

Growing deep roots. Producing good fruit



Offenham CE First School

Healthy Eating Policy

Vision

Our school vision, summed up in the following words, “**Love**, **transformation** and **growth**” plays a significant role in our collective attitude to health education and in particular healthy eating. We wish to promote a good understanding of a healthy, balanced diet so that children are nourished and can flourish and grow into their full God-given potential.

Offenham CE First School acknowledges the importance of helping children to develop healthy eating habits ensuring that during the school day they receive the energy and nutrition they need. The school understands the need to provide pupils with a varied balanced diet through a wide range of foods across the week.

Aims and objectives

We aim to:

- Increase the general knowledge and awareness of healthy eating and to improve the health of pupils, staff, and in turn, their families.
- Consistently promote healthy eating across the curriculum and provide an education that enables pupils to make informed decisions about what they choose to eat.
- Establish a sociable and enjoyable dining experience for pupils to enhance their social development.
- Work closely with our caterers to ensure compliance with nutritional standards and good practice in providing appealing, value for money meals that cater to specific dietary requirements.
- Liaise with parents and carers to ensure the school is knowledgeable of any specific dietary requirements.

During our PSHE units we focus on health in a variety of areas. We teach the children about food groups, healthy menus and lunchboxes as well as other ways of staying healthy by drinking plenty of water, getting exercise and staying safe in the sun.

Breakfast

We reinforce the message that breakfast is essential to maintain a healthy balanced diet and is of the utmost importance in preparing pupils for learning.

Snacks

All four-to-six-year-olds will receive a free piece of fruit or vegetable every day, additional to their school lunch during the mid-morning/afternoon break. Children in KS2 are able to have free school fruit or are encouraged to bring a healthy snack for mid-morning.

School meals

We understand that a child's healthy balanced diet should consist of the following food groups:

- Fruit and vegetables
- Unrefined starchy foods
- Meat, fish, eggs, beans, and other non-dairy alternative sources of protein
- Milk and other dairy goods
- A small amount of high fat/sugary/salty foods

Our lunch time providers work hard to produce a healthy and balanced menu.

Drinks

We have two water coolers situated in the corridors – one for KS1 and one for KS2. Children are encouraged to drink plenty throughout the day.

We will not provide drinks containing preservatives, flavourings, colourings, sweeteners, or any other type of additives.

We recognise that our pupils' need to drink water when they are thirsty, hot, tired, or unwell, and we accommodate this need.

We will not allow pupils to consume energy drinks on the school premises. Any energy drinks will be confiscated, and returned at the end of the school day if unopened.

Healthy eating in the curriculum

Healthy eating messages are conveyed and promoted across the curriculum - in lessons such as science, design and technology, and personal, social and health education (PSHE).

Food hygiene

All lunchtime supervisors have a food hygiene certificate.

Lunch time supervisors will make sure that the bain-marie is turned on as soon as they arrive – in preparation to receive hot food from our providers.

They will check the temperature of all food before it is served to children to make sure it complies with safe temperatures of stored food. All temperatures will be recorded.

Lunchtime supervisors sterilise their hands before serving food and will wear aprons and serving gloves when serving food.

They will ensure that all surfaces are clean and fit for the purpose of eating before and after lunch is served.

Children are reminded on a regular basis of the importance of regularly washing their hands before eating.

Reminders to wash hands after using the toilet, and before and during the preparation of food, are posted in all the school bathrooms and kitchens.

Exemptions

We recognise that The School Food Regulations do not apply to food provided:

- At parties or celebrations marking religious or cultural occasions.
- At fund-raising events.
- As rewards for achievement, good behaviour, or effort.
- For use in teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch.
- On an occasional basis by parents/carers or pupils.
- We make exceptions to the Healthy Eating Policy in these instances, for reasons such as pupils with diabetes or other health issues – e.g. liver complaint where a high calorific diet is needed.

This policy will be reviewed annually, ensuring that all procedures are up-to date.

Any changes made to this policy will be communicated to all members of staff.

Policy reviewed Autumn 2024 by staff and governors at Offenham CE First School.

To be reviewed Autumn 2025.