



MANOR JUNIOR SCHOOL

Motivation, Joy, Success!

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Healthy Eating Policy

Spring 2019

Ratified and agreed on: _____

Signed: _____ Mrs C. D'Netto

Mrs C. D'Netto
(Headteacher)

January 2019

Date: _____

Policy to be next reviewed: Spring Term 2022 _____

Spring Term 2022

Healthy Eating Policy

1. Introduction

Manor Junior School is dedicated to promoting a healthy lifestyle and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat through our core values of Enthusiasm, Respect, Inclusion and Challenge-ERIC. This is achieved through a whole school approach to food and nutrition documented in this policy. At Manor Junior School we understand the importance of children's health and well-being and aim to provide pupils with the knowledge of healthy food choices. Manor Junior School is also committed to the Healthy Schools London programme and aims to follow the guidelines. This policy was formulated through consultation with staff, parents and pupils.

2. Healthy Eating Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide and encourage healthy food choices throughout the day.
- To continue to educate parents and carers on the importance of healthy eating through the schools Parents in Partnerships mornings.
- To encourage pupils who bring packed lunches to school to choose healthier options.

In healthy eating, as in all other areas of our 31 curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all pupils.

Curriculum

Food and nutrition is taught at an appropriate level throughout key stage two. The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T). This includes the teaching of cooking skills in D&T. Through our 31 curriculum we ensure that the curriculum is rich and allows for the pupils to develop their independent thinking skills to help them develop a positive attitude to healthy eating. (Appendix 1)

Science – Pupils study a range of topics that provide an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Pupils learn about living things including growing plants.

Examples:

Year 3 look at healthy diets and experiment with foods from different food groups.

Year 6 recap on a balanced diet and relate it to fitness e.g. looking at the heart rate before and after exercise.

Design and Technology (DT) – Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught in each year group through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products.

Examples:

Year 3 make chutneys and lasses during their India unit. They look at ways they could make the chutney healthier e.g. adding less salt.

Year 4 design and make their own pizzas.

This is supported through:

Cross Curricular Links

- **Physical Education (PE)** - Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physically activity for both their short term and long term wellbeing.
- **Personal, Social and Health Education (PSHE)** – Encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people. From time to time, visits may be planned to local allotments or farms. Links may also be made with other outside organisations e.g. restaurants or supermarkets.
- **Religious Education (RE)** – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

Role of Staff

It is the responsibility of school staff to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively.
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils.
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with pupils on these issues are aware of the school policy and work within this framework.
- Liaise with caterers
- Monitor teaching and learning about healthy eating.
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- Encourage positive role models amongst all staff.

Extra-Curricular Activities

The school provides a gardening club during in Spring 2, Summer 1 and 2 and Autumn 1, to give additional opportunities for pupils with an interest in this area. The school aims to provide a cookery club, developing basic skills in planning, preparation and cooking healthy meals and an understanding of basic food hygiene.

3. The whole-school approach

A whole-school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the whole-school community about healthy eating and good nutrition within school. This is done through the schools Parents in Partnership where parents are invited in to discuss healthy eating in schools. The school nurse is also available to help parents and carers who are concerned about their pupil's eating habits.

4. Food and drink provision throughout the school day

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at. <http://www.schoolfoodplan.com/standards/>

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school does not provide a breakfast club to children however there is a morning club in the school run by an outside provider. This provider operates a breakfast that provides a nutritious meal for pupils before the school day. The breakfast menu includes: low sugar cereals, fruit, toast, milk and water.

This club meets the School Food Standards.

School Lunches

The school provides pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the catering team and meets the School Food Standards for school lunches. Pupils are encouraged to have a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime.

Drinks

The School Food Standards recommend that drinking water should be available to all pupils, everyday, and free of charge. The school provides a free supply of drinking water at lunch times to children that eat school meals and packed lunch. Water is poured for each child at lunchtime and can be refilled upon request. Drinking water is freely available all day to every child. All classes have drinking water in the classrooms with water fountains available for children at break times.

Home Packed Lunches

The school encourages parents and carers to provide pupils with packed lunches that complement the School Food Standards. This is achieved by promoting healthy, nutritious packed lunch options. The school recommends that pupils are provided with:

- A least one portion of fruit and one of vegetables.
- Meat, fish or other sources of non-dairy protein e.g. tofu.
- A starchy food such as any type of bread, rice or pasta.
- Dairy food such as milk, cheese and yoghurt.
- Only water-still

We recommend that parents avoid adding foods that are high in fats and sugars e.g. crisps, chocolate, cereal bars to lunch boxes.

Special Events

Food provided for special events e.g. class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. Food is not used as a reward system. The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school (house points).

5. Promoting healthy eating messages through the school environment

Role of Parents/Carers

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

- Inform parents/carers about the school healthy eating education policy and practice.
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

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/carers about the food policy as require.

6. Quality of the Environment

The eating environment and the social aspects of meal times

Meal times provide opportunities for pupils to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by ...

- Monitoring noise levels
- Giving the opportunity to eat food without being rushed
- Having appropriate furniture and seating
- Staff supervision
- Appealing presentation
- Providing positive messages about food

7. Special Diets for Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

The catering services offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

8. Monitoring and evaluation

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.

9. Review

This policy will be reviewed every three years or as change in Government policy dictates.

Date policy implemented: Spring Term 2019

Review Date: Spring Term 2022