



Healthy Eating Policy



Manor is a healthy school. We are aware how important it is for children to have a healthy diet and how diet impacts on children's ability to learn and achieve their full potential.

We are also aware that school plays an important role when promoting a healthy life style, not only for our children but also their family and friends.

The school knows that sharing food is one important way for people to have a good time and to make friends. We promote healthy eating as well as celebrating our cultural diversity through a range of events.

We promote health awareness to all members of the school community by promoting an environment that supports a healthy lifestyle. The school supports the "5 a day" campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has strong evidence of reducing certain life-threatening conditions and is being helpful in tackling and preventing childhood obesity.

Aims

- ✚ To ensure that we are giving a consistent and clear message about food and health
- ✚ To ensure that all aspects of food and drink in school promote health and wellbeing of pupils, staff and visitors to the school
- ✚ To give our pupils the information they need to make healthy choices
- ✚ To ensure that food provided by the school reflects the ethical and medical requirements of all our pupils and staff, e.g. vegetarian, medical, allergenic and religious needs.
- ✚ To ensure that food on sale in Manor is healthy and complies with local Authority and national standards of nutrition
- ✚ To encourage all children to take part in the "5 a day" campaign
- ✚ To provide a valuable role model to pupils with regard to food and healthy eating patterns

School Meals: Breakfast Club, Snacks, Tuck Shop and School lunches and packed lunches

Breakfast club

Breakfast club operates on a daily basis in the dining hall for all children from age 5. We target children who we know have little or no time for breakfast at home in the mornings, however all children are welcome to join breakfast club as and when required.

The food offered is healthy and is consistent with a healthy diet. We provide toast (brown bread), low fat spread, fruit jam, yoghurt, low salt fortified cereals (occasionally including Weetabix, Rice Krispies and Cornflakes as a choice), and slices of fresh fruit, scrambled eggs and baked beans. Children have a choice of drinking water, milk, orange juice and blackcurrant juice, both of them sugar free.

Snacks

All our under 5s are entitled to free milk which is organised by the nursery teacher. All Foundation Stage and KS1 classes include a daily snack of a washed piece of fruit (apple, banana, strawberry, pineapple, tomatoes etc.) or vegetables such as carrots etc.

The school is taking part in the Government initiative, "The Free Fruit Scheme" to provide all infants with fresh fruit and vegetables during the day.

KS2 children are encouraged to bring fruit which they can eat at play time.

We do not allow children to eat unhealthy snacks at any time in school – playtimes or after school.

Tuck Shop

The School Council run a Tuck Shop where children from KS2 have the opportunity to buy a healthy snack such as cereal bars, sugar free drinks, milkshakes and plain biscuits. Stock is reviewed regularly and snacks are changed, always making sure that we follow strict rules about a healthy diet recommended for children.

The tuck shop is run by the children with the help and assistance of two members of staff.

Currently we have 16 children (two from each class in KS2) who are responsible for handling the money, restocking the trolleys and reporting back to the staff.

The tuck shop is a great way for children to learn how to be responsible, how to handle money, how to communicate effectively, to socialise with different age groups and to learn the value of money.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Menus are agreed for each season and they are displayed in the dining room and reception area in order that school staff, children and parents are aware of the healthy choices on offer.

Staff serving food (hot or cold options) encourage children to taste new dishes and to include a range of vegetables and / or salad in their meal.

At lunch time, jugs of water are available to all pupils and we strongly encourage children to drink during the meal. No other drinks are allowed.

Children are welcome to bring packed lunches to the school and we talk to parents and children about what to include in their packed lunch as well as regularly including information about a healthy lunchbox in school newsletters. Sweets, chocolate bars and biscuits are not allowed, and we encourage healthy drinks to be included.

Children with medical issues or those with special dietary needs which are recognised by a doctor or nutritionist, may have a slightly different diet depending on their requirements.

Manor also has popular theme days/weeks when we eat food to celebrate different events such as Christmas dinner, lunch with the Headteacher, the International Food Fair, tie-ins with curriculum weeks such as World War 2 and fundraising events such as cake sales and Comic Relief events. Through our Open Futures strand of Cook-It, children prepare and cook once a term. The cooking recipes are linked to the topic each year group are covering.

The Eating Environment

Pupils eat lunch in the dining hall; lunch time is from 11.45am to 1.15pm. Nursery, Reception and KS1 go in first to avoid queues and to make sure that they have enough time to finish their food.

After they finish their dinner they can go into the playground to enjoy the rest of their break.

Children in KS2 start their lunch at 12.30 and when they finish they can continue their break outside.

During their lunch time both groups are supervised by lunchtime staff and members of senior staff who are on duty in the dining hall to encourage the children to make healthy choices, finish their food, use good manners and tidy away their dinner trays.

Every week we give out Manor Awards for those children who are chosen by the Lunchtime staff for using beautiful manners and Healthy Eating Stickers for healthy dinner choices.

Pupils line up for lunch and they are regularly rotated to ensure everybody gets the same chance to have their lunch first, and to support positive social interaction by mixing with different classes.

Pupils with special needs get support from Teaching Assistants when needed; helping them to make food choices, encouraging them to eat and providing different support according to the specific needs of the child.

The dining area is made child friendly, with colourful tables and benches, displays with healthy eating options, pictures of fruit and vegetables to encourage the children to make healthy choices and to make sure that every child has an enjoyable experience during their lunch break.

Water for All

Cooled water is freely available throughout the school day to all members of the school community. Water fountains are located in the children's toilet areas. Children are encouraged to bring water bottles with them to avoid leaving their class room more than is necessary; some classes organise jugs and cups of water if staff believe this is more appropriate. Children may drink their water at any time except during the 15 minute assembly. Foundation stage and KS1 children are also reminded to drink water at their snack time. We understand that a constant supply of water reduces tiredness, irritability and distraction and can have positive impact on the health and wellbeing of our pupils and staff.

Food across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, for example writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides 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.

Religious Education provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different food associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation, safe use of tools, developing awareness of food hygiene and cooking.

PSHE (Personal, Social and Health Education) encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and address issues such as body image. Pupils are able to discuss issues of interest to young people e.g. stereotyping.

Music can provide pupils with knowledge about different properties of cooked and uncooked food where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing foods as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. visit to activity centres and Abbey gardens.

Manor Primary School is a member of Open Futures organisation that provides fresh ways of meeting the needs of primary school children, whose natural spirit of enquiry is fostered and nurtured through the programme's four curriculum strands – ask it, grow it, cook it and film it. These linked creative contexts stimulate and motivate, providing children and their teachers with the opportunity to work with professionals who are experienced in delivering educational projects from the worlds of food, horticulture, media, academia, philosophy and the arts.

Partnerships with parents and carers

The partnership of home and school is essential in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school and class letters.

Every year the school organises an International Food Fair where we welcome all parents, children and members of staff to cook their traditional food and share with other parents and children. This event is very popular, parents and children enjoy sharing the food and it's a lovely way to finish one more successful year in school.

Role of Governors

Governors monitor and check that the whole school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The Breakfast Club leader is responsible for ensuring that the food served is in accordance with this policy. Subject Co-ordinators are responsible for the curriculum development of the Food policy. The Headteacher and PSHE Co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed regularly to take account of new developments.