

# St Lawrence CE Primary School



## School Healthy Eating Policy

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Ref : STLAW.021  
Version 4.0

**Revised: June 2018**

**Consultation with staff and Governors**

**and adoption of policy: Summer Term 2018**

**Review date: Summer Term 2021**

## **1. Introduction**

This document is freely available to the school community via the school website.

## **2. Aim**

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to the school.

## **3. Rationale**

All recent studies have shown that obesity is increasingly prevalent among children. Since the first Caroline Walker Trust school meal guidelines in 1992, the number of school aged children in England and Wales who are overweight or obese has doubled and evidence from the National Diet and Nutrition Survey of young people in Britain aged 4-18 published in 2000 suggests that;

- For many children, intakes of saturated fats and sugars are high and intakes of vitamin A, riboflavin, folate, zinc, iron, magnesium, calcium, potassium and iodine are often low, compared with reference nutrient intakes.
- Children eating less than half the recommended 5 portions of fruit and vegetables a day and 20% of 4-18 year olds surveyed ate no fruit at all in an average week.

To 'Be Healthy' is one of the five outcomes stated in the 'Every Child Matters' document, which provides a cornerstone for all policies relating to the health and well-being of young people. Evidence suggests that action in schools can affect key health outcomes. A key area for improvement is school food which should reinforce healthy eating messages from the classroom. Food eaten at school provides a significant proportion of children's intake and can encourage pupils to eat more fruit and vegetables and develop a taste for foods low in sugar, salt and fat. Schools offer a place where the government and others can support most children and young people in making informed choices about their diets, now and in later life and provide them with access to healthier foods.

This school policy was produced after consultation with children, parents and staff.

#### **4. Objectives**

- To improve dining arrangements.
- To promote healthy lunchbox items.
- To promote healthy snacks and treats.

#### **5. Morning Snacks**

KS1 children take part in the Free Fruit Scheme and have a piece of fruit following morning break.

Children in Key Stage 2 can bring a piece of fruit for morning break.

All children who bring their own snacks are asked to only bring fruit or vegetables.

#### **6. Healthy Lunchboxes**

Our school provides guidance to parents on appropriate packed lunch options. This is done through the 'Welcome to our school' induction pack.

We ask parents to support our healthy eating policy by ensuring that lunchboxes contain:

- ✓ A starchy food such as bread.
- ✓ A meat, fish or alternative such as egg or cheese.
- ✓ At least one portion of fruit and one portion of vegetables.

Children are not allowed to bring sweets, chocolate bars or crisps.

Such information is also reflected in the school prospectus.

## **7. School Lunches**

All school lunches comply with the National Nutritional Guidelines at all times and are provided via Telford and Wrekin LA.

When the school provides a packed lunch choice, the packed lunch will meet the nutrient based standards for school lunches.

Clean and palatable drinking water is freely available for all students during lunchtime.

Foods that are appropriate to the cultural and religious needs of the school population will be on offer.

We will ensure that those students who are vegetarian are provided for and that the food options meet the national nutrient based standards.

## **8. Drinking**

All students have water bottles which are freely available during most lessons (excluding lessons where health and safety make this impossible such as ICT).

Carbonated and fizzy drinks are not allowed in school.

Water is freely available throughout the school day from the taps in each classroom and through use of personal water bottles.

All personal water bottles are named, washed out each day and the water is changed every day.

## **9. Promotion of Food at School**

Information regarding appropriate food options brought from home for morning break and lunchtimes will be provided for all parents within the school prospectus and communicated to existing parents via our weekly newsletter, when required.

Food will not be used as a reward in school.

There will be no withholding food as a punishment.

Information will be clearly provided and health food options will be pointed out to students to allow them to make informed choices.

Our school does not advertise branded food or drink products on the premises, school equipment or books and will ensure that any collaborations with business does not require endorsements of brands or specific company products.

All staff are asked to provide a positive role model for children for example in snacks and drinks chosen for themselves and in their attitude to food and eating.

All school staff should encourage students to choose a healthy balanced meal and explain the importance of physical exercise.

## **10. Communication about Food in School**

In our school all parents will be sent home a copy of the lunchtime menu at the start of each term.

## **11. Curriculum**

Within the school curriculum we will actively ensure that all students will acquire knowledge, skills and practical experience in food and nutrition during their school career so as to be provided with the appropriate skills and knowledge of how to eat well when they become independent.

## **12. Monitoring and Evaluations**

Lunchtime supervisors and playground duty staff will monitor the snacks children bring for playtimes and the choices they make at lunchtime / through their lunchboxes. Concerns should be reported to the head of school as soon as possible.

### Approval Information - Governors

Position	Chair of Governors/Parent Governor
Name	Mr Paul Evans
Signature	
Date	

Position	LA Governor
Name	Mrs Helen Ashby
Signature	
Date	

Position	Foundation Governor
Name	Rev H Morby
Signature	
Date	

Position	Foundation Governor
Name	Mrs P Jones
Signature	
Date	

Position	Co-opted Governor
Name	Mrs Alison Moore
Signature	
Date	

Position	Co-opted Governor
Name	Mrs Rachel Voiculescu
Signature	

Position	Staff Governor
Name	Mr Laith Al-Asmar
Signature	

### Approval Information - School

Position	Executive Head Teacher
Name	Miss Helen Osterfield
Signature	
Date	

Position	Head of School / Class 1 Teacher
Name	Mrs Alison Moore
Signature	
Date	

## School Healthy Eating Policy

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Position	Class 2 Teacher
Name	Mr Laith Al-Asmar
Signature	
Date	

Position	Class 3 Teacher
Name	Mrs Claire Standish
Signature	
Date	

Position	Class 1 & 3 Teacher
Name	Mrs Emily Barker
Signature	
Date	

Position	School Business Manager
Name	Mrs Amanda Care
Signature	
Date	

Position	School Administrator
Name	Mrs Michelle Stevens
Signature	
Date	

Position	HLTA
Name	Mrs Kerry Tudor
Signature	
Date	

Position	Cover Supervisor/Lunchtime Supervisor
Name	Mrs Tracey Jenkins
Signature	
Date	



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Position	Cover Supervisor/Lunchtime Supervisor
Name	Mrs Caroline Sankey
Signature	

Position	Cover Supervisor/Lunchtime Supervisor
Name	Mrs Heather Kynaston
Signature	
Date	

Position	Teaching Assistant
Name	Mrs Anita Pollard
Signature	
Date	

Position	Apprentice
Name	Miss Olivia Meakin
Signature	
Date	