

HIGHFIELD SOUTH FARNHAM
SCHOOL

The Continual Pursuit of Excellence



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HEALTHY

EATING

POLICY

REVIEW: EVERY THREE YEARS

LAST REVIEW DATE: 2025

Highfield South Farnham School

Healthy Eating Policy

The policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. It will continue to be developed in consultation with pupils and parents as the school works towards maintaining its Healthy School Status.

Objects of the school policy

Highfield South Farnham School recognises the importance of a healthy diet and the significance connection between a healthy diet and a pupils ability to learn effectively and achieve high standards at school. It is important that Highfield South Farnham School considers all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how a balanced nutrition contributes to a person's health, happiness and wellbeing. The policy was formulated through consultation between members of staff, governors, parents and our pupils.

The objectives of the policy are:

- To increase students' knowledge of healthy eating and nutrition.
- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet
- To ensure that healthy eating options are available for all who work at the school
- To ensure that menus provide for the medical and ethical requirements of staff and students (e.g. vegetarian and allergies).
- To involve students and staff in decisions which affect the quality and variety of food provided at the school.
- To make the consumption of food an enjoyable, safe and socialising experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them
- To discourage the consumption of food and drink that are viewed by nutritionists as unhealthy.
- To improve the health of all who regularly use the school's dining facilities by influencing their eating habits.

The policy is adopted in the context of:

- Every Child Matters.
- EYFS Nutrition Guidance
- National statistics drawing attention to concerns about the poor health of many young people.
- The 'Five-a-Day' campaign.
- The relationship between healthy diet and effective learning.
- Surrey Healthy Schools initiative- 4 themes of healthy schools (Healthy Eating, Physical Activity, PSHE, Emotional health and wellbeing)
- Eatwell Guide

FOOD POLICY AIMS

The main aims of our school food policy are (school may adapt or use some or all of the following):-

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food based standards are implemented
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PSHE curriculum. All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum

These aims will be addressed through the following areas:

SCHOOL FOOD PLAN

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support headteachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by :-

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers eat together; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education
- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals.

Pupils in EYFS & KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time. To ensure consistency across the school KS2 children will also be encouraged to eat only fruit or vegetables at break time.

All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.

Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars. Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a healthy balanced lunch box and lunch time staff support this through talking to the children about their lunches and also posters are in the lunch hall.

The role of the co-ordinator:

It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively. It is the co-ordinator's role to ensure that staff are given sufficient training, so that they can teach effectively. The co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework. The co-ordinator monitors teaching and learning about healthy eating. The co-ordinator encourages positive role models amongst the staff by encouraging healthy options for staff 'treats' such as fruit.

The role of Parents:

The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the school healthy eating education policy and practice;
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary;
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.

The Role of Governors:

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines.

Guidelines for implementation

The taught curriculum:

Science includes many topics on nutrition and the benefits of healthy eating options. PSHE provides opportunities for finding out about the part played by food and water in health globally.

PSHE introduces students to the issues that are related to the part played by food in global, national and local economies, and in particular to the dependence of developing countries on one-crop exports.

Where appropriate in the curriculum students' attention is drawn to the benefits of a varied, fresh and nutritious diet.

Whole school dimension – facilities:

Healthy eating opportunities throughout the school, healthy break-time fruit and vegetables and school lunchtime menus are monitored to ensure good nutritional standards and variety (including food from different cultures).

Creative serving methods encourage students to eat a balanced diet at each meal (eg including vegetables as part of the main dish rather than as a side option).

Kitchens endeavour to ensure that students arriving in the second half of the lunch hour have access to a variety of healthy nutritious food and drink.

There are no snack vending machines.

Healthy snacks are provided by the kitchens for those students who need a take-away lunch.

Refreshment areas in the open air, close to the dining rooms, encourage students to combine healthy food with fresh air, and thereby recharged their batteries for the next lesson/activity.

Students are permitted to drink water between lessons and are encouraged to drink water at break/lunch times and also at sporting events.

Children are discouraged from bringing in sweets, chocolate and cake for their birthdays and instead can donate a book to the library.

Whole school dimension – information and publicity:

Daily menus are posted and promoted near the dining halls.

Student preferences are sought in order to aid planning and presentation of food at breaks and lunchtimes.

Staff encourage students to drink water between lessons and promote the benefits of this to concentration, stamina and effort.

Students who conduct themselves in a sociable, considerate manner while eating lunch are appreciated and praised.

Posters to encourage good hydration and to raise the understanding of how important drinking water everyday are placed in the food hall and on the healthy eating display.

This is addressed through:

- **Teaching methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all key stages reflect the whole school approach to healthy eating.

- **Cooking and nutrition**

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and

understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

- **Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to Science and PSHE.

- **Staff training**

School staff including teachers, TA's and lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff regularly are updated with news on Healthy Eating and key team co-ordinators collaborate on the Healthy Schools Annual Audit.

- **Visitors in the classroom**

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject.

- **Resources**

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

- **Food Standards**

National Nutritional Standards for school Lunches became compulsory in 2009.

- **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

- **Lunch**

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Menus are seasonal and also special events lunches are incorporated. In EYFS the children are supervised by a teaching assistant who has Pediatric First Aid Training.

- **Fruit Scheme (EYFS & KS1 only)**

The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of circle time and area assisted with chopping/ washing as appropriate. This is eaten in the classroom where someone with Pediatric First Aid Training is supervising them. Fruit snacks are provided in a suitable for the child's individual developmental needs and prepared in a way to prevent choking.

- **Milk**

The new Food Standards require that milk must be available for drinking at least once per day during school hours. Milk is available for those children who opt-in.

- **Snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school only permits healthy snacks at break times.

The school discourages the consumption of snacks high in fat and sugar at break-time.

Letters to parents encouraging Healthy Snacks and assemblies on Healthy snacks are across all year groups.

- **DRINKING WATER**

Drinking water is available to all pupils, everyday, and free of charge. Water fountains are available in the cloakrooms. Water is provided at lunchtimes and children are allowed to freely drink and fill their water bottles up. Children bring in their own water bottles and school water bottles are also available for sale. Staff training is held with the school nursing team so staff also have a good understanding of the benefits to the children in drinking water. Squash is only to be consumed in school where there is a medical reason to do so.

FOOD AND DRINK BROUGHT INTO SCHOOL

- **PACKED LUNCHESES**

Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

SPECIAL DIETARY REQUIREMENTS

- **Cultural and religious diets**

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school has a procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

- **Medical Diets**

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements. All staff in EYFS have Level 2 Food Hygiene.