



Food & Healthy Eating Policy

Approved by the Headteacher	Summer 2022
Next review date	Summer 2025

Our Vision Statement

Children are at the heart of everything we do and Christ is the light that guides us. [John 8:12](#) "I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life." We are committed to ensuring children encounter and achieve the highest possible standards through partnership with our entire school community.

We provide a happy, stimulating environment rooted in Christian values. Our aim is to equip individuals with the Christian Values (courage, love, friendship, hope, forgiveness, and respect) and life skills needed to "Live in peace with each other" (Romans 12:16-18), to take their place in the wider world and to make a contribution to it. Mark 9:37

"Whoever welcomes one of these little children in my name welcomes me."

- Christian values and compassion are cherished and are the heartbeat of our actions.
- Every aspect of school life is centred around how to make a positive impact on every child.
- Children are nurtured to help them feel safe and happy.
- Everyone in our school is valued and respected
- We intend for every child to be able to grow, reach their full potential and develop a lifelong love of learning
- Everyone's efforts and achievements are celebrated
- We help each other to make healthy lifestyle choices.
- Everyone is encouraged to make a positive contribution to their future in a diverse world.

Our Christian Values

COURAGE LOVE FRIENDSHIP HOPE FORGIVENESS RESPECT

Food & Healthy Eating Policy

Introduction



At Lostock Gralam Church of England Primary School 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.

Lostock Gralam aims at all times to be a health promoting school. 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.

Aim of Healthy Eating and Drinking Policy.

The aim of this policy is for a whole school approach to promoting a healthy lifestyle and as such a healthy diet will involve all of the stake holders in our school promoting the same message that:

A healthy diet is a balanced diet.

All members of the school community should act as positive role models and thereby promote a consistent message.

Eating should be seen as a social activity, a time to sit and enjoy the company of friends and relatives as well as enjoying the food. In school, children sit in social groups of their choosing...those eating school dinner or packed lunches can sit together.

Exercise and a healthy lifestyle will be promoted to support a healthy diet, including PE, participation in sporting before and after school clubs and in Fun Foxes, our before and after school provision.

Aims of Healthy Eating Education

- To provide opportunities for pupils to develop their knowledge skills and attitudes towards developing healthy, safe lifestyles.
- To recognise what makes a diet a healthy diet and to appreciate the benefits of this.
- To help children make informed choices about what they eat or drink.
- To contribute to the healthy physical development of all members of our school community.

Food across the Curriculum

There are a number of opportunities across the curriculum to promote healthy eating and our school uses the balance of good health as a model of good practice, as stated by the Healthy School Standard. All discussion of food will respect the ethnic background, dietary rules of religious groups and any other social or personal beliefs.

Where appropriate external agencies (school nurse, dieticians, healthy schools team) and groups and expertise within our community will be used to enhance the curriculum i.e. food tasting work with a local restaurant, baking with parents.



In science lessons, in both key stages, teachers inform children about healthy food and diet options. For this aspect of our teaching we follow the 2014 National Curriculum. In Key Stage 1 we teach children to describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. In Lower Key Stage 2, we teach pupils to identify that as humans we need the right types and amount of nutrition, that we cannot make food by ourselves, therefore, we get nutrition from what we eat. Also, how the digestive system works and how we must look after our teeth. In Upper Key Stage 2, we teach pupils to recognise the impact of diet, exercise, drugs and lifestyle on the ways our bodies function. Also how nutrients and water are transported within our bodies.

Food technology is a core element of our design technology curriculum. According to the 2014 Curriculum, 'pupils should be taught how to cook and apply the principals of nutrition and healthy eating'. In Key Stage 1, pupils are taught to use the basic principles of a healthy and varied diet to prepare dishes and to understand where food comes from. In Key Stage 2, pupils are taught to understand and apply the principles of a healthy and varied diet, prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. And to understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

All staff will be aware of the potential danger of allergic reactions / food allergies including nuts.

Drinks

- Children are encouraged to bring water bottles to school to drink throughout the day.
- Children are encouraged to refill their water bottles from the dispenser and are encouraged to drink more after PE and when the weather is hot.
- At snack time and dinner time, juice, water or milk is available.
- Children can also access a short drink from water fountain.

Snacks Mid-Morning/afternoon

- Early years/Key Stage 1 participate in the National School Fruit and Vegetable Scheme and therefore receive a free piece of fruit or vegetable daily.
- Key Stage 1 and 2 may purchase healthy snacks from the school kitchen.
- Children may bring their own snack to school providing it is a healthy option

School Dinners

The school kitchen holds a 5 star hygiene rating following the annual LA environmental health inspection. School liaises closely with the Catering Manager. A three week menu is worked over a year which provides a range of meals. This is issued to parents weekly via e-mail and is displayed in the school playground. Using

Cypad, children may opt daily for either a 'school lunch' or a packed lunch option. At the end of each week, parents are informed of the balance of their account is shown.

Through the Universal Free School Meals Programme, all children in Reception Class and KS1 are entitled to a free school dinner. It is expected that all children in these classes will have this meal.



Our school works with the catering service to ensure that healthy choices are available and that national standards are met. Fruit and vegetables are included as part of the meal and, where possible, have reduced fat, salt and sugar content. The food provided will reflect the ethnic background of pupils and dietary rules of religious groups. Vegetarian and medical needs will be met in appropriate ways. A vegetarian option is available daily. There is an unlimited selection of bread and salads available each day.

Parents may discuss dietary needs with the school cook. Any concern that school may have over a child's eating of a school lunch parents will be advised by the class teacher and the behaviour monitored. Special dietary needs can be catered for if a doctor's or dietician's note is made available to school, stating clearly the recommendations.

Packed Lunches

Our school encourages carers to provide healthy packed lunches. To promote healthy lunch boxes school will send out regular news letters and invite Parents to workshops which promote healthy choices. If there is a concern over the dietary balance of the content of a lunch box then the class teachers will discuss this with parents. If it appears a child is not eating their provided lunch from home parents will be notified by the class teacher. School will seek to reasonably encourage a child to eat their lunch. Chocolate, fizzy drinks and sweets are not permitted in the lunch boxes and crisps are discouraged.

Through consultation with staff and the school council, improvements have been made to the environment of our school hall to enhance the lunch break period. The arrangements for hot and cold school dinners and year groups are worked on a rota basis so that it is fair for all. During the summer months our older children are given the chance to eat packed lunches outside - our picnic tables are a very popular choice!

For a balanced packed lunch please try to include one each of these healthy food types and drinks.

You will see that there are **five components, plus a drink**, which make up an 'ideal' lunch:

- **Fruit**

Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit (fruit juice can count as one portion providing it is no more than 150mls, 100% fruit juice)).

- **Vegetables**

Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables (the amount that would fit in the cup of your hand.)

- **Protein**

Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.
No sausage rolls or pork pies, as their fat content is very high.

- **Starchy foods/carbohydrates**

Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as wholemeal bread rather than white.

- **Milk and dairy foods**



Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt/dairy alternatives.

- **Drinks**

Water

Fresh, cooled water will be freely available for your child on the table at lunchtime.

Healthy drinks

If you would like to put a drink in your child's packed lunch please try to include water, milk, fresh fruit juice or fruit smoothies.

Please try **not** to include any drinks sweetened with sugar or artificial sweeteners (such as aspartame).

Packed lunches should not include fizzy drinks, chocolate or sweets.

Packaged processed meals and snacks are of particular concern due to their low nutritional value and **should not be brought into school.**

Children with a food allergy will be included in every aspect of school life. Staff will be aware of those children with a food allergy and will liaise with parents to ensure that they can participate in activities.

Involving Parents and Pupils

Our school actively encourages participation by all stakeholders through

- Appointment of Year 5 Health Ambassadors
- Pupil led School Council.
- Providing information to parents such as menus and details of healthy eating initiatives.

Our weekly school newsletter is used as a vehicle to remind about healthy snacks and lunches, including advertising the 'themes' for the school lunches. Sign posting to agencies for families to access and receive support e.g. Children Centre, adult courses to further promote and support a healthy approach,

All members of the school community should act as positive role models and thereby promote a consistent message.

Parents are asked to inform school of any known food allergies and these are recorded in the office and school kitchen.

Food Hygiene

- Mrs Turner holds the Food Hygiene Certificate.
- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home everyday to be washed.
- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.

Monitoring and review



There are on-going reviews of food provision in our school through regular liaison with the Head teacher, school cook, LA, parents and children.