



Health Eating Policy

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| Author/Owner | Curriculum Committee | | |

1. Context

St. Thomas Primary School is a community primary school for girls and boys aged 4 – 11. The school has the capacity for 210 children on roll, who historically come from both single and dual parent families. In each year there are children identified with special educational needs. There is a wide social mix and very varied family backgrounds. Children generally enter school below National expectations for their age. The school covers an urban residential area on the west side of the city of Exeter. The school has a supportive Governing Body, a Parent Teacher Association, which involves itself mainly in fund-raising, and St. Thomas Community Association Partnerships (St. Thomas CAPs), which undertakes projects to support learning.

2. Aims

St. Thomas Primary 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 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.
- 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 children 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 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

3. Equal Opportunities

St. Thomas Primary School is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

4. Ethnic and Cultural Diversity

Different ethnic and cultural groups may have different attitudes to Healthy Eating. The school 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.

5. **Curriculum Content**

Topics and themes will be revisited from year to year, as appropriate, taking account of the children's development. The content of the Healthy Eating education programme including learning outcomes will use the recommended education curriculum programme 'Health For Life' as a framework.

At St. Thomas Primary School, 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 (eg circle times)
- Storytimes
- 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)

6. **Specific Issues**

6.1 **School Fruit & Vegetable Scheme**

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.

6.2 **Breakfast Club**

Children at the school can access the Breakfast Club which is run by the on-site Little Saints Pre-School. Healthy items such as cereal, milk, fruit juice, water and toast are served daily.

6.3 **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, jacket potatoes, fruit and vegetables are always part of the menu.

The School Council is asked to report on school dinner provision. They consider the organisation of the dining experience and the food provided. Dining room supervisors are supported with an in-service training programme by their employers. Catering staff monitor the temperature of food daily.

6.4 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 or hard cheese is allowed as a playtime snack.

6.5 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 sports activities.

6.6 Special Events

The school ensures that healthy options are available at special events, like class Christmas parties. If a child brings a birthday cake to school or a bag of sweets back from a holiday, these are divided up for distribution at home time.

6.7 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.

6.8 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 p[reparation hold a basic food and hygiene certificate.

6.9 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 'supply folder'. Children with allergies are also identified for kitchen, lunchtime and school staff.

7.10 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.

7.11 Outside Organizations

Outside organizations 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 headteacher 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.

8. Dissemination Of The Policy

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

9. Monitoring, Evaluation and Review

The policy will be reviewed, and amended as part of the Governor Curriculum Committee's 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.

10. Document History

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| 1.1 | Reformatted to policy template, October 2007 (Clerk to Governors) |
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| 0.1 | Drafted by DMP, November 2006 |