



Healthy Eating Policy

Version	Date	Actions taken	Committee
1	26.09.2022	Policy ratified	Standards and Improvement
2	19.06.2023	Policy ratified	Standards and Improvement

1 Rationale

- 1.1 We are committed to giving our children 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.
- 1.2 Through effective leadership, the ethos and the curriculum at our schools, all staff can bring together all elements of the school day to create an environment, which supports 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 can provide a valuable role model to children and their families with regard to food and healthy eating patterns.
- 1.3 All aspects of food and nutrition in our schools should promote the health and well-being of the whole community and give children the up-to-date and consistent information they need to make healthy choices for life.

2. Aims

We aim to:

- Provide our children the information they need to make healthy choices about the food they eat;
- Raise the profile of healthy eating and of its effect on children's physical and emotional well-being, behaviour and performance in our schools;
- Ensure that the entire community of our schools and the wider public understand our ethos in relation to food and drink, both within the curriculum and across the whole school day including the provision of food and drink;
- 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 will be used during celebrations;
- 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) and promote healthy eating;
- Provide guidance on the school's policy on foods brought in from home;
- Ensure that all aspects of food and nutrition in school promote the health and well-being of pupils and staff;
- Encourage the take-up of free school meals by all who are eligible;
- Involve parents / carers, staff, governors and pupils in developing, implementing and reviewing the policy;
- 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) in the curriculum;
- 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;

- Provide curriculum opportunities including a curriculum framework for Personal Development that includes learning about healthy eating and practical food education within the context of healthy lifestyles;
- Provide extra-curricular activities related to healthy eating and understanding nutrition;
- Encourage consideration of healthy eating options at our schools' events and lettings;
- Seek to extend our healthy school work by working with the Cambridgeshire PSHE Service.

3. The setting of our Food Policy

3.1 Snacks

We take part in the government's free fruit and vegetable scheme. As part of this scheme, all Foundation Stage Reception children and Key Stage 1 children receive a free piece of fresh fruit or vegetable every day. Children are invited to bring in their own alternative choice of fresh fruit or vegetable if they have a preference. Children in Key Stage 2 are also invited to bring in a piece of fresh fruit, vegetable for consumption during morning break time. Children 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. Children in Nursery are encouraged to bring in healthy snacks of fresh fruit or vegetables to eat mid-morning or afternoon.

3.2 School Meals

We aim to provide an enjoyable eating experience for children. Our kitchen staff help us to do this by creating tasty and nutritious food for the children to choose from. The meals prepared for the children include a wide range of foods that enable children to develop healthy eating habits. Importantly the children are also able to make independent choices and are encouraged to try new foods.

3.3 Packed Lunches

Many children bring a packed lunch to school. We encourage children's lunchboxes to contain a variety of foods to help children to have a balanced diet. Crisps, chocolate, cakes and sweets are discouraged as part of lunch boxes. A 'Happy, Healthy Packed Lunches' leaflet is available to offer top tips and guidance.

3.4 Dining Environment

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

3.5 Water Consumption

Drinking water throughout the school day aids health, hydration and concentration. We actively encourage all of our children to bring a clean water bottle to school each day. We allow these to be kept in classrooms and children 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 children who bring a packed lunch to school are encouraged to bring water or fruit juice as part of their meal.

3.6 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.

3.7 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.

4. Food Across the Curriculum

4.1 During the Foundation Stage, Key Stage 1 (KS1) and Key Stage 2 (KS2), there are a number of opportunities for children 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.

In our curriculum programme we:

- At both schools we regard healthy eating as a whole school issue, and we 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 Healthy Eating Policy;
- Provide opportunities for teaching about healthy lifestyles and healthy eating through topics in PHSCE / Citizenship / Design Technology / Science / PE / History / Geography;
- Deliver the objectives of the curriculum for healthy eating mailing in Science / DT / 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 DT provides the opportunity to learn about where food comes from and teachers are able to promote healthy eating messages through practical work with food, including preparation and cooking;

PHSCE provides the children with 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. Children 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. Children 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.

- Children are also given the opportunity to plan, prepare and cook simple healthy food, perhaps while learning about religious festivals or enjoying a class or whole school celebration;
- Deliver some aspects of healthy lifestyles in other subjects such as PE / History / Geography where a focus is upon how food is an integral part of different cultures, 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.
- We 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.
- We will avoid a 'resource-led' approach to delivering the curriculum instead focusing on the needs of the children and our planned learning objectives. We will carefully select resources that meet these objectives and will evaluate teacher resources, including online resources before using them.

5. Partnership with Parents and Carers

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

Our schools will actively seek ways of engaging families in their continued work to ensure children learn to make healthy, balanced and informed choices about the food they eat. We will:

- Inform parents and carers of forthcoming food / healthy eating topics and the wider personal development / PHSCE programme relating to healthy lifestyles;
- Make the Federation Healthy Eating Policy available to parents / carers on request;
- Inform parents and carers about the Federation Healthy Eating Policy when their child joins one of our schools through the school brochure and on our website;

- 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.

5.2 During out of school events we will encourage the PSFA, parents and carers to consider this policy in the range of refreshments offered to the children.

6. Working with Staff

The Federation aims to ensure all staff:

- Are confident in their knowledge and understanding of what constitutes healthy eating;
- Promote healthy eating through their own choices and ways of talking with children about their choices;
- Model good food hygiene and eating practices;
- Are informed about individual children's dietary needs, food allergies and food hyper-sensitivities.
- Model and encourage water consumption throughout the school day;
- Are provided as part of their induction training with information about the Federation Food 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.

7. Monitoring and Evaluation

7.1 It is the responsibility of the Governing Body to agree and then to monitor the implementation of the Federation's Healthy Eating Policy.

8. Update and Revision

8.1 This policy will be reviewed in accordance with our programme of policy review and will be reviewed and revised every 3 years.