

Healthy Eating Policy



Policy Statement

At Holy Trinity CE Primary School we embrace the vision for a highly educated society in which opportunity is equal for children and young people – no matter what their background or family circumstances.

With Christian faith central to our ethos and teaching, we strive to provide a happy, caring environment to maximise learning and achievement.

Our aim is for this ethos to permeate every aspect of the curriculum – lessons, events, routines, out of school clubs, trips and visits – and this policy seeks to ensure that our vision is fully realised and adhered to by all members of the school community.

Governing Body

Lead Person	Lesley Saddington
Link Governor/Chair of Committee	Fay Morris/Chris Tongeman
Committee	
Date Reviewed (incl. signature of Link Governor/Chair)	December 2022
Date Ratified	December 2022
Next review date	December 2024

Chris Tongeman

David Winn

Healthy Eating Policy

Excellence in how we worship, learn and work together

Every one of our children is unique and special. We are committed to providing an exceptional learning experience for all the children in our Holy Trinity family.

We strive to enable our children to acquire the knowledge, skills and characteristics they need to be successful in the wider world.

At Holy Trinity, we serve our community with compassion, empathy and kindness in all that we do.

Introduction

Holy Trinity school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. This school food policy is co-ordinated by Lesley Saddington, Assistant Head Teacher and created in consultation with the school community.

Aims

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Our school runs a daily breakfast club for pupils from 7.45am – 8.45am. The breakfast menu includes cereals, toast and fruit. The breakfast club menu is also available online.

1. **School Lunches**

School meals are provided by ISS and served between 11.45am – 1.30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 3 week cycle and always have a vegetarian option. The school meals menu is displayed in the school hall notice board, the actual dishes are displayed in a cabinet and can be found on our school website.

2. **Packed Lunches**

The school's packed lunch policy is developed using guidance from a range of sources including [Healthy Schools London](#), [British Nutrition Foundation](#), and the [School Food Standards](#). The guidance aims to support pupils to have a balanced lunch that best prepares them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches should not include:

- Crisps or crisp type snacks e.g. mini cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or high sugar yoghurts/desserts

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink. We are a [Water Only School](#). For detailed guidance around our packed lunch policy, please see our parent/carer packed lunch guide.

3. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks are provided during the morning and include: fruit, vegetables with dips, cereal bars and baked savory snacks.

Pupils are able to bring insert food allowed into school to eat at break-times.

After school snacks are provided by the school and include fruit and toast.

Pupils are allowed to bring in their own after-school snacks including a sandwich, fruit, vegetables with dips, cereal bars and baked savoury snacks.

4. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal pupils. Water is provided at lunchtime with a fruit infused water urn available. Children are encouraged to bring in water bottles to keep in the class.

5. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and Special Occasions

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including class dojo points, awards and stickers.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive: a sticker and book mark to be given out in celebration assembly. We discourage chocolates, sweets and cakes for in school birthday celebration. Parents/carers are not encouraged to bring in cakes, sweets or crisps for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet. Food and nutrition is taught under the science curriculum and our topic – Healthy Living, Healthy Minds. Cooking is used to support other such as reading eg the Little Red Hen – making bread in Year 1. Termly clubs also support the food education and include cooking and food growing. The gardening team led by two members of staff, involve the children in growing food within school and outside projects such Borough Market where they sold their own vegetables.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is the Deputy Head – Pauline Thomas. Other staff are fully involved of children's allergies. Pupil's food allergies are displayed in a sensitive way and displayed in the office and kitchen.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall, which they have to purchase.

Parents and the Wider Community

Our relationships with parents/carers are very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend, which are centred around a school focus such as phonics or maths. To celebrate the diversity of our school, families and carers are invited to bring in food from their country for International Day.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 3 years

RESPONSIBILITIES OF STAFF AND GOVERNORS

- Overall responsibility for this Policy is with the named governor for PSHE and RSE.

The governing body is responsible for:

- Authorising the Healthy Eating policy and any subsequent reviews of the policy and ensuring that the terms and ethos of this policy are followed.

The Teaching and Learning Co-ordinator is responsible for:

- Writing and updating the Healthy Eating policy and Scheme of Work in light of initiatives and change and monitoring the development of the subject throughout the school.
- Guiding and supporting teachers in this subject, to include assemblies, training or any curriculum updates.
- Monitoring the effectiveness of the planned and delivered curriculum for Healthy Eating Education.
- Coordinating classroom practices and guidelines across the curriculum and ensuring the development of subject skills.
- Auditing and monitoring resources throughout the school to ensure that there are sufficient age-appropriate, ability-appropriate resources and opportunities for effective teaching and learning.

The Head Teacher is responsible for:

- Ensuring that the terms and ethos of this policy are followed.

Other members of the staff team are responsible for:

- Following the terms and ethos of this policy.

This policy is a working document and will be reviewed every two years.

Policy Adoption, Monitoring and Review

This policy was considered and adopted by the Governing body in line with their overall duty to safeguard and promote the welfare of children as set out in the DfE guidance 'Keeping Children Safe in Education, September 2022'

Policy Adopted by Governors in: December 2022

Signature (Chair of governors):

A handwritten signature in black ink, appearing to read 'Chris Taylor', written over a horizontal line.

Policy Due for Review: December 2024