

# OLD PARK PRIMARY SCHOOL

## HEALTHY EATING POLICY

### Introduction

Old Park Primary School is situated in Malinslee, Telford and has the capacity for 560 children on roll plus 84 full time preschool and toddler places. At present we have 534 children on roll. 32.02% of children have free schools meals.

At Old Park Primary School we recognise that good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. We are dedicated to helping each child understand the role of healthy eating in achieving good health.

### Aims

The school aims to:

- ◆ Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- ◆ Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- ◆ Develop a positive attitude towards eating habits.
- ◆ Provide opportunities within school to pursue a healthy diet.
- ◆ Help children to understand that some foods should be eaten in moderation.

### Success Criteria

Through the successful implementation of this policy the intended outcomes are:

- ◆ Children are physically, mentally and emotionally healthy.
- ◆ Children are making informed choices about their lunches, both school dinners and packed lunches
- ◆ Children understand the need for a balanced diet, understand the term 'in moderation'
- ◆ For staff to be good role models and have access to information which will help them to provide and develop positive attitudes to healthy eating in young children

### Mission

The Whole School food policy meets the National Food standards introduced in 2008. The policy will be regularly reviewed and updated with new recommendations. It will be kept in the School Policy file and can also be accessed through the T Drive. All governors and staff members will receive a copy of the policy.

### Consultation process

Throughout the consultation process to improve our dinner environment, choices of food and lunchtime activities pupils, staff, parents, representatives from Telford and Wrekin Catering have been consulted. This has taken place through questionnaire, discussion via the school Council and Food Committee group. Work supporting this can be found in the school Council File.

### Responsibility

The overall responsibility for food in school lies with the Head teacher.

## Allergies, vegetarians, religious needs

All individual food needs are entered on the yearly entry records and updated regularly. These are entered on to the computer system used by the kitchen staff, who are alerted of the individual needs. First Aiders names are listed at first aid points around the school.

Staff are made aware of particular allergies through child display in the staff room and office. Further information on this subject can be obtained through contacting the school nurse.

## Curriculum

In Foundation stage, KS1 and KS2, healthy eating is addressed through:

- ◆ Science units
- ◆ PSHE units - Ourselves
- ◆ Design and Technology
- ◆ RE
- ◆ Discrete teaching sessions
- ◆ Discussion between teacher and pupils
- ◆ Assembly teacher led or outside visitor
- ◆ Whole school projects
- ◆ Special days and events

(See medium term planning - T drive)

## Training

All kitchen staff and selected staff from Breakfast club undergo the relevant food hygiene and nutrition training. Certificates are displayed in the kitchen.

## Cookery Clubs

### **Cooking/food tasting in lessons**

On occasions as part of the class lesson the children participate in cooking and food tasting. Permission is sought from the parents prior to this, noting food allergies if applicable

### **After school cooking club**

Cooking club runs from January - December and is open to Year 4 children. 6 - 8 children per group are invited to attend 12 sessions per year. The club is funded by the National Lottery through the 'Let's Get Cooking Scheme' and is free to join. Throughout the year 3 sessions are available for the wider community to both cook and eat.

## Gardening Clubs

The pupils have the opportunity to grow their own fruit, vegetables and herbs. Compost is produced as part of our recycling scheme through use of vegetable peel, tea bags and pencil sharpenings. During clubs afternoon children are involved in gardening with a teacher and parent helpers.

## Breakfast clubs

Breakfast club runs daily from 8am - 8.45am. A varied selection of hot and cold, healthy and nutritious food is available, e.g. Cereal, toast, milk, fruit juice. Pupils can attend if they have already eaten at home as long as the fee is paid. Breakfast club is monitored and checked regularly by T and W Area Co-ordinator for breakfast clubs and meets the National Nutritional Standards legal requirement.

## Free fruit and vegetable scheme

There is a free fruit scheme in operation for our infant children. Each child is given a piece of fruit/vegetable each day. There is a different fruit each day e.g. apples, pears, carrots, oranges and bananas. This provides that children with a daily snack and the opportunity to socialise.

## Tuck

KS1 are part of the free fruit scheme therefore are not required to bring tuck. KS2 children can bring in a portion of fruit, vegetable or a maximum of 2 dry, plain biscuits. KS1 fruit is store in a fridge in the staff room.

## Milk

Milk is available to all children, free of charge, twice weekly which is provided in the class to drink. Nursery children are provided with milk daily. Milk is distributed to classes and drunk. Foundation milk is stored in the fridge in the technology room.

## Water

Children are encouraged to drink water throughout the day. The school currently has 3 water coolers throughout the school. Water bottles can be purchased at the cost of £1 or children can also bring in suitable containers from home. Throughout lunchtime water is available at each table.

Children are encouraged to take water bottles home daily and washing them.

## Special Events

The school ensures that healthy options are available at special events, like Christmas parties. Each half term one child per class is invited to join the Head teacher's Party as a celebration for their work and achievements.

If a child brings a birthday cake to school or a bag of sweets back from holiday, these are divided up for distribution at home time. On occasions cake sales occur to raise money for school fund or charity events.

## School meals

The school refers to Telford and Wrekin Catering to ensure that provision is met. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. New menus are sent out termly to all families promoting and encouraging children to eat school dinners. Copies of the lunch menu can be found on the [www.myschoollunch.co.uk](http://www.myschoollunch.co.uk) website or via school website - healthy schools links. Theme days are also promoted through out the year through advertising on posters, fliers and the school newsletter - E.g. Easter menu

At regular intervals the school council will discuss school meals in their classes and feedback the children's views. Meetings are also arranged with the School Cook and T&W Catering and The School Council to discuss children's opinions and ideas for new menus. The food complies with the School Food trust Nutrient based Standards.

## Packed Lunches

Packed lunches are placed on trolleys each morning and stored in a room adjacent to the dining hall. Information on packed lunches is provided for those children who do not eat school meals through discussions and visitors. Monitoring of packed lunches takes places

informally during these discussions. A copy of an information leaflet can be found on the school website or is available on request from the office. Any uneaten food is returned in the child's lunch boxes so the parents can be aware of what the child has eaten whilst at school. Individual Monitoring/observation can also take place on parental request.

A healthy packed lunch should contain a mix of foods from the Eat Well plate. The Eat Well Plate shows how much should be eaten from each of the five food groups. A good packed lunch contains:

- ◆ A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These are good to fill children up.
- ◆ A good source of protein, iron, and zinc such as meat, fish, beans, nuts and eggs
- ◆ A good source of calcium such as milk, cheese, yoghurt or fromage frais
- ◆ And one portion of fruit and one portion of vegetable or salad to provide other vitamin and minerals

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied.

### Dining environment

Lunch is served in the main hall using a staggered lunch hour:

Foundation/KS1 12.00pm - 1.00pm

Lower KS2 12.15pm - 1.15pm

Upper KS2 12.30pm - 1.30pm

The children enter the hall in an orderly manner and queue to collect their lunch. On collecting lunch children are encouraged to visit the salad bar before finding a place to sit. School dinners and packed lunches sit together and enjoy the time to socialise. Children are rewarded positively throughout their dining experience and if necessary reminded of our Golden Lunchtime Rules. Other staff members are encouraged to take the opportunity to sample school lunches and sit with the children.

Displays are situated in the hall to remind children of lunchtime expectations and inform of delightful diners.

### Lunchtime supervisor support

Lunchtime supervisors are employed to support children both in the hall and on the playground. Each class is allocated a lunchtime supervisor, where the lunchtime supervisor follows a rota basis to ensure the smooth and efficient running of lunchtime activities. Lunchtime supervisors are encouraged to recognise healthy eating and positive behaviour. In-service training is arranged as required and LTS meet regularly to discuss relevant issues.

### Rewards system

Each week lunchtime supervisors monitor the children and rewards children eating well, behaving appropriately or being helpful to others in the dining hall with stickers, rainbow awards and invitations to the special Friday 'Delightful Diners' table. The Captains Tables runs daily where children are invited to attend.

Also a weekly trophy is handed out to the class recognised for making the right choices and setting a good example.

