Queensway School

Healthy Eating Policy

At Queensway School we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and thrive. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy has been reviewed to take into account and comply with the mandatory National School Food Standards (January 2015). These standards:

- Outline what can and cannot be provided during the extended school day (between the hours of 8am and 6pm)
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

Food provision in our school

Food Safety

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by external caterers). Staff follow guidance on food hypersensitivity (allergen management) as given in Allergen Awareness training (see below).

Break Time

Break time snacks include both those brought from home and provided by school. Children in the Nursery, Foundation Stage and Key Stage 1 benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day. All children in Key Stage 1 and 2 can bring a snack from home, but these should be fruits or vegetables only. We aim to limit the use of dried or pressed fruits such as raisins due to the sugar content and this is communicated to parents.

Lunchtime Provision

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and the 'Eatwell Plate' and compliant with the School Food Standards.

All children are encouraged to wash their hands before any consumption of food. Children will sit and eat their lunch in a designated area, under adult supervision. Age-appropriate utensils are provided to help foster independence (if required).

We will provide Universal Free School Meals for children in Reception and Key Stage 1 encouraging parents to take up this offer. Children across all year groups who are entitled to Free School Meals are supported to access this provision. Children in Nursery and Years 3-6 are able to purchase school meals. We are committed to providing food which is compliant with all national guidelines. Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to develop independence during mealtimes by opening packets, cutting their own food where appropriate, and eating independently. All children are supported to tidy up after eating, while pupils in Years 4 to 6 independently tidy away their trays at the end of the meal.

Fresh Start is the school meal provider for Queensway. They are fully compliant with the School Food Standards.

Drinks

In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards. Children can bring a bottle of water with them to school which they can drink through the day. Fizzy drink or fruit juices are not permitted.

Packed Lunches

Some families prefer to provide a packed lunch and we are aiming for packed lunches to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to balance health and nutrition . https://www.nhs.uk/change4life/recipes/healthier-lunchboxes

Breakfast and After School Club

Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have Level 2 Food Hygiene and Allergen Awareness training (food hypersensitivity). There are regular opportunities to discuss healthy eating as part of their general activities.

Cooking Club

Staff who lead cooking club have basic food hygiene and preparation certification. Children follow a balance of sweet and savoury recipes. Children learn about the nutritional value of the ingredients and how it is produced. Children are allowed to take home the food they make in cooking club.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays, we would ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. At events organised by the Friends of Queensway there will be balance between treat foods and healthy alternatives.

Halal provision and dietary requirements

Halal meat is not provided but there is always a suitable vegetarian option available. The vegetarian option ensures that a pupil will not be nutritionally disadvantaged.

Children with allergies

In line with Allergy safety in schools (Benedict's Law) children with specific food allergies have individual health care plans which are shared with all staff and displayed in the kitchen. We will endeavour to work with the families to ensure that children with allergies are not discriminated against and that food and drink alternatives are pre-planned and considered. Where possible, class treats will be selected on the basis that they are appropriate for all children, in line with the school's commitment to inclusion. We accept that this will not always be possible, but best endeavours will be made. Open and collaborative conversations ahead of events between school and home are encouraged.

School will sign-post concerns about food at lunch times to the catering provider.

School will link with health professionals if further guidance is required.

Food in the curriculum

Food, its production and preparation and ethnic or religious significance is an important part of the curriculum for all pupils and is taught across the curriculum through RE, Science, PHSE, PE and Design and Technology. Pupils will be educated to understand the importance of a balanced diet, appropriate portion sizes, where food comes from, how foods have different textures and tastes and the relationship between food, physical activity and health benefits.

We display information on oral health alongside general health to parents/families.

Role of Governors

Governing bodies have a key role to play in promoting healthy eating and ensuring that food provision in school supports pupils' health, wellbeing and learning.

The Governing Body is responsible for ensuring that the National School Food Standards are met.

- All food and drink provided in applicable schools must meet the National School Food Standards. Where food is provided by the local authority or a private caterer, compliance with the School Food Standards should be specified within the catering contract or service level agreement and the caterer should provide the Governing Body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards.

- The Governing Body should ensure that it receives regular reports on compliance with the School Food Standards as well as take-up of school lunches and financial aspects of school food provision.

School Values

This Policy reflects our shared commitment to providing the care for every child. Our school values of Respect, Kindness, and Resilience underpin everything we do.

Links to other policies

- Health and Safety
- Allergy Policy
- Supporting Pupils with Medical Conditions.
- PSHEE Policy
- Before and After School Provision Policy

Review

This policy will be reviewed every three years by the Senior Leadership Team.

Chair of Governors …….. Date ……

Head Teacher ……Date ……