

Abbots Hall Primary Academy



Healthy Eating Policy

Agreed by Governors: March 2020

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Next Review Date: March 2024

Version control

| Date | Version no. | Key changes from previous version |
|------|-------------|--|
| 2/18 | V1 | New policy |
| 3/20 | V2 | Removal of treat Fridays as an expectation and now a suggestion 4-year Review |

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| This Model Policy was released in: | February 2018 |
| School Staff were consulted on this document and it was accepted by the FGB on: | March 2020 |
| It was ratified by the Governing Body on: | |

Introduction

As a Health Promoting Academy, Abbots Hall is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the 'EVERY CHILD MATTERS AGENDA 2004', and to support the '5 OUTCOMES FOR CHILDREN', promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As an academy, we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Aims and Objectives

1. To improve the health of pupils, staff and the whole academy community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
2. To ensure pupils are well nourished at academy and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the academy day.
3. To ensure that food provision in the academy acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
4. To introduce and promote practices within the academy to reinforce these aims and to remove or discourage practices that negate them.

Organisation

Curriculum

We regard healthy eating education as a whole-academy 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 our academy's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science and Design and Technology curriculums.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum

Management of Eating

At Abbots Hall, we have agreed the following statements:

- Pupils in KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time.
- To ensure consistency across the academy KS2 children will also be encouraged to eat only fruit or vegetables at break time.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day.
- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as *everyday* snacks in academy or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the academy premises or while the children are representing the academy.
- Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.
- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods in accordance with the Lunchbox Guidance leaflet which are available for parents in the front entrance. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.
- The contents of pupils' lunchboxes will be monitored e.g. once a term, by the Family Support Team and/or academy governor.
- As we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in

moderation i.e. *Friday treats*. The “treat” should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. Crisps and chocolate bars continue to be discouraged.

- Birthdays, and special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions, foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an “occasional” treat and not “everyday food”.
- The academy community is aware of the possibility of food allergies within the academy population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room and in the academy kitchen.
- Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the newsletter.

Abbots Hall *cannot* guarantee that all parents will comply with the request and for that reason the academy does not purport to be a “nut free academy”. Further, advice from allergies web-sites suggest that it is in the interest of pupils longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.

Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can to ensure that they are not hungry later in the day.

Healthy Break-time Snack Policy

Abbots Hall Primary Academy recognises the important role of health and nutrition in children development and the need to encourage healthy eating habits from an early age, to help children reach their full potential. It aims to promote the dental health as well as reducing risk of obesity for the children by ensuring that they do not take sugar containing snacks and/or drinks between meals during the school week.

Snacks for break should be:

- Fresh fruit/vegetables, and/or bread-based snacks with a sugar free filling.
- Milk or water.
- Sweets and flavoured and fizzy drinks are NOT permitted during breaktime.

Parents are requested to only send snacks and drinks with their children that comply with those listed above. If children bring sugar containing snacks or drinks to school, they will be removed and returned to the children at the end of the school day. Where possible confiscated snacks will be replaced with a piece of fruit.

Parents are not requested to provide break snacks for years 1 and 2.

The school provides breaktime tuck shop for years 3 to 6 and this complies with those listed above.

Special dietary needs are respected.

Academy Meals

The hot meals service is offered through Thurrock Catering Services. We work closely with the academy cook and with Lunchtime Mid-Day Assistants to ensure they are the healthiest possible. Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guidelines determining the meals that are available through the course of the week and these are in accordance with the new HEALTHY FOOD STANDARDS IN SCHOOLS which came into force in 2006.

The weekly academy lunch menu is displayed in the front entrance for parents. The weekly lunch menu is termly basis for parents and children to discuss meal choices.

The Headteacher monitors the quality of the meals on a regular basis and seeks feedback and comments from the children. Based on the SCHOOL FOOD TRUST INITIATIVE "EAT BETTER DO BETTER" The academy has written the following manifesto for academy lunches

Academy Dinners

Abbots Hall Academy Lunchtime Manifesto

- ☒ We; Respect the children as valued customers
- ☒ Give the children time and space to eat in a calm and attractive environment
- ☒ Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle
- ☒ Encourage the children to find out more about achieving a healthy balance
- ☒ Encourage the children to try new foods and flavours in a supportive environment
- ☒ Promote academy food to children and parents
- ☒ Listen to and accept constructive feedback and respond accordingly

The dining hall is well staffed with midday supervisors and older pupils who assist the children in a variety of ways such as opening yogurt lids or helping the children to salad, keeping table surfaces clean and tidy.

The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion. A well-stocked salad bar is located at the front of the room for the children to help themselves.

Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- ☒ Sitting freely with their friends i.e. packed lunches and academy dinners sitting together
- ☒ Older Year 6 buddies may help younger children with their lunch in a variety of ways including accessing the salad bar, cutting up food etc
- ☒ Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- ☒ Entering and leaving the dining hall in an orderly way; to show respect for other diners
- ☒ Parents or carers will be advised if their child is not eating well
- ☒ Demonstrating good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you" to the cooks, MDAs and other pupils
- ☒ Seeking permission from a MDA before eating dessert and leaving the table

The role of the Family Support Officer

It is the responsibility of the Family Support Officer to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.

The Family Support Officer liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the academy's policy and work within this framework.

It is the Assistant Headteacher's and Family Support Officer's role to ensure that staff are given sufficient training, so that they can teach effectively. The Assistant Headteacher monitors teaching and learning about healthy eating, working with the Family Support Officer and Subject Leads for Design Technology and Science to ensure the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.

The Family Support Officer encourages positive role models amongst the staff by encouraging healthy options for staff 'treats' such as fruit.

The role of Parents

The academy is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our academy through mutual understanding, trust and co-operation. In promoting this objective, we will:

- ▣ Inform parents about the academy healthy eating education policy and practice;
- ▣ Encourage parents to be involved in reviewing academy policy and making modifications to it as necessary;
- ▣ Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at academy.

The role of Governors

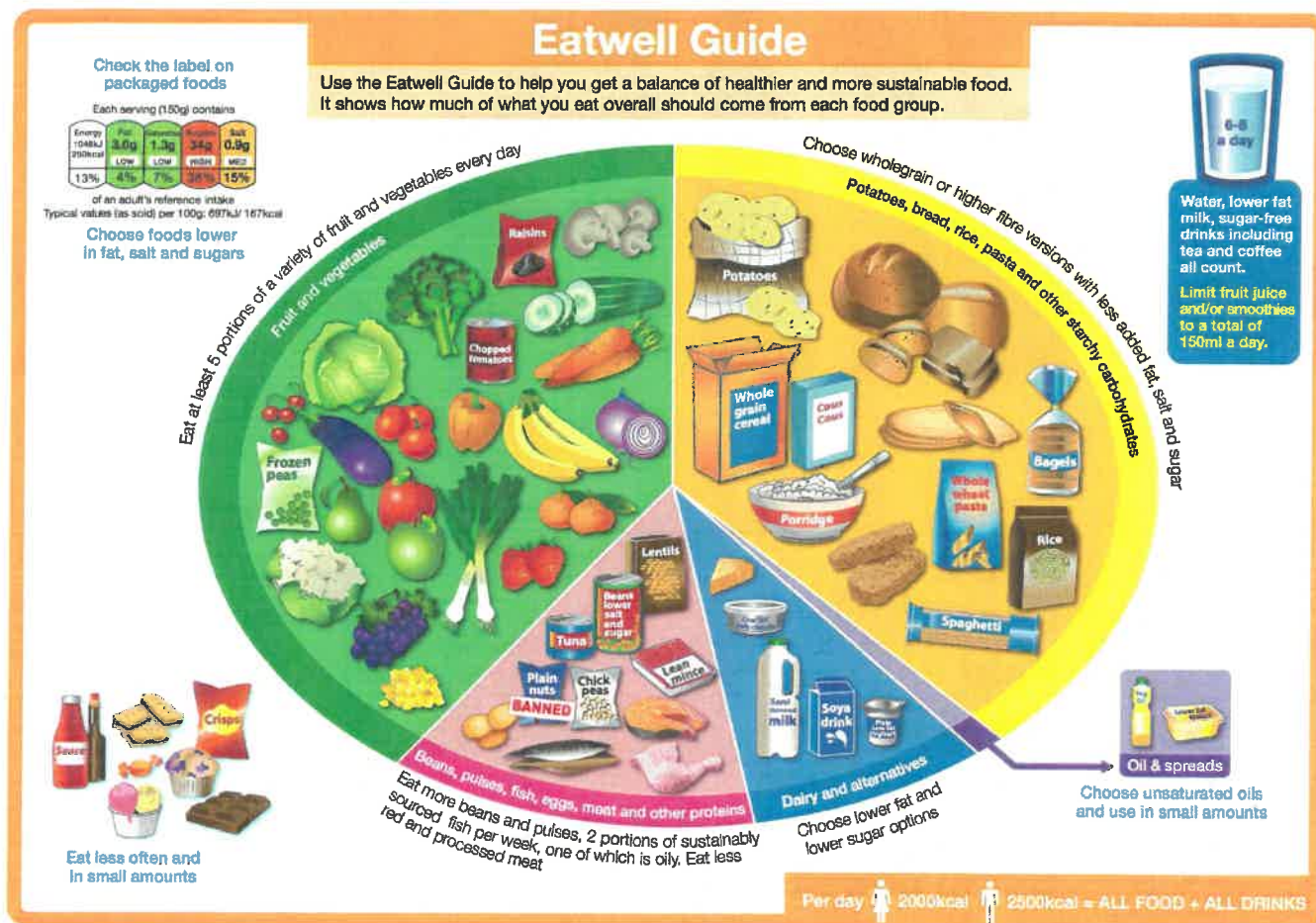
The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

Monitoring and Evaluation

The effective implementation of this policy will be monitored by the Family Support Officer, the Headteacher and the governing body.



Lunch Box Guidance



A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans, or 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 all the other vitamins and minerals. A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a fresh vegetables such as carrot stick, salad or a vegetable soup or vegetable dish.

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 the packed lunch is varied.

AHPA Healthy Tuck Shop!



| <u>ITEM</u> | <u>PRICE</u> |
|----------------------------|--------------|
| Apple | 30p |
| Orange | 30p |
| Pear | 30p |
| Small Banana | 30p |
| Slice of Melon | 30p |
| Cucumber & Carrot Sticks | 30p |
| Small box Raisins | 20p |
| Small bottle of water | 20p |
| Cuplet Juice Drink | 20p |
| Milkshake Various flavours | 40p |

Provided by Thurrock Catering Services