

## Muxton Primary School

### School Healthy Eating Policy

#### Introduction

Date of policy implementation: Summer Term 2008

Date of next review: Summer Term 2010

This document is freely available to the entire school community. It has been made available to parents via a school newsletter, the school website and prospectus.

#### Aim

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

#### Rationale

All recent studies show that obesity is increasingly prevalent among children. Since the first Caroline Walker Trust school meal guidelines in 1992, the number of school aged children in England and Wales who are overweight or obese has doubled and evidence from the National Diet and Nutrition Survey of young people in Britain aged 4-18 published in 2000 suggests that:

- For many children, intakes of saturated fats and sugars are high and intakes of vitamin A, riboflavin, folate, zinc, iron, magnesium, calcium, potassium and iodine are often low, compared with reference nutrient intakes.
- Children are eating less than half the recommended 5 portions of fruit and vegetables a day and 20% of 4-18 year olds surveyed ate no fruit at all in an average week.

To 'Be Healthy' is one of the five outcomes stated in the 'Every Child Matters' document, which provides a cornerstone for all policies relating to the health and well-being of young people. Evidence suggests that action in

schools can affect key health outcomes. A key area for improvement is school food which should reinforce healthy eating messages from the classroom. Food eaten at school provides a significant proportion of children's intake and can encourage pupils to eat more fruit and vegetables and develop a taste for food low in sugar, salt and fat. Schools offer a place where the government and others can support most children and young people in making informed choices about their diets, now and in later life and provide them with access to healthier foods.

### **Objectives**

Following our school food audit the following objectives were identified:

- To review the food currently provided for all students at morning break
- To improve the dining room environment
- To promote healthy lunchbox options
- To promote the uptake of school meals

### **Monitoring and evaluations**

- Student SNAG meetings on a weekly basis.
- Full SNAG meetings, involving representatives from the whole school community, on a termly basis.
- Termly audits to evaluate the effectiveness of the policy implementations concerning break provision and the dining room environment.
- Annual questionnaires sent home with pupils, to survey the eating habits of children at school (school lunch provision, packed lunches, guidance required etc)

## School Policy

This school policy was produced after consultation with the students, parents, governors, staff and Community Food in Schools Worker in January 2008.

### Morning Break

Our school policy will be for the food provided for our students at morning break to be restricted to those options which do not exceed National Nutritional Guidelines for fat, sugar and salt consumption:

- A piece of fruit will be provided each day at morning break, for children in Reception & Key Stage 1 classes, under the National Fruit Scheme. Any surplus fruit will be passed to Key Stage 2, to be shared out amongst children in the afternoon.
- Milk is available for all children at morning break every Monday and Wednesday.
- All children are encouraged to bring a piece of fruit or vegetable to eat as a healthy snack at morning break. Other snacks are not encouraged.
- Clean & palatable drinking water is available for all children at morning break.
- **Forest Schools** - Children involved in Forest Schools will need a more substantial snack (carbohydrate) for their morning break, to provide them with energy for their activities. This will be provided by the school cook, to comply with the National Nutritional Guidelines.

### Healthy Lunch Boxes

Our school will provide guidance to parents on appropriate packed lunch options that contain:

- A starchy food such as bread, pasta, wraps etc
- A meat, fish or alternative such as egg
- At least one portion of fruit and one portion of vegetables
- Such information is reflected in the school prospectus
- Guidance and ideas for a Healthy lunchbox for over 5s is available on the school website.

## School Lunches

- All school lunches will comply with the National Nutritional Guidelines at all times.
- Our school will continue to provide a cashless system of payment for school meals in order to ensure uptake of free school meals and remove the stigma attached to them.
- When the school provides a packed lunch for school lunch choice the packed lunch offered will meet the nutrient based standards for school lunches.
- Our school will aim to make the dining room environment a pleasant eating environment for students.
- Clean and palatable drinking water will be freely available for all students during lunchtime, with cups and jugs of water available on all tables (both for School dinners and Packed Lunches).
- Foods that are appropriate to the cultural and religious needs of the school population will be on offer.
- We will ensure that those students who are vegetarian are provided for and that the food options meet the national nutrient based standards.
- School meal provision will be monitored and communicated to the whole school.

## Drinking

- All students will be allowed to have access to bottled water in school during lessons. Carbonated and flavoured drinks are not permissible.
- Children need to provide their own labelled refillable water bottles for their own use. It is parents' responsibility to ensure that these are kept clean on a regular basis.
- Water will be available in the school at break and lunchtimes from water dispensers sited on the premises and in the school dining area from jugs and cups provided on all the tables, these are replenished as required.
- Water dispensers provide water directly from the mains supply and are sample checked monthly by staff from Telford & Wrekin Council.

### **Promotion of food at school**

- Information regarding appropriate food options brought from home for morning break and lunchtimes will be provided for all parents within the school prospectus.
- Food will not be used as a reward in our school.
- There will be no withholding of food as a punishment.
- Information will be clearly provided and healthy food options will be highlighted on the lunch time menu in order for students to make informed choices.
- Our school will not advertise branded foods or drink products on the premises, school equipment or books and will ensure that any collaborations with business does not require endorsements of brands or specific company products.
- All staff will provide a positive role model for children for example in snacks and drinks chosen for themselves and in their attitude to food and eating.
- All school staff should encourage students to choose a healthy balanced meal and explain the importance of physical exercise.

### **Communication about food at school**

- In our school all parents will be sent home a copy of the lunchtime menu for the term at the start of each academic term. This will be repeated for each week in the school weekly newsletter 'Muxton Matters'.
- Guidance about healthy packed lunches will be made available to parents at information evenings, on the school website or through 'Muxton Matters'.

### **Curriculum**

Within the school curriculum we will actively ensure that all students will acquire knowledge, skills and practical experience in food and nutrition during their school career so as to be provided with the appropriate skills and knowledge of how to eat well and make healthy choices when they become independent.

## Pastoral care

- Queueing is limited at lunch times, by children being brought into the Hall and sat down at their tables straight away. There are bread and cruditees available for all children (including packed lunches) to snack on while they are waiting for their small group (usually 10 or less) to go up to collect their main meal.
- Monitors are chosen daily to serve the chosen desserts to their table. They ask for each child's choice, then go to collect it from the counter, before delivering the desserts back to all children on their table. This limits the number of children wandering around in the Hall.
- All children clear away after themselves when they have finished eating. Lunchtime supervisors check that children have eaten their dinners, including checking packed lunch boxes.
- A group of children who have been noticed to show good behaviour and manners at lunchtime are invited to join the Headteacher for lunch each Friday. They sit at a special table, with a cloth & flowers and enjoy the privilege of this occasion. Their names are shown on the notice boards around school.

For further information and support please contact:

Nicki Andrews

Community Food Worker

Telephone: 01952 686321

Email: [nicola.andrews@telfordpct.nhs.uk](mailto:nicola.andrews@telfordpct.nhs.uk)

