

3 YEARS



Ashton C of E Primary School

Food in school policy

Policy ratification date:

9th June 2016

Policy review deadline:

9th June 2019

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Summary of changes

Page	Details of change	Revision
ALL	Policy updated to new standard format.	June 2016
ALL	Content reorganised and updated to reflect latest guidance.	June 2016

1. Introduction

Background

- 1.1 Ashton C of E Primary School is committed to ensuring that the children in its care grow into healthy adults. This is fundamentally the first of the five principal requirements of the Children Act (2004 – ‘Every Child Matters’) which states that children should:
- be healthy;
 - stay safe;
 - enjoy and achieve;
 - make a positive contribution;
 - achieve economic well-being.
- 1.2 This school aims to teach and promote the key messages about living healthily, which includes an emphasis on healthy eating. Our food policy is a “whole school” policy, which means that a culture and environment of living healthily must be reflected in the curriculum as well as in practice in school.
- 1.3 This policy is in line with those of other schools.

Aim of this policy

- 1.4 The aims of this policy, and of the school, are as follows:
- To emphasise the important role which food and drink plays in a healthy lifestyle.
 - To clarify the school’s responsibility to reinforce key messages on healthy, and non-healthy, food and drink.
 - To empower the children to make the right choices with regard to food and drink.
 - To promote the physical and emotional wellbeing of all children at Ashton.

Ensuring this policy works

- 1.5 Feedback from children, parents/carers and staff will be used by the Headteacher to determine the success in achieving the above aims.
- 1.6 The Headteacher will report to the governing body, via the Learning and Wellbeing Committee, significant issues which require the policy to be reviewed before its deadline.

Scope of this policy

- 1.7 This policy applies to children, parents/carers, and staff both at school and on school trips, unless otherwise stated.
- 1.8 Exceptions to restrictions on food and/or drink are made where children have specific medical or special needs or circumstances.

2. Related policies

- Child protection and safeguarding policy
- Curriculum policy
- Learning outside the classroom policy
- Special Educational Needs (SEN) policy
- Supporting pupils with medical conditions policy

3. Roles and responsibilities

The governing body

- 3.1 The governing body ratifies this policy and is ultimately responsible for ensuring that children at Ashton are taught the importance of healthy eating and drinking. Day-to-day management of the policy is delegated to the Headteacher.

The Headteacher

- 3.2 The Headteacher manages this policy, and is responsible for making sure that it is followed in school, and for ensuring that the key messages on healthy eating and drinking are embedded within the school's curriculum and taught satisfactorily.
- 3.3 The importance the school places on healthy eating and drinking, and the reasoning behind this policy, will be explained to new parents/carers each year.

School staff

- 3.4 Staff have a responsibility to deliver the curriculum's messages on healthy eating and drinking.
- 3.5 Staff have a responsibility for supervising the food and drink consumed by children at school. When food or drink, not in line with this policy, is made known to staff, a healthy alternative will be offered instead. Staff will not permanently confiscate or dispose of food or drink.

Parents/carers

- 3.6 Parents/carers have a very important role and are kindly asked to share the responsibility by complying with this policy, in the knowledge that it exists for the sole benefit of all of the children at school.
- 3.7 The school aims to work closely with parents/carers to ensure that the messages about healthy food and drink encouraged in school are able to be reinforced and supported at home.

4. Educating on healthy living

The curriculum

- 4.1 The school will plan teaching about healthy eating and drinking in our formal curriculum. For example, children will be taught about the preparation and cooking of healthy food in design technology. The science curriculum will teach about nutrition and the needs of a healthy body. Through mathematics, children will learn to measure and calculate size and weight. The religious education syllabus will explore how food is valued in different societies, and the role food plays in religious customs and practice. In physical education (P.E.), children will learn and experience how their bodies react to exercise, and the importance of food and drink in the participation of sport and dance. In personal, social, health and economic (PSHE) education children will have the opportunity to reflect on issues such as how food is advertised, and how to enjoy treats healthily.
- 4.2 Healthy eating and drinking will also be promoted through the informal curriculum, such as during assemblies. Children will be strongly encouraged to participate in school games clubs and sports activities. Visits to outdoor pursuit centres are organised from time to time and provide opportunities for children to explore the natural world. The school site will be exploited as fully as possible in the interest of children's physical and emotional development through playground activities.

5. Healthy eating and drinking in school

The school environment

- 5.1 The school environment will reflect the healthy living aims of this policy. Therefore,
- **children are reminded not to bring sweets or fizzy drinks to school;**
 - children will be encouraged to drink plenty of water by providing them with a bottle and regular opportunities to drink water throughout the day;
 - all children in the infant class will be given the opportunity to eat a piece of fruit in school every day.

Food at break time

- 5.2 Evidence that added sugar is responsible for a wide range of health problems (both short- and long-term) is growing all the time. There is also some evidence that our bodies process sugar into energy quickly, leading to a short-lasting rise in energy levels followed by a slump, when children might have more difficulty concentrating. It is our aim to avoid such a slump occurring during lessons between break time and lunch.

Therefore, some foods are allowed at lunch time, but not during morning break.

- 5.3 Infant children are provided with fruit as a snack during morning break. All children are welcome to bring snacks to eat during break time, provided that they are healthy and not sugary. Examples of sugary or unhealthy snacks include:
- sweets; *some* reconstituted fruit products; cereal bars; crisps.
- 5.4 The NHS website (www.nhs.uk/change4life-beta/campaigns/sugar-smart/lurking-sugar) gives a list of terms used instead of “added sugar”, but which amount to the same thing: *“Cane sugar, honey, brown sugar, corn syrup, high fructose corn syrup, fructose, sucrose, crystalline sucrose and nectars.”*
- 5.5 It is impossible to provide a definitive list of all foods and drinks deemed acceptable or unacceptable – nor does the school want to police such a system. A compromise is necessary, and parents/carers are kindly asked to trust the school’s judgement.
- 5.6 Staff who notice children with unhealthy snacks at break time are simply asked to replace them with fresh fruit. The snacks will be returned to children at lunch time, if appropriate, or returned to parents/carers at the end of the day (sweets etc.)

6. Hot school lunches

- 6.1 All infant children are entitled to free school meals (FSM).
- 6.2 Hot meals are available every day through a contracted provider. The school has a responsibility to hold the provider to the standards agreed. The provider is bound by the contract to offer nutritionally balanced meals, two vegetable choices and salad (in the summer term). Fresh fruit will always be available as a desert option.

Packed lunches

- 6.3 Parents/carers of children who choose to bring packed lunches will be made aware of our healthy school food policy, and are asked to comply with school guidance about what should and shouldn’t be included in a healthy packed lunch.

7. Policy review

Responsibility for ratification

- 7.1 The policy can be ratified by the whole governing body or this can be delegated to the Learning and Wellbeing Committee.

Interval for ratification

- 7.2 No statutory interval for ratification exists. The governing body currently elects to review this policy at least every three years.