



# Morley Memorial Primary School

## Healthy Eating and Food Policy

Policy Name	Healthy Eating and Food Policy Policy
Status	Non-Statutory
Person Responsible	Nikki Brown
Reviewed By	Resources Committee
Date of Review	May 2020
Frequency of Review	Every 3 years
Next Review Date	May 2023

## Introduction

At Morley Memorial School, we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle.

We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. Therefore this policy should be read alongside the school's PSHE, Behaviour, Physical Activity, Drug, Science, DT, and Sex and Relationship policies.

## Aims

- To improve the health of pupils and their families by influencing their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet, hygienic food preparation and food storage.
- To ensure pupils are well nourished at school and that every pupil has access to **nutritionally balanced**, tasty food and safe drinking water which is easily available during the school day.
- To ensure that all pupils are given consistent messages regarding food choices and their health.
- To encourage all pupils to make healthy food choices.
- To provide opportunities for pupils and adults to share food, as a way to build mixed age group friendships.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.

## Objectives

- To use the School Council as a means of consulting with pupils about aspects of the Food Policy.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To ensure that all staff with responsibility for food have basic food hygiene training.
- To work with the school catering service to ensure that all menus comply with the recommendations set out by the Food Standards Agency
- To provide opportunities for children to take part in gardening activities.

### **Snacks**

We encourage children to have a snack at break time to support concentration and as a way of eating 5 portions of fruit or vegetables per day.

Key Stage 2 children are encouraged to bring a healthy snack, such as fresh or dried fruit or vegetables for consumption during playtime.

### **School Meals**

The school provides paid school meals, free meals and facilities to eat packed lunches. Before eating, the Early Years and KS1 children wash their hands and walk to the dining hall in an orderly fashion. All the children are encouraged to eat well. It is our policy that all foods are at least tried and lots of praise is given for this.

### **School Dinners**

Morley Memorial School engages the services of local catering company who provide meals which meet the national guidelines for nutritional standards. The catering staff are aware of pupils with special dietary needs and work hard to accommodate their special requirements.

A menu is on display inside and outside of the dining area which pupils may look at before they make their choices. Menus are also displayed in each classroom and are available for inspection on the Morley website. The staff who work in the kitchens talk to the children about their choices and encourage them to try new foods. Fresh fruit, vegetables and salad portions are available each day. Water is provided with each meal and the pupils are helped to drink from the jugs on the tables.

Themed meals are also an important part of school lunches and are not only fun but they teach children about different cultures, foods and traditions that they may not otherwise experience. Events and dates are sometimes celebrated with special meals e.g. Chinese New Year, Guy Fawkes' Day, Easter and Pancake Day.

### **Packed Lunches**

Midday Supervisors are on hand to encourage children to eat their packed lunch and to offer assistance where needed.

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first then move on to yogurts and fruit, leaving cake and biscuit items to last

Children should put all litter from their meal into their packed lunch boxes in order that parents can monitor the foods that have been eaten. Half eaten foods which will spill inside the lunch container may be put in the waste container.

### **Dawn Diners and Spectrum After School Club**

The school's Healthy Eating Policy will be followed in these clubs and due consideration will be given to the refreshments offered to the members.

### **After school snacks**

On club nights, children are asked to bring a snack to eat prior to starting their activity. We urge that this is a healthy snack in the form of fresh/dried fruit or vegetables. Water will be available.

### **Dining Hall**

At Morley Memorial School, we try to make the dining environment as pleasant, calm and enjoyable as possible. Midday Supervisors assist the children and supervise behaviour throughout the lunchtime. Supervisors will ensure that tables are wiped and all children should sit on a clean chair at a clean table every lunch time. Midday supervisors and staff promote the use of good table manners and correct use of cutlery. Children are encouraged to talk quietly to their friends and whilst enjoying their meal.

Staff are entitled to free lunches if they choose to sit with the pupils during meal times.

### **Water provision**

Water is available for pupils to drink throughout the day as well as at lunchtime. All pupils may also bring a water bottle or a cup with a lid which can be filled with drinking water, particularly in warmer weather. Children are encouraged to drink more before and after physical exercise and after play times. Staff have water in class and model frequent drinking to the children.

### **Food across the Curriculum**

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 the school's personal, social, health and citizenship education (PSHE) curriculum. The work completed in this area of the curriculum is also supported by work in other areas such as science, design and technology, ICT, geography and maths.

### **Treats, prizes, social events and special occasions**

Staff will avoid confectionary items when purchasing prizes and treats for pupils. Pupils are discouraged from bringing confectionery items to school for distribution to classmates when celebrating a birthday. Children with special diets, e.g.

anaphylactic, diabetics or those with other allergies or intolerances should always be considered. We suggest that a book, pencil or rubber be donated in order to acknowledge a birthday.

### **Partnership with Parents/Carers**

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example. We will:

- Keep parents informed about the healthy eating policy and practice through our newsletters and school website
- Encourage parents to be involved in the review of this policy
- Take seriously and respond to any issue which parents raise with teachers or governors about this policy and practice at school
- Share with parents information about the best practice known with regard to healthy eating so that parents can support the key messages being given to children at school.
- Encourage parents/carers to consider the Healthy eating Policy in the range of refreshments offered to the children during out of school events, e. g. school discos.

### **The role of the Headteacher**

The Headteacher is the appointed member of staff who oversees all aspects of food in school and liaises with other key members of staff and governors as necessary.

### **The role of Governors**

The Governing Body is responsible for monitoring the school's healthy eating and food policy.

### **Monitoring this policy**

The headteacher and PSHE coordinator are responsible for monitoring the implementation of this policy and its review in light of outcomes of the monitoring process. This policy will be monitored through the following:

- Consultation with pupils such as questionnaires, interviews, school council
- Seeking the views of parents and governors
- Discussions with staff including midday supervisors and catering staff
- Observations of the dining hall at lunchtime
- Observations of break time eating habits
- Scrutiny of teachers' PSHE lesson planning
- Discussion with the LA about the food offered by the catering contractor.

This policy will be reviewed by the Resources Committee every three years.