

## Healthy Eating Policy

*Colehill First School is a Rights Respecting School. As such it is committed to upholding children's rights and promoting their responsibilities under the UN Convention for the Rights of the Child (UNCRC). The contents of this policy are fully in keeping with this commitment.*

### What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in Colehill First School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health and wellbeing.

### What are the values that inform this policy?

- We believe that every adult at Colehill First School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want children to understand that good, nutritious food, in the form of a fully balanced diet, is essential to their ability to learn as well as to their long-term health.
- We want children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn core skills by the time they leave the school.
- We believe that food has an important role in developing young people's social skills.

#### 1. Access to Water in School

- Children have access to free and fresh drinking water throughout the school day and are encouraged to have a drink of water during their mid-morning, lunchtime and afternoon breaks.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Water is promoted as a healthy drink above all other possible drinks which may contain sugar and /or other additives.

#### 2. Food throughout the school day:

##### Treats

- We discourage parents from providing, and our children from eating, sweets, chocolates and fizzy drinks before or during the school day. Any 'sweet treats' brought into school by parents as presents to be handed out are sent home unopened with the children at the very end of the school day.

##### Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- We have a breakfast club on site run by Colehill Nursery. This has its own healthy eating policy with regard to breakfast.
- We promote the importance of breakfast as a key meal in the day.

##### Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme. This entitles them to one free piece of fruit or vegetable a day. This is usually taken as a mid-afternoon snack.
- All children have a mid-morning break when they are encouraged to have a drink of fresh water. Squash is not encouraged and fizzy drinks are not allowed, on health and safety grounds. Glass bottles or pressurised

containers are not permitted.

- Children are encouraged to bring in a fruit or vegetable snack from home to eat during the mid-morning break. Sweets and chocolate are not permitted.

### **Lunch Time – packed lunches and hot school meals**

- At Colehill First School, children either bring in their own packed lunches which are stored in the cloakrooms within each classroom, or they eat a hot school meal, supplied by our hot meal provider, currently Forerunner, a company whose provision meets all nutritional standards as laid down by the government. This contract is reviewed periodically, informed by feedback from parents and pupils.
- All children eat lunch in the hall. They are supervised by Lunchtime Supervisory Assistants trained in basic food hygiene and safety, and who also report back to the class teacher if there is a particular concern.
- We make sure children have time to eat their lunch without the need to rush and encourage good manners at all times.
- We are always happy to support parents in making healthy choices when preparing packed lunches to ensure children receive a balanced and nutritious mid-day meal.

### **3. Nut-Free School**

- In recognition that nut allergies are increasingly commonplace, Colehill First School is a completely nut free school. No nuts or nut derivatives are used in cooking ingredients or food technology activities. Lunchboxes should not contain any nut products or nut derivatives. Delivered in hot school meals should not contain any nut products or nut derivatives.

### **4. Food in the Curriculum**

- We exploit opportunities within the existing curriculum to discuss and work with food and we recognise that food has great potential for cross-curricular work. Food education is delivered via the Design and Technology, Science and PSHCE curriculum areas in particular.
- Food Technology / cooking activities are also included in the taught curriculum for years R to 4 inclusive.
- The school's Health and Safety handbook gives detailed guidance on safe food handling, storage and hygiene.

### **5. Schemes and events**

- We try to participate in as many food-related events and schemes as possible in order to promote the aims of this policy.

### **6. Links to other policies**

- This policy has links to our Science, Physical Activity, Design and Technology, and PSHCE policies.

### **7. How is this policy monitored and evaluated?**

- This is a working policy. It will go to consultation with the whole school community, including children, parents, school staff and governors at the time of each review.
- We will review this policy every three years.

**This policy has been reviewed in line with the 9 principles set out in the Single Equality Policy and an initial screening Equality Impact Assessment has been carried out.**

Signed.....

Position: Chair of Academy Committee

Date of adoption: 14<sup>th</sup> November 2017

Date of review: Autumn Term 2020