

# SOUTH HAMS FEDERATION

## Healthy Eating Policy

Approved : 22.03.21

Review : March 2023

### **Background Information**

The schools in the South Hams Federation are for girls and boys aged 4 – 11 years and have a combined total of approximately 950 pupils on roll who come from both single and dual parent families. In each year there are a few children identified with learning difficulties and disabilities. There is a wide social mix and very varied family backgrounds. The school catchment areas are extensive and serve a large rural area and isolated coastal hamlets. A large proportion of children travel in from local outlying villages. The schools have active PTFAs, which are mostly involved in fund-raising and supporting the teachers.

### **Legal Requirements**

The Federation considered the recommendations made by the School Meals Review Panel, published in October 2006.

Under the 2004 Children's Act schools are required to respond to the 'Every Child Matters' Agenda. Healthy Eating makes particular reference to the following objectives:

- Children and Young People are physically healthy
- Children and Young People are mentally and emotionally healthy
- Children and Young People live healthy lifestyles
- Children and Young People achieve stretching national educational standards at primary school
- Children and Young People achieve stretching national educational standards at secondary school
- Children and Young People engage in decision making and support the community and Environment

We continue to adhere to these objectives.

### **Aims of Healthy Eating**

The Federation recognises that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The schools also recognise the role the schools can play, as part of the wider community, to promote family health.

The schools aim 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.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.
- The Federation respects the wishes of parents that food is provided which meet the ethnic, allergenic, vegetarian, vegan, religious and medical needs of staff and pupils.

The schools will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

Other Federation Policies which have relevance to Healthy Eating are:

- PSHE
- Behaviour
- Anti-bullying
- SEND inc Inclusion & Accessibility
- Children in Care
- RE
- Drug Education & Incident Management

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- Health and Safety
- Equal Opportunities
- School Partnership

### **Moral and Values Framework**

The Healthy Eating element of the curriculum will reflect the South Hams Federation's over-arching aims, and demonstrate and encourage the following values:

- respect for self
- respect for others
- responsibility for their own actions
- responsibility for their family, friends, school and wider community

### **Equal Opportunities Statement**

The schools are committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

### **Aims of Nutrition and School Lunches**

To provide a hot and nutritionally balanced, two course meal which contributes to the health of pupils and staff which promotes the benefits of healthy eating to the wider learning community in accordance with Government Nutritional Standards.

### **Achieved By**

- Adopting a whole school approach linking with the Healthy Schools Agenda and supporting initiatives that secure the growth and overall viability of the service.
- Set a pricing policy that recognises Devon County Council's guidelines and ensures the costs of the service are managed effectively.
- Increasing pupils' knowledge of the benefits of healthy eating as part of a healthy lifestyle.
- Using fresh and wholesome ingredients secured locally wherever possible.
- Ensuring that staff preparing, cooking and serving meals are suitably trained and understand the basic principles of nutrition.
- Providing facilities that are safe for staff and promote positive social interaction, allowing meals to be eaten in pleasant and safe surroundings.
- Ensuring, wherever reasonably practicable that meals meet the special dietary requirements of all pupils and staff.
- Ensure an equitable provision for those entitled to free school meals that encourages maximum uptake.
- Ensuring that the School Foods Standards 'Food-Based Standards for School Lunches' and 'Nutrient Based Standards' are met.
- Ensuring that fresh drinking water is readily available during the luncheon period and throughout the school day.

### **Objectives**

- To ensure the Meal Policy is understood and made readily available to all those involved in the safety and wellbeing of pupils.
- To integrate this Policy with the School Improvement Plan and to ensure that regular performance targets are set and monitored including the uptake of paid and free meals.

### **Further Information**

Available from the Children's Food Trust website: <http://www.childrensfoodtrust.org.uk>

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### **Content**

The Healthy Eating programme will be revisited from year to year taking account of pupils' development and the spiral curriculum concept. The content of the healthy eating education programme including learning outcomes will be based on the recommended programme using 'Health for Life' as a framework.

### **Organisation**

Healthy Eating will be co-ordinated by the PSHE co-ordinator.

Delivery will be:

- as topics
- through planned aspects of PSHE, science, DT, geography and RE
- addressed occasionally in assembly time
- through special performances
- through pastoral time e.g. circle time, an opportunity to discuss the emotional links with food
- through story time
- through the Early Learning Goals
- through extra-curricular activities e.g. cookery clubs, gardening clubs
- through special projects e.g. healthy eating sessions, tasting sessions, competitions

### **SPECIFIC ISSUES**

#### **School Fruit and Vegetable Scheme**

The schools are fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit.

#### **Breaktime Snacks:**

Parents/carers are encouraged to provide fruit or vegetables for morning break. This is in addition to School Fruit and Vegetable Scheme above for Key Stage 1 children.

#### **School Meal Provision**

School meal provision meets the government's new nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, vegan, religious and medical needs of staff and pupils.

#### **Allergens**

Schools have a legal responsibility to provide the correct allergen information about the ingredients that is in school meals. Schools should publish a list of allergens that need to be identified if they are used as ingredients in a dish and it must be updated each time a new menu is produced. The list should be held in the school office and published on the website.

#### **Packed Lunches**

Parents/carers are encouraged to provide healthy packed lunches for their children. Healthy packed lunch suggestions are promoted on a regular basis through the school's newsletters. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.

#### **School Milk for All Pupils**

The Federation is able to supply cartons of milk on a daily basis to all children. It is free to all children under the age of 5 and subsidised for children age 5 and above at approximately £15 per term. Should parents wish their child to receive milk at school during the day they should register at

<http://www.coolmilk.com>

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### **Milk for Free School Meal Children**

Children entitled to statutory Free School Meals are eligible to receive free milk on a daily basis. Parents should advise their School Administrator if they wish their child to receive free milk.

### **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 have water bottles in all lessons at all times.

### **School Community Event e.g. PTFA**

Any PTFA fundraising events involving the provision of food will try to accommodate everyone's dietary requirement and religious views.

### **Growing Schools Scheme**

Most schools have lunch time school gardening clubs, the pupils grow their own fruit, vegetables and herbs which are used by the catering staff in the preparation of the lunch menus and in the practical food sessions. Compost is produced from the Fruit and Vegetable Scheme waste.

### **Teaching and Outside Agencies**

At the schools in the South Hams Federation, PSHE lessons will be taught by class teachers and HLTAs. Outside agencies will be used to support and assist the teachers in the development of the classroom based work. On rare occasions outside agencies may be involved in classroom based work as part of the developmental programme following discussions and negotiation. They will be required to work within the school's moral framework outlined earlier. Lessons will only have a teaching input from anyone other than the class teacher when there a clear enhancement that they can bring. In this incidence these sessions will be jointly planned and run jointly between teaching staff and visitors and the class teacher will be present at all times. The schools' procedures for working with external agencies will be followed, including DBS checks.

### **Dissemination of the Policy**

All staff members and governors will receive a copy of this policy. Several Copies are available to view at the School administration Office upon request. A copy of the policy is also available on the school website.

### **Assessment and Recording**

Teachers assess the children's work in Healthy Eating both by making informal judgements as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

### **Monitoring and Review**

The PSHE co-ordinator is responsible for monitoring the standards of children's work and the quality of teaching. The co-ordinator supports colleagues in the teaching of Healthy Eating, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The PSHE co-ordinator is also responsible for giving the Executive Headteacher an annual summary report, evaluating strengths and areas for development in the subject.

We allocate special time for our PSHE co-ordinator to enable him/her to fulfil this role by reviewing samples of children's work and visiting classes to observe teaching in the subject.

The PSHE co-ordinator arranges visits to the school from any relevant representative from a partner organisation who is involved in supporting the PSHE provision.