



St Nicholas Church Of England Primary School

Headteacher: Mrs Alison Shearer

‘Creating the space for your child to grow.’

HEALTHY FOOD POLICY FOR ST NICHOLAS C of E PRIMARY SCHOOL HENSTRIDGE

Introduction

- 1. At St. Nicholas we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.**
- 2. The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.**

Rationale

- 3. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.**
- 4. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.**

Aims and Objectives

5. Our aims and objectives are:
 - a. To ensure that we are giving consistent messages about food and health.
 - b. To give our pupils the information they need to make healthy choices.
 - c. To promote health awareness.
 - d. To contribute to the healthy physical development of all members of our school community.
 - e. To encourage all children to take part in the '5-A-DAY' campaign .

Break Time Snacks

6. Children in Reception to Year 2 receive free fruit each morning as part of the NHS initiative. Children in Year 3 to Year 6 do not have fruit provided by the NHS. All children can bring their own fruit, vegetables or healthy snack bar for breaktime. Crisps, biscuits, yoghurt and chocolate are not allowed at playtimes. If children bring an extra drink for playtime it should be water only.

School Lunches and Packed Lunches

7. All our delivered in hot school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. They provide a main meal, vegetarian and salad option with a dessert that conforms to national nutritional standards for hot school meals. Fresh fruit is always available as an option.

8. Children are encouraged to have a healthy packed lunch including sandwiches and fruit. The school has a policy of one chocolate item in school packed lunches. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks. We do allow items such as a no added sugar fruit juice, a packet of crisps and a biscuit as part of a packed lunch.

Water

9. Drinking water is freely available throughout the school day to all members of the school community. Children may drink their water at any time in the classroom as long as it does not affect their learning.

Partnership with Parents and Carers

10. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

11. Parents and carers are regularly updated on our water and packed-lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.

12. During out-of-school events, e.g. school discos etc., the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

13. Children are rewarded in a number of ways in school; on occasion edible rewards may be given to be eaten at home at the discretion of parents and carers.

Food Allergies and Special Diets

14. Parents are expected to inform the school if their children have any food allergies. In the case of children who have severe reactions requiring medication such as an "EpiPen" to be kept in school, staff are given appropriate training. For residential visits, children with special dietary requirements including allergies are catered for at the centre. However, it is the responsibility of the parent to inform the school of any special dietary requirements before the residential visit.

Role of the Governors

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

Monitoring and Review

16. The Leadership Team are responsible for the curriculum development of the food policy. The head teacher is responsible for supporting colleagues in the delivery of the food policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

17. This policy will be reviewed annually to take account of new developments.

Agreed - Mrs Alison Shearer

For Review November 2018