



Food and Nutrition Policy

(including Healthy Eating and Healthy Lifestyles)

Version	Date	Actions taken	Committee
1	26.9.22	Policy ratified	Standards and Improvement
2	19.6.23	Policy ratified	Standards and Improvement
3	22.6.26	Policy ratified	Standards and Improvement

Rationale

At the Queens' Federation, we are committed to providing our pupils with consistent messages about all aspects of health, to help them understand the impact of particular behaviours and to encourage them to take responsibility for the choices they make.

Through effective leadership, the ethos and the curriculum at our schools, we create an environment that supports and promotes a healthy lifestyle. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the community. We will provide a valuable role model to pupils and their families with regard to food and healthy eating patterns

All aspects of food and nutrition in our schools should promote the health and well-being of the whole community and provide pupils with up-to-date and consistent information in order to develop life-long healthy eating and lifestyle choices.

Aims

We aim to:

- Provide pupils with the information they need to make healthy choices about the food they eat;
- Raise the profile of healthy eating and its effect on pupil's physical and emotional well-being, behaviour and performance in our schools;
- Ensure that all aspects of food and nutrition in school promote the health and well-being of pupils and staff;
- Ensure all staff know, understand and have the skills to support the delivery of work on healthy eating (in the wider context of healthy lifestyles) and practical food education in the curriculum;
- Provide co-curricular activities related to healthy eating and understanding nutrition;
- Ensure the provision of food and drink across the school day complies with the government regulations;
- Ensure pupils have easy access to free, fresh drinking water throughout the school day;
- Provide guidance on how food is consumed across the school day (e.g. the eating environment, dining facilities, service style, length of breaks, litter, pupils bringing food to school, packed lunches);
- Provide guidance on how food will be used during celebrations;
- Provide guidance on the school's policy on foods brought in from home;
- Encourage consideration of healthy eating options at our schools' events and lettings;
- Encourage the take-up of free school meals by all who are eligible;
- Offer support and help for children and families with weight management issues;
- Monitor incidents of bullying amongst children who may have weight management issues (underweight, overweight or obese) and to respond quickly within the terms of our Anti-Bullying and Behaviour Management Policies;
- Seek to extend our healthy school work by working with the Cambridgeshire PSHE Service
- Involve parents / carers, staff, governors and pupils in developing, implementing and reviewing the policy.

The setting of our Food and Nutrition Policy

Snacks

We take part in the government's free fruit and vegetable scheme. As part of this scheme, pupils in Reception and Key Stage 1 receive a piece of fresh fruit or vegetable every day. Pupils are invited to bring in their own alternative choice of fresh fruit or vegetable if they have a preference. Pupils in Key Stage 2 are also invited to bring in a piece of fresh fruit, vegetable for consumption during morning break time. Pupils in Key Stage 2 may also visit the snack bar at morning break time. Milk, fresh fruit and snacks are available daily for a small charge. Pupils in Nursery are encouraged to bring in healthy snacks of fresh fruit or vegetables to eat mid-morning and afternoon.

School Meals

All pupils are entitled to a healthy, balanced diet that supports growth, development and learning. We aim to provide an enjoyable eating experience for pupils. Our kitchen staff help us to do this by creating tasty and nutritious food for our pupils to choose from. The meals prepared for pupils include a wide range of foods that enable them to develop healthy eating habits. Importantly, pupils are also able to make independent choices and are encouraged to try new foods.

Packed Lunches

Many pupils bring a packed lunch to school. We encourage lunchboxes to contain a variety of foods to help pupils maintain a balanced diet. We promote the inclusion of:

- Fruit / vegetables
- Starchy food (bread, rice, pasta, potatoes)
- Protein (meat, fish, eggs, beans, pulses)
- Dairy or alternatives (yoghurt, cheese slices, milk, fortified alternatives)

Foods we ask families to avoid:

- Sweets, chocolate bars, sugary yoghurts, biscuits
- Fizzy or sweetened drinks
- Choking hazards (whole grapes, cherry tomatoes, cheese cubes). We recommend that these items are chopped in half-length ways.

If a child's lunch regularly contains unsuitable items, staff will discuss this discreetly with parents. A 'Healthy Packed Lunches' leaflet is available to offer tips and guidance.

Dining Environment

The Federation believes that the dining environment should give pupils the opportunity to sit and enjoy their meal together allowing them to feel refreshed for learning during the afternoon. We believe that the dining environment should encourage positive social behaviour and community cohesion.

Water Consumption

Drinking water throughout the school day aids health, hydration and concentration. We actively encourage all pupils to bring a clean water bottle to school each day. We allow these to be kept in classrooms and pupils are encouraged to drink from them regularly. There is provision for these to

be re-filled as necessary. Water and milk are served with our school meals and pupils who bring a packed lunch to school are encouraged to bring water as part of their meal.

Milk

Queens' Federation meets the legislative requirement for all under 5s and those entitled to free school meals (FSM) by offering a serving of free milk every day.

Birthdays

We encourage parents and carers to donate a pre-loved or new book to the class instead of food products so that everyone can benefit from this donation, including those who may have allergies or intolerances to particular ingredients.

Allergies and Special Diets

Parents and carers must inform the schools of all allergies, intolerances and dietary needs. This information is then shared with all staff. Staff are trained in allergy awareness and emergency procedures e.g. use of auto-injector pens. No nut or nut products are permitted in school (including chocolate spread containing nuts).

Food across the Curriculum

During the Foundation Stage, Key Stage 1 (KS1) and Key Stage 2 (KS2), there are a number of opportunities for pupils to develop a knowledge and understanding of health (including healthy eating) an understanding of where food comes from and the practical skills that are needed to prepare and cook food.

We seek to enable our children to:

- Know what healthy eating is, and how to choose a varied and balanced diet;
- Understand the reasons for and benefits of healthy eating;
- Learn about healthy eating as part of broader work around healthy lifestyles (which also includes physical activity, sleep, emotional well-being and making healthy choices).
- Be aware of their own capacity to make healthy choices and be encouraged to take responsibility for their own lifestyles, appropriate to their age and stage;
- Understand that health is a continuum and that everyone is at different stages on this continuum at different times;
- Learn about and respect a range of practices in relation to food, including cultural and religious;
- Be able to plan and prepare simple healthy food safely;
- Value, care for and respect their bodies.

Our curriculum programme

At both schools we:

- Regard healthy eating as a whole school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum (more details can be found in the relevant schemes of work for each age group);
- Ensure teaching is consistent with the Food and Nutrition Policy;

- Deliver the objectives of the curriculum for healthy eating mainly in Science, Design and Technology and PHSCE

Science provides an opportunity to learn about the types of food available, their classification, nutritional composition, their digestion and the function of different nutrients in contributing to health;

Food Technology as part of Design and Technology provides the opportunity to promote healthy eating messages, learn about where food comes from and to plan, prepare and cook a variety of healthy foods;

PHSCE provides the opportunity to consider a range of factors which contribute to a healthy lifestyle, developing the idea that health is not only physical, but also emotional and social. Pupils develop their understanding of healthy eating, to include the nutrients provided by different food groups and their benefits for our bodies. They learn that we need a balance of energy in (food) and energy out (physical activity) in order to stay healthy and be active and that different types and amounts of food provide different amounts of energy. Pupils also consider various influences on the choices they make about diet and exercise including the media, peers and adults. They will learn to recognise ways in which they can take responsibility for achieving a physically, emotionally and social healthy lifestyle.

- Deliver some aspects of healthy lifestyles in other subjects such as History or RE where a focus is upon how food is an integral part of different cultures, religious festivals and environments;
- Promote healthy lifestyles and healthy eating through enrichment activities and whole school initiatives e.g. Healthy Lifestyles Week, Change for Life resources and Daily Mile;
- Use the Cambridgeshire Primary Personal Development Programme and the resources recommended within it when planning and delivering the PHSCE curriculum component of teaching about healthy lifestyles;

Partnership with Parents and Carers

Parents and carers of key figures in educating their children about healthy lifestyles. The partnership of school and home is critical in shaping how young people behave, particularly where healthy eating is concerned. By working together in partnership, we can do our very best to ensure that our pupils understand the importance of a healthy lifestyles and the positive impact it can have on their life.

Our schools will actively seek ways of engaging families to ensure that pupils learn to make healthy, balanced and informed choices about the food they eat.

We will:

- Inform parents and carers about the Federation Food and Nutrition Policy when their child joins one of our schools through the school brochure and on our website and make it available to parents and carers on request;
- Inform parents and carers of forthcoming food and healthy eating topics and the PHSCE and wider personal development programme relating to healthy lifestyles;
- Ensure that all those in KS2 entitled to FSM are aware of their entitlement and reassure them that this information remains confidential, i.e. their child will not be singled out from their peers;

- Provide supportive information about parents' / carers' role in promoting healthy lifestyles to their children e.g. via the whole school newsletter, ParentMail or our websites;
- Invite parents and carers to discuss their views and concerns on an informal basis;
- Collect information annually from parents and carers about their children's dietary needs and food hyper-sensitivities;
- Invite parents and carers into our schools to talk to the children about their own areas of specialist knowledge e.g. of cultural food practices.
- Invite the PSFA, parents and carers to consider this policy during out of school events with regard to the range of refreshments offered to pupils and their families

Working with Staff

The Federation aims to ensure all staff:

- Are confident in their knowledge and understanding of what constitutes healthy eating;
- Act as role models by modelling and discussing healthy eating and lifestyle choices with pupils
- Model good food hygiene and eating practices;
- Model and encourage water consumption throughout the school day;
- Are informed about individual pupil dietary needs, food allergies and food hyper-sensitivities;
- Are provided as part of their induction training with information about the Federation Food and Nutrition Policy.

Those responsible for teaching about healthy eating as part of the curriculum will be supported to develop knowledge, skills and attitudes and to share good practice. Staff training needs will be reviewed regularly and relevant training arranged.

Safeguarding and Equality

All pupils have the right to safe, appropriate food that respects their health, culture, and family preferences. All staff will encourage and promote positive attitudes towards food and nutrition.

Monitoring and Evaluation

It is the responsibility of the Governing Body to agree and then to monitor the implementation of the Federation's Food and Nutrition Policy.

Update and Revision

This policy will be reviewed in accordance with our programme of policy review and will be reviewed and revised every 3 years. The policy will be updated in line with EYFS guidance and public health recommendations.