



Healthy Eating Policy

Guidance Information

Author: Head of Primary

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Next Review Due: July 2026

Introduction

At Chichester Free School (CFS) we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle.

We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Aims

- To improve the health of pupils, 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 diet, hygienic food preparation and food storage.
- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and an easily available (clean) water supply during the school day.
- To encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.

Objectives

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To ensure that all staff with responsibility for food have basic food hygiene training.

Water Provision

At CFS we actively encourage all pupils to drink water each day with water bottles kept in classrooms. Children are encouraged to drink more after physical exercise and on hot days. Water is available on the tables at lunch time. Everyone has access to many water-coolers stationed throughout the school which provide cool, clean and filtered water. We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

In class, pupils should only consume water and not juice, squash or fizzy drinks. However, these items may be consumed on special occasions such as an end-of-term party.

Snacks

Staff and pupils are encouraged to eat snacks and have drinks that are low in saturated fat, sugar and salt – preferably, fruit or vegetables at break time. Crisps and other pre-wrapped foods are discouraged as a break time snack because of the increased amount of litter that they cause.

All Foundation Stage and Key Stage 1 children receive a complimentary piece of fruit or vegetable every day as part of the Government initiative.

Lunchtime food provision

The school provides school meals, free school meals and facilities to eat packed lunches. All children have their lunch hour between 12:00 pm and 1:00 pm (with Reception starting this process a little earlier at 11:30am).

We try to make the dining environment as pleasant, calm and enjoyable as possible.

School staff (and occasionally Year 6 helpers) are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to offer assistance if needed.

All children in the dining hall are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this.

Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- sitting with their peers
- promoting the correct use of cutlery
- being encouraged to try a variety of foods at lunch times to develop a balanced diet
- saying please and thank you
- Parents or carers being advised if their child is not eating well

Whilst the dining staff strives to keep the noise level down in the dining hall and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

School Dinners

CFS work closely with the catering company Innovate who provide meals which meet the national guidelines for nutritional standards.

Primary children will only access the dining hall during lunch time, where there will be a choice of three meal items which parents/carers would have selected two weeks in advance. The three-week menu cycle for Primary pupils is available on the school website, this also includes instructions on how a child's online account can be set up. A drink of water is provided with each meal and jugs of water are available on each table.

Secondary pupils will have access to the dining hall at break and at lunch time and will have the flexibility to purchase a variety of items including hot and cold meal deals as well as snack items and breakfast. As a great addition, we also offer breakfast from 7.45am.

Pupils can purchase items in the dining hall by using their fingerprint to access the balance on their ParentPay account. Money will need to be added to the pupil's ParentPay account to enable payment via fingerprint.

More information can be found here - <https://www.chichesterfreeschool.org.uk/catering/>

Packed Lunches

The school is committed to informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. The school provides areas for the eating of packed lunches where pupils have access to drinking water and facilities to dispose of waste. Lunch boxes are informally monitored on a regular basis by adults on duty, who pass on concerns to the class teacher/form tutor, who in turn may contact parents/carers if appropriate. Pupils are encouraged to think about bringing healthy food items and discouraged from wasting food or throwing it in the bins.

If child prefer to bring a packed lunch into school, a lunchbox should ideally contain one of each of the following:

- Bread/Cereal - such as wraps; sandwiches; cold pasta; breadsticks and rice cakes.
- Meat/Fish and Alternatives - such as ham; tuna; eggs or houmous.
- Milk/Dairy - such as cheese spread/slices/cubes, hard boiled eggs, low sugar yoghurt.
- Fruit and Vegetables – such as fresh or dried fruits, vegetable sticks, salad in wraps.
- A treat if you wish - such as a small slice of cake or a biscuit.
- Drink – water or squash
- No nuts
- No fizzy drinks
- No energy drinks

Celebrations, treats and rewards

The school recognises that food is often an important element of celebrations and will ensure that healthy options are available. The school will use only non-food-based rewards on a day- to-day/week-to-week basis, with food-based rewards only being allowed at the end of term or on special occasions sanctioned by the Head of Primary/Secondary. Pupils are permitted to bring in cakes or sweets to share with their class on their birthday, although these should be handed out at the end of the school day and consumed at home. In this circumstance, staff should be mindful of pupils with allergies and, if in doubt, not allow them to consume this food.

Before and After school provision

Cake sales

It is recognised that cake sales are an excellent way for pupils to raise money for the school's charities and are therefore permitted. Pupils and staff purchasing cakes at cake sales should be aware that, due to the fact they are usually donated by parents etc., they may contain allergens such as traces of nuts or gluten, and this should be reiterated during the course of the sale.

Staff should be particularly vigilant at these times with regard to pupils with identified allergies. Parents will be notified of any planned cake sales in order that they may contact the school in advance should they not wish their child to partake. It is requested that cakes brought in for a cake sale should be free of nuts.

Partnership with Parents and Carers

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example. We will:

- Keep parents informed about healthy eating policy and practice through our newsletter.
- Take seriously and respond to any issue which parents/carers raise with teachers, head or governors about this policy and practice in school.
- Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.

- Remind parents regularly about the desirability of their child/ren having a bottle of fresh water every day and those children in Key Stage 2 having a healthy snack of fresh/dried fruit or vegetables.
- Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.

Monitoring this policy

This policy will be monitored through the following:

- The contents of pupils' lunchboxes will be monitored
- Seeking the views of parents and governors
- Discussions with staff and catering staff
- Observations of the dining hall/activity room at lunchtime
- Observations of break time eating habits
- Scrutiny of teachers' PSHE/Food technology lesson plans
- Discussion with the catering contractor about the food offered

Allowed and encouraged at break and lunchtime



Discouraged at breaktime could be included in packed lunch



**Not Allowed – including at lunchtime – birthdays and treat week only –
Never bring nuts (severe allergies) or fizzy drinks**

