

# Healthy Eating Policy

May 2016



Date Reviewed	<b>May 2016</b>
Signed	
To be Reviewed	<b>May 2018</b>

## Context

Ilfracombe Church of England Junior School is a large school with 413 7-11 year olds currently on roll. Ilfracombe is the highest socially and economically deprived ward in Devon. The highest level of unemployment (45.5%) is within Ilfracombe Central, which is significantly above the average for North Devon, as well as one of the highest ASRs for coronary heart disease and cancers. Ilfracombe Central also shows a higher rate of drug offences, theft and violent assaults than the comparison areas. We have the highest child poverty and the Children's Fund project is working with families in Ilfracombe.

## Policy Formation & Consultation Process

In 2003 the school decided to take over the running of our kitchen in order to provide the children with a healthier diet, using locally sourced fresh produce wherever possible. A Health & Well-Being group (comprising of the Head Teacher, PSHE Coordinator, Kitchen Manager, Senior Administrator and the Family Worker) was subsequently formed to look at all aspects of food and nutrition within our school.

This policy has also been written in line with the "Every Child Matters" agenda with its five key outcomes of:

- Being healthy
- Staying safe
- Enjoying and achieving
- Making a positive contribution
- Economic well-being

## Aims of the Healthy Eating Programme

Ilfracombe Church of England Junior School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- 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
- Present consistent, informed messages about healthy eating within school through all school practices

- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff, for example medical, allergenic, religious, ethnic and vegetarian needs
- Ensure the provision and consumption of food is an enjoyable and safe experience

The school will work towards these aims in partnership with the parents / carers.

Food and nutrition education forms part of the formal curriculum through Science, RE, Geography, PSHE and Citizenship, DT and Life Skills.

The food and nutrition element within the PSH & Citizenship programme focuses on the 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 lifestyles  |
| • Relationships        | Developing good relationships and respecting the differences between people     |

## **Morals and Values Framework & Ethos of the School Statement**

The food and nutrition education element of the Science, Geography, RE, PSHE & Citizenship, DT and Life Skills programmes will reflect the school's overarching aims, and demonstrate and encourage the following values:

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

## **Equal Opportunities Statement**

Ilfracombe Church of England Junior School 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. The school will consult pupils and parents / 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 taking account of the pupil's development and the spiral curriculum concept.

The content of the Healthy Eating education programme including learning outcomes will be based on the recommended education curriculum programme 'Health for Life' as a framework.

Ilfracombe Church of England Junior School Healthy Eating is delivered within a whole school approach, which includes:

- Topics
- Through planned aspects of PSHE, Science, DT, Geography and RE
- Addressed occasionally in assembly time
- Through pastoral time, e.g. circle time
- Through extra-curricular activities, e.g. gardening club (growing organic vegetables)
- Life Skills – healthy eating (balanced diet, importance of breakfast, five-a-day)

## Organisation

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## Organisation

The food and nutrition element of the formal curriculum will be coordinated by the coordinators for Science, PSHE & Citizenship and DT.

Active learning methods, which involve pupils' full participation, will be used. At present, members of staff are committed to delivering elements of food and nutrition education supported by an in-service training programme.

Liaison procedures, which facilitate the spiral curriculum, are already in place.

The programme is also supported by a range of outside organisations and visitors who enhance the delivery of the programme and provide relevant and specialist information, e.g. Junior Life Skills.

## **Specific Issues**

### **School Meal Provision**

School meal provision meets government nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils. Sandwiches, jacket potatoes, salad, fruit and vegetables are readily available for all. Menus are on display in the school.

Themed school meals, designed by the children (after input from our kitchen manager on the importance of a balanced diet) are also provided throughout the year.

Parents are regularly invited to eat with the children at lunchtime.

Dining room supervisors are supported with an in-service training programme, which includes sessions on food and nutrition awareness (including allergies), hygiene and behaviour strategies. Catering staff monitor the temperature of food daily. Regular meetings are held between the catering manager and the head to ensure a good working relationship where the catering environment and the food provision are reviewed.

### **Packed lunches**

Parents/carers are encouraged through newsletters to provide healthy packed lunches for their children. Fizzy drinks and sweets are not permitted in packed lunches or as snacks. Contents of lunch boxes are carefully monitored by mealtime supervisors. Any issues are reported to safeguarding officers.

### **Healthy Lifestyles Life Skills**

Groups of children learn the importance of hygiene in food preparation, what constitutes a balanced diet and how to prepare a healthy packed lunch, breakfast and fruit drink.

### **Water Provision**

All pupils have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and consumption is permitted both in the class and during break and lunch times. Water is also available during sport activities.

### **Breakfast Club**

The kitchen offers toast and cereal prior to school starting.

## Special Events

The school ensures that healthy options are available at special events, e.g. nutritious food is provided for outside agencies.

## Sponsorship

The school considers carefully the messages being sent out to the pupils before becoming involved in any sponsorship scheme. Schemes which require the consumption of large amounts of fatty or sugary snacks are not promoted.

## Growing Schools Scheme

The school has a gardening club. The pupils grow their own organic fruit, vegetables and herbs. The member of staff in charge has attended a composting course and a compost bin has been started.

## Reward Systems

All staff recognise the need for consistent messages about healthy eating within school. Sweets are not used to reward good behaviour or work.

## Fair Trade Products

The school uses Fair Trade products in the staff room.

## Free School Meals Provision

The school encourages all families entitled to free school meal provision to access this assistance. Monitoring of uptake is undertaken confidentially.

## Cookery Club

A weekly after school club gives children the opportunity to learn the importance of a balanced diet, food hygiene and how to cook simple recipes.

## Hygiene

Pupils are encouraged to wash their hands after going to the toilet and before handling food. Food service providers comply with all government regulations appertaining to food hygiene. Cleaning and disinfectant schedules are regularly inspected by the Health & Safety Coordinator and DCC Catering Manager (Client Support). All staff employed in food preparation hold an intermediate food and hygiene certificate. At present, all members of staff involved in the provision of food and nutrition are supported by an in-service training programme. An independent food hygiene inspection of food storage, meal preparation and food serving areas is carried out annually. The water supply is regularly tested.

## Allergies

Parents / carers inform the school if a child suffers from an allergy, identifying the foods to which he/she reacts and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of pupil allergies a list of class health problems is kept in each classroom. Pupils with allergies are also identified in the kitchen, in the first aid room and on office and staff room notice boards. All members of staff are aware of the schools medical Health & Safety procedures.

### **Food Poisoning**

In the event of a food poisoning outbreak advice will be sought from the LEA Health & Safety department and the local environmental health office.

### **Outside Organisations**

Outside organisations will be used to support and assist the teachers in the development of the classroom-based work. If the school or a parent has any concerns regarding a specific pupil the head will initially seek advice from the school nurse.

### **Assessment & Recording**

Food and nutrition elements within the Science curriculum will be formally assessed. Ilfracombe Church of England Junior School is also keen to recognise and promote pupil's achievements in a wide range of activities and events.

### **Dissemination of the Policy**

All staff members and governors will be made aware of this policy. Several copies are available to view in the school office upon request, and a copy of the policy is also available on the school website.

### **Monitoring & Evaluation of the Policy**

An annual report will be made to the governors and a summary will be given in the School Profile annual report to parents / carers.

A nominated governor will have a link role between the school and the governing body.

Any relevant comments from recent OFSTED inspections, healthy schools status, or other evaluations completed will also be included in the evaluation and review process.

### **Date for Review of the Policy**

The policy will be reviewed in September 2013 using a consultative process which identifies teacher and whole staff; children; parents / carers and governor feedback on food and nutrition provision and Healthy Eating education within the whole school community.