



St. James' Church of England Primary School

**'Building One Faith, One
Family,
Our Future'**

Healthy Eating Policy

Revised by L. Jacques – Spring 2024
Approved by Governors – Spring 2024

Review Date – Spring 2026 (Standards Committee)

Statement

St James' C.E. Primary School aims to present a consistent healthy eating and drinking message with a whole school approach. This will be done through;

- the taught curriculum - teaching and learning;
- the provision and promotion of healthy food and drinks during the school day and on school trips;
- the school environment;
- the school dinners offer.

Rationale

We believe that education about health issues is very important for the development of our pupils, both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively, improve concentration and help prevent medical conditions such as asthma, dental decay, diabetes, obesity and in the longer-term, coronary heart disease, diabetes, some cancers and osteoporosis.

National and international research has shown an increase in the numbers of obese young people and that the diet of many young people is not meeting the healthy eating recommendations for optimum growth and development.

We recognise that our school can play a significant role, as part of the larger community, to promote healthy issues. We aspire to improve the health of the school community by teaching ways to establish and maintain lifelong healthy eating habits.

Dental Health -In Blackburn with Darwen, over half of 5-year-olds have experienced dental decay, compared just over 23% of 5-year-olds in England. High sugar intake and poor oral hygiene play a major role in dental decay, therefore, our whole school food policy aims to support the school in reducing sugar to address poor dental health.

Aims

Proper nutrition is essential for good health and effective learning. We aim to:

- provide a consistent programme of cross- curricular nutrition education that enables pupils to make informed choices without anxiety or guilt;
- provide a 'Whole school' approach to nutrition which makes 'healthier choices easier choices.'
- work in partnership with school meals staff to ensure that nutritional standards are implemented by providing meals appropriate to the needs of our pupils.

School Ethos for Healthy Eating Message

We believe it is important that we have a consistent and reasoned message about healthy eating. For example, some messages may include thinking such as;

- there is no such thing as bad food, just poor education and poor diet choices (food intake);
- some foods we need to eat more of for the benefits they give (e.g. fruit and veg);
- some foods need to be eaten in moderation (e.g. crisps and sweets).

Drinks

The school adopts a Milk or Water Only policy:

Drinking water will be available throughout the day **as the drink of choice for keeping children well hydrated**. Water fountains are situated in Key Stage 1. In Key Stage 2 children will be encouraged to bring a water bottle which can be re-filled from the water cooler in Key stage 2 corridor. Children will be encouraged to drink water during lesson times and at lunch and break times.

Milk is available to Years R – 2 under the government's subsidised school milk scheme. Water is available at lunchtime to all pupils.

Snacks

St James' will provide a bagel for each child at the start of the day as part of the 'Magic Breakfast' scheme. A piece of fruit per day will also be provided for children in Key Stage 1 as part of the School Fruit and Vegetable Scheme. Key Stage 2 children are encouraged to bring in a piece of fruit or an alternative snack for break time. **Pupils bringing snacks for consumption at break-times and/or for after school are not permitted to include: Chocolate or chocolate-coated products, crisps, desserts, including cakes and biscuits with confectionary (chocolate-coated).**

School Meals

St James' Church of England Primary School works with Dolce Meals Service, in order to provide a healthy balanced diet, in line with the balance of good health and Government Nutritional Guidelines.

Families have access to their menus which includes information on nutritional values. Fruit, salad and vegetables are served daily. Steps are taken to reduce fat, salt and sugar levels in food provided.

The food provided will reflect the background of pupils, and dietary requirements of religious faiths, vegetarians and those with medical conditions such as diabetes or food allergies will be met in appropriate ways.

Packed Lunches

The school encourages parents and carers to provide a healthy packed lunch, and a safe storage place is made available at school. Parents are encouraged to use icepacks during the summer to keep food cool. Information for parents about healthy packed lunches is available from the school and will be promoted at new intake meetings.

Children are requested to take all rubbish and food left over after their lunch home so that their parents can monitor what they eat each day.

Lunchtimes and Staff

Catering and welfare staff are provided with up-to-date training about healthy eating and nutrition, and their role in the whole school approach to healthy eating.

Adequate time is allowed for children to eat their meals and a clean safe space with appropriate furniture provided for this purpose. Teachers, lunchtime staff and school meals staff work together to create a good dining room ambience and the development of good table manners.

The Food Environment

The school promotes an inclusive environment allowing all children to sit together during breaks (i.e. those with packed lunches are not segregated). Teaching staff are also encouraged to eat in the dining room regularly with pupils.

The school recognises the challenges some households face in relation to food insecurity in the current economic climate. Signposting to local advice and support is communicated via email or Newsletter and Mrs Jacques is available on 01254315005.

Parents and Carers, External agencies. Involvement and Participation

The wider school community is actively encouraged to participate in the development of healthy eating practices within the school e.g.

- Healthy school meals menus
- Discussion at parents' meetings
- Providing nutrition information to parents
- School Nurse visits to classes and discussions with parents as appropriate.
- Visits by Oral health team.

In the Classroom

Healthy eating will be promoted in cross curricular ways and through PSHE as well as in other subjects such as science, maths, and geography. Opportunities are taken whenever possible to encourage pupils to taste multicultural aspects of food.

Food Hygiene

Children are reminded on a regular basis about the importance of hand washing before eating. Whenever children are to sample food or handle food in school the children should be taught good hygiene rules including;

- cleaning of all work surfaces;
- washing of hands before preparation and sampling of food;
- use of clean utensils;
- correct storage of food.

Special Educational and Medical Needs

Inclusion is fundamental to both the planning and delivery of all work related to healthy eating. The work is matched to the age, maturity and SEND requirements of the pupils. The school recognises that some children require special diets because of medical conditions such as diabetes or because of allergies or intolerances.

Parents are requested to inform school on admission, and then each year, about any children to whom these apply and medical records are kept centrally and in each class.

School trips

Prior to school visits and residential trips, a form is sent home which includes information on dietary needs and allergies.

Links to other Policies

Science Policy
PSHE Policy
RE Policy
DT Policy
PE Policy
Medical Policy
First Aid Policy