

# Llangewydd Junior School



## Healthy Eating and Drinking Policy

This policy was agreed by governors and will be reviewed every three years

Date	Review Date	Coordinator	Nominated Governor
March 2024	March 2027	Krista Green	Mary Wilson

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### **1. Aims, purpose and responsibility**

#### **Why children need to eat well.**

- What children eat today shapes how they'll eat for the rest of their lives
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

#### **Why a policy is needed?**

At Llangewydd we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

#### **This policy explains**

- How we promote healthy eating

- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.
- How we recycle food waste

### **We aim to**

- Increase knowledge and awareness of a healthy diet through workshops and our Health and Well Being session
- Provide safe, tasty, and nutritious food that promotes good health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

### **Responsibility:**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring this policy.
- The lead governor on health and safety ensures the policy is implemented.
- Catering Staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parent/carers receive the catering menu for the term and this is shared with the children in advance.
- It is the parent/carers responsibility to provide a healthy packed lunch and adhere to the school policy

## **2. Food in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through a range of AOLEs. We ensure that pupils are taught cooking throughout the school, in line with the Curriculum for Wales, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

**Behaviour:** Children who eat healthily are more focussed on their work and behaviour is better

**Health and Well Being:** Healthy food and choices and practical food education is included in the curriculum

**Science:** Healthy eating and nutrition is part of the curriculum

**Enrichment:** Hands on opportunities for children to prepare and cook food within a mixed age social group

**Equality:** We take account of the needs of all our children, including those with disabilities and allergies

## **3. School lunches**

All our school meals are provided by the Catering Team employed by BCBC. A copy of the weekly menu is on display in the school canteen and can be shared with parents on request. The menu is also available on the BCBC website. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents/carers to take free school meals, where there is an entitlement.

## **4. Packed Lunches**

### **Aim**

This applies to all pupils and parents/carers providing packed lunches to be consumed within school or on school trips during school hours.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools.

Packed lunches should not include:

- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Several unhealthy options. We encourage you to replace these with healthy options such as fruit or vegetable snacks.
- Fizzy, sugary or energy drinks.
- **Foods that the school have stated cannot be brought in due to allergy/medical needs. This will be communicated with you if and when needed.**

These expectations are monitored by lunchtime staff, who communicate with parents/carers when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures. Packed lunch items are not to be swapped between children, this is to ensure children's personal needs are met.

The school is no longer able to take packed lunch waste, therefore all waste from packed lunches, for example, food waste or food packaging, will be sent home with the child.

### **Special diets and allergies**

The school recognises that some pupils may require special diets. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible and to inform the school of the need.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

## **5. Snacks**

At present the school provides all children with a free healthy snack. All fruit peelings need to be put in the food recycling waste. Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips as snacks.

## **6. Drinks**

In school we encourage children to drink water. The children are asked to bring in a water bottle, this should be filled with water.

## **7. Breakfast club**

### **Aim**

- To provide food for children of families that have an early start to their day
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- To improve the punctuality of some children who were frequently late
- To improve links between parents/carers and school

The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults. We do expect excellent behaviour in Breakfast club, therefore if a child does not follow the schools Behaviour Policy whilst attending then the school has the right to stop Breakfast Club access.

## **8. Allergies**

Parents/carers are asked to complete an allergy form at the start of each academic year. If circumstances change throughout the year then it is the parent/carers responsibility to inform the school immediately. If an allergy form is not completed the school or the canteen cannot provide a packed lunch for trips.

## **9. Events and Celebrations**

As we are a Healthy School children are asked not to bring in treats or birthday cakes on their birthday. A birthday will be celebrated in our weekly celebration assembly.

<b>Headteacher:</b>	K. Green	<b>Date:</b>	March 2024
<b>Chair of Governing Body:</b>	Micky Dixon	<b>Review Date:</b>	March 2027