



Faith is all around us.

We have to have faith in ourselves in order to be the best that we can be.

We are a small school, with big hearts and together we beat as one.

Sowing seeds of knowledge and faith, with nurture and love

## WISTOW PAROCHIAL C of E PRIMARY SCHOOL

Headteacher: Mrs Carla Cox

### Healthy Eating Policy

Document Status		
Date of Next Review	<b>May 2027</b>	<b>Responsibility – Full Governing Body</b>
Date of Policy Creation	<b>March 2014</b>	Responsible Governor Name
Date of Review and Ratification at FGB Meeting	<b>December 2025</b>	<b>Allen Blake</b>
<b>Policy Publication/Communication</b> <input checked="" type="checkbox"/> On the school website <input checked="" type="checkbox"/> Shared staff network drive <input checked="" type="checkbox"/> Updates to staff in staff meetings		<i>Signed off by the above named Governor during the full governing body meeting held on the date stated as ratified.</i>

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## **Aims, purpose and responsibility - Why children need to eat well.**

- What children eat today shapes how they will eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eatwell/>

This policy covers all food provided and consumed in school including during school, on school trips and in extra-curricular events.

### **Why a policy is needed?**

At Wistow Parochial Primary School, we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

### **This policy explains:**

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

### **We aim to:**

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
  - Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility: It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers (NYC Catering) and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance. This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

### **Food in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food

related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

**Behaviour:** Children who eat healthily are more focussed on their work and behaviour is better

**PSHE:** Healthy food and choices and practical food education is included in the curriculum

**Science:** Healthy eating and nutrition is part of the science curriculum

**Enrichment:** Hands on opportunities for children to prepare and cook food within a mixed age social group

**Equality:** We take account of the needs of all our children, including those with disabilities and allergies

**Curriculum assessment:** Children's learning about healthy eating is assessed in line with the school's assessment trackers through science, PSHE and Design Technology.

### **School lunches**

All our school meals are provided by North Yorkshire County Caterers, who acts in accordance with the School Food Standards. A copy of the three-week menu is sent to parents. These menus are sent to all parents and a copy is available on the school website. The menu is also available via the School Office if required.

#### County Catering Contract

Our caterers will:

- Ensure lunch menus comply with the school lunch nutritional standards, as outlined in appendices 1
- Ensure food used for school catering does not contain additives suspected or known to be a problem for sensitive people does not contain artificial sweeteners and does not contain hydrogenated fats.
- Not knowingly use any food ingredients that have been Genetically Modified. Contracts with suppliers will stipulate this.
- Cater for special diets, at no additional cost, when requested on medical, cultural or religious reasons.
- Promote and market healthy school meals in our schools, help pupils make healthy choices and attend school councils to discuss school catering when required.

- Work with schools and other agencies (e.g. Healthy Schools Standard) in producing schools' food policies.

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

We run a family service in school and pupils sit with other year groups, and the older children serve and act as role models for the younger pupils.

EYFS sit as a collective and they are supervised by a member of the team who is paediatric first aid trained, as per the new EYFS guidance. In Year 1, they then move to family service with the rest of school.

### **Packed Lunches**

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is in line with The School Food Standards.

Packed lunches should not include:

- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- A large amount of processed foods.
- Fizzy or sugary drinks.
- Anything with nuts in, as we are a nut free school.

Lunchtime staff, who communicate with parents when necessary, monitor these expectations. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods

are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

### **Monitoring packed lunches**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

### **Snacks**

All Reception, Year 1 and Year 2 classes include a morning break-time snack of fruit or vegetables. This is prepared and chopped up in EYFS by a member of staff with a Food Hygiene certificate. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school. As part of promoting healthy eating children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. Key Stage 2 children are asked to bring in fruit (fresh or dried) or vegetables for playtime.

When pupils are eating snacks, in EYFS they are front facing, with a member of staff, with paediatric first aid, having eyes on them at all times. For children who are eating their snacks outside at breaks, they have to sit or stand whilst they eat and drink for safety reasons.

Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips. As with other snacks, this should be fruit, vegetables, crackers and cheese or low-fat cereal bars. Fizzy drinks, sweets, crisps and chocolate are not permitted.

### **Special diets and allergies**

As a school, we endeavour to cater for all pupils, after detailed discussion with parents.

Nut allergies: We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

### **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through school newsletters and on

the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time. During out of school events such as trips and swimming lessons, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu, which is sent out to each family. We celebrate children who demonstrate good eating habits and manners by giving awards and praise, to encourage others to be the best they can be.

### **Water for all**

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy. We have a water fountain in the school and children are encouraged to drink water regularly throughout the day and have water bottles in class.

Disseminating the policy Key information from this policy will be incorporated into the following documents

- School Handbook / Prospectus
- School website

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery. .

References and further reading

1. Balance of Good Health (Food Standards Agency)
2. School food plan ([www.schoolfoodplan.co.uk](http://www.schoolfoodplan.co.uk))
3. Change 4 Life ([www.nhs.uk/change4life](http://www.nhs.uk/change4life))

## Appendix 1

# Food policy



We are a 'fresh food' organisation! North Yorkshire County Council's food procurement strategy is based on local and regional sourcing of food which supports local business, provides traceability of produce and contributes to the health and wellbeing of its children and young people. Our service is accredited by the Soil Association under the Food for Life Award scheme.

- Food served will be compliant with The Requirements for School Food Regulations 2014 England, which came into force 1 January 2015.
- Meals are prepared fresh each day by caring and committed staff.
- Local and regionally produced Farm Assured /Red Tractor fresh meat and poultry are used in the preparation of meals.
- Meals are prepared using basic ingredients wherever possible which shall not contain any additive associated with health problems in children and young people including sweeteners, colourings, emulsifiers and thickeners.
- Salt is not used in cooking, sugar is being reduced in all recipes.
- Only non-hydrogenated fats are used in the preparation of food.
- Local and regionally produced free range eggs are used.
- Meals provide at least three of the five fruit and vegetables a day.
- Food is free from genetically modified ingredients or derivatives.
- Meals provide plenty of plant based fibre and slow release carbohydrate.
- Meals provide zinc, calcium and vitamins and more iron than the average packed lunch.
- Water is always available.
- Milk will be low in fat.
- Meals are prepared safely in clean, hygienic kitchens by trained catering staff following the HACCP Food Safety Management System.
- In consultation with our customers and chefs, menus are carefully formulated to provide optimum levels of nutrients.

