



Ryelands Primary and Nursery School

Healthy Eating Policy

This policy was developed as part of a consultation process involving pupils, staff, parents and Governors of the school, based on best practice advice (where available) from Lancashire County Council.

This policy should be read in conjunction with the following documents:

- Curriculum policies through which healthy eating messages are to be delivered e.g. science, DT, PSHE
- Teaching and learning: particularly how being well nourished and hydrated can assist with learning and ways in which this is encouraged within school
- Health and safety: How basic food hygiene is followed within school including cooking within the classroom environment and the storage of food

Policy Created:		April 2018	
First Presented to Governors for approval:		April 2018	
Proposed Review Cycle/Next Date:		3 Year	May 2024
Approved by (Headteacher)		Approved by (Governor)	
Date:		Date:	
Policy Review History			
Date:	May 2021	Date:	
Key Changes:		Key Changes:	
<ul style="list-style-type: none"> • Date • <i>Further changes to be considered in 2021-2023 when Healthy Eating becomes the focus for school's LHSP award and when Eden Project learning starts food production on school grounds.</i> 			
Presented to Governors:		Presented to Governors:	
		Presented to Governors:	

Ryelands School – Mission Statement

Imagine believe achieve

In our school community every individual is respected valued and nurtured; we share a belief about every child's ability to exceed their dreams.

We teach children to love life themselves and the world around them. Through learning we foster curiosity perseverance and resilience.

We believe that our attributes are not fixed; that our abilities and intelligence can grow through engagement effort and by embracing challenge.

1. Aims- Intent

The main aims of our school healthy eating policy are:

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

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

2. Statement

The school provides an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school healthy eating policy.

3. Organisation and Expectations- Implementation

Breakfast club

We have a breakfast club operating on the school premises. We share our food policy with them and ask them to work in a way that supports our aims and objectives. Providing a healthy and nutritious breakfast while offering the widest selection they can.

Snack

Nursery children all bring a piece of fruit or vegetable to nursery every day, which is washed, cut up and shared out a social time snack time. The nursery children also get fruit/vegetables from the Schools Fruit and Vegetable scheme to eat at snack time. The children are given a choice of milk or water to drink.

Reception children get fruit/vegetables from the Schools Fruit and Vegetable scheme to eat at snack time. The children are given a choice of milk or water to drink.

KS 1 children receive free fruit/vegetables every morning, provided by Government initiative. Parents can also send in a healthy snack for morning break time, as Children on FSM are entitled to free school milk too, others can pay for it.

KS 2 children bring in fruit from home. (*tuck shop has been suspended at present, due to Covid 19 restrictions. Careful consideration needs to take place before tuck shop resumes to ensure children are only purchasing appropriate quantities of healthy foods.*)

School lunches and packed lunches

All our school meals are provided by Lancashire County Council who have a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options. Some children bring a packed lunch to school. All children in KS1 and Reception are entitled to a free, healthy school dinner. The Reception induction booklet informs parents when the children start at Ryelands School that we are a healthy school and packed lunches should contain a variety of healthy foods. It informs parents that fizzy drinks are not allowed and to avoid sugary or salty foods in children's lunch boxes. If welfare staff do see unhealthy foods in packed lunches, they speak to the learning mentor involved, who speak to parents.

Water for all

Water is freely available throughout the school day to all members of the school community. Each child (Reception- Year 6) is provided with a water bottle which is filled each day.

Food across the Curriculum

In EYFS, KS 1 and KS 2, there are several opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Rewards

In general, sweet treats will not be used as rewards in school.

Extended learning opportunities

We have gardening beds in a planting area for children to use, to plant and grow their own foods. There are additional planting areas in nursery, reception and year 1 outdoor areas for food to be grown and eaten. As well as this, the apples and plums grown in the orchard are picked and used for cooking and consumption.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

During out-of-school events, e.g. school discos etc the school will consider the food policy in the range of refreshments offered for sale to the children.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and Review

The head teacher and Healthy Schools co-ordinator are responsible for supporting colleagues in the delivery of the healthy eating policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

4. Resources

Any food items needed each week or provided for specific one-off curriculum activities are purchased through the School Office on a weekly basis. Additional equipment for the preparation of food is stored in both classrooms and the cookery room. The cookery room has two ovens, a hob and a range of utensils that can be used for the preparation of food.

5. Training

Where necessary and appropriate staff involved in the regular handling and preparation of food are provided with food hygiene training (For example, breakfast and after school club staff are trained in Food Hygiene). In instances where food is being prepared for a one-off curriculum based lesson individual staff running these activities are advised to seek advice from trained colleagues to ensure good practise is followed.

Additional best practise training and advice may also feature as part of the content of other, broader training activities. For example, Nurture training, where the use of shared meals and food preparation is a significant feature of the provision.

6. Health and Safety

All food provided by school and activities led by staff are delivered in accordance with the school's Health and Safety Policy, including guidance, where appropriate, from Lancashire County Council and the Health and Safety Executive. Risk assessments for these activities are completed and reviewed on a regular basis (usually every 3 years) and held both on the school's IT network. These include risk assessments for 'Tasting and Smelling' and 'the use of Kitchen Knives in school'.

Water bottles used in classroom for children to use are washed and disinfected on a weekly basis. A COSSH risk assessment has been completed for the products used in this process.