extracurricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.

The school uses a range of resources to teach pupils about food and healthy eating.

## 7.0 Assessing, Recording and Reporting Pupil Progress

Pupils' knowledge, skills and attitudes to food are assessed within PSHE and science, in line with the whole school assessment policy.

## 8.0 Partnerships

The school values working in partnership with parents/carers and with the wider school community. This is an essential part of promoting healthy lifestyles. Partnership working will be promoted through

- policy development
- the School Council
- health professionals
- Healthy Schools staff
- the school's contribution to the local community
- work with parents
- health weeks.

## 9.0 Equality of Opportunity

In accordance with school and Local Authority policy, a commitment to equal opportunities and inclusion will be built into all aspects of food and drink provision.

## 10.0 Monitoring and Review of the Policy

The effectiveness of this policy will be judged according to the strength of the written, oral and observed evidence to demonstrate the achievement of the objectives and desired outcomes above. This will be monitored, evaluated and reviewed by senior management, the PSHE Co-ordinator and the School Council.

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