



## MANOR INFANT SCHOOL & NURSERY

<b>Approval By:</b> School
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<b>CHAIR OF GOVERNORS &amp; HEADTEACHER TO COMPLETE</b>
<b>Review Approved (signature):</b> <i>R.E. Anderson</i>
<b>Date Approved:</b>

### Healthy eating and Whole school food policy

*'Valued as Individuals, Inspired as Learners'*

#### Introduction

Manor Infant School and nursery recognises that it is part of a diverse community and strives to meet the needs of all its children, regardless of ability, culture, gender, race, socio-economic background or disability. The ethos in our school and nursery is summed up in our vision and mission statement.

#### Rationale:

As a school and nursery, we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards. We also recognise the role the school and nursery can play, as part of the wider community, to promote family health.

#### Aims:

- To improve the health of children, staff and their families by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.
- Ensure children are well nourished at school, and that every child has access to safe, tasty nutritious food, and a safe, easily available water supply during the school day.
- To present consistent, informed messages about healthy eating within school and nursery through all practices.
- To ensure that food provision in the school and nursery reflects the medical and ethical requirements of children and staff, for example: medical, allergenic, religious, ethnic and vegetarian needs.

- To ensure the provision and consumption of food is an enjoyable and safe experience.

### **Implementation:**

The school and nursery will work towards these aims in partnership with all parents and carers.

The food and nutrition education element focuses on four strands of the national curriculum framework :

- **Personal development** developing confidence and responsibility and making the most of their abilities
- **Active citizens** preparing to play an active role as citizens
- **Health & Safety** developing a healthy, safer lifestyle
- **Relationships** developing good relationships and respecting the differences between people

The food and nutrition education element also encourages the following values :

- Respect for self
- Respect for others
- Responsibility for their own actions
- Responsibility for their family, friends, school and wider community

### **Equal Opportunities**

Manor Infant School and nursery is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

### **Ethnic and Cultural Diversity**

Different ethnic and cultural groups may have different attitudes to Healthy Eating. At Manor Infant school and nursery, we will consult children, parents and carers about their needs, take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

### **Curriculum Content**

Topics and themes will be revisited from year to year, as appropriate, taking account of the children's development. At Manor Infant School and nursery, healthy eating is delivered within a whole school approach which may include :

- Topics
- Planned aspects of PSHE, science, DT geography, RE and other curriculum areas
- Special performances

- Pastoral time (e.g. circle times)
- Story times
- The personal, social and emotional development area of learning in the Foundation Stage (eg fruit at break times)
- Extra- curricular activities
- Special projects (eg healthy eating sessions, tasting sessions, competitions)

## **Specific Issues**

### **School Fruit/Vegetable Scheme and milk**

The school is fully involved in the School Fruit & Vegetable Scheme, which provides every child aged 4 to 6 with a free piece of fruit each day. All children are encouraged to have a piece of fruit at snack time, and also encouraged to taste and try new fruits and vegetables available. The drinking of milk or water will also be encouraged at this time. Children up to the age of 5 years are entitled for free school milk.

### **Breakfast Club**

Children at the school can access the Breakfast Club which is run by qualified staff. Healthy items such as cereal, milk, fruit juice, water and toast are served daily.

### **School Meal Provision**

School meal provision meets government nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of children and staff. Sandwiches, salads, fruit and vegetables are always part of the menu.

Catering staff are supported with an in-service training programme by their employers and they monitor the temperature of food daily.

### **Packed Lunches**

Parents and carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are not encouraged in packed lunches, and only fruit is allowed as a playtime snack.

### **Water Provision**

All children and staff have access to drinking water at all times. Consumption is permitted both in the class, and during break and lunchtimes. Water is also available during sport activities.

### **Special Events**

The school ensures that healthy options are available at special events, like class Christmas parties. Children are not encouraged to bring birthday cake to school or a bag of sweets back from a holiday.

### **Sponsorship**

The school considers carefully the messages being sent out to children before becoming involved in any sponsorship schemes; for example schemes which require the consumption of large amounts of fatty or sugary snacks.

### **Hygiene**

Children are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by food service providers. Cleaning and disinfectant schedules are regularly inspected by the Health & Safety Representative and the catering service provider. All staff employed in food preparation hold a basic food and hygiene certificate.

### **Allergies**

Parents and carers inform the school if a child suffers from an allergy, identifying the foods to which the child reacts, and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of child allergies, a list of class health issues is part of the class 'folder'. Children with allergies are also identified for kitchen, lunchtime and school staff. Under no circumstances are children allowed to bring nuts or peanut butter into school due to children with severe nut allergies.

### **Food Poisoning**

In the event of a food poisoning outbreak, advice will be sought from the LA Health & Safety Department, and the local Environmental Health Officer.

### **Outside Organisations**

Outside organisations will be used to support and assist teaching staff in the development of classroom based work. If the school or a parent has any concerns regarding a specific child, the head teacher will initially seek advice from the school nurse. Other information can be taken from the Healthy Eating Guidelines document, which is attached to this policy.

### **Dissemination of the Policy**

All staff members and school governors will receive a copy of this policy.

### **Monitoring, Evaluation and Review**

The policy will be reviewed, and amended as part of the Governor responsibilities. Any relevant comments from recent Ofsted inspections, Healthy Schools Initiative status, or other evaluations completed, will also be included in the evaluation and review process.

