

# *Central Primary School*



## *Nutrition Policy*

## **Our motto: Children are Central.**

### **Introduction**

We believe that healthy children are most able to take full advantage of the educational opportunities that the school provides and that pupils should be guided to lead active and healthy lives. The governing body will ensure that food provided in the school and advice given to pupils promotes a healthy lifestyle. Central Primary is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.

*The Nutritional principles of this policy are based on School Food in England Revised July 2014 (Department of Education) and School Food Standards September 2014 (School Food Plan)*

### **Aims**

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes;
- To provide healthy food choices throughout the school day;
- To encourage and develop a positive attitude to healthy lifestyles through all aspects of school life.

Our curriculum plans involve the teaching of healthy lifestyles throughout the different subjects. Physical Education, PSHCE, Design Technology, Modern Foreign Languages and Science form the key subject through which we educate pupils about healthy eating, the effects of different foods and how they can keep themselves healthy.

Our staff has a key role in leading by example as their actions and behaviour influence pupils' knowledge, skills and attitudes about food. All staff are expected to promote healthy eating in accordance with school guidance.

### **Visitors**

We have a range of visitors that contribute towards developing our pupils understanding of healthy lifestyles including:

- Fit4Fun (healthy eating workshop)
- Athlete visits
- School Nurse
- Dentists/ Doctors
- Local restaurants
- Farmers

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

### **Breakfast and After School Club**

A variety of healthy foods are offered at these times. Children who are eligible for free school meals are encouraged to attend Breakfast Club free of charge.

### **Break Time Snacks and Drinks**

Central understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school discourages the consumption of snacks high in fat and sugar and promotes the eating of fresh fruit or vegetables at break

time. Key Stage 1 and Reception Pupils have an additional healthy snack throughout the day through the free fruit scheme.

Milk is provided free of charge to pupils under 5 years old and those eligible for free school meals. Milk is available to be purchased by all other children.

Water is available at all times and there are drinking fountains around the school site including on the main playground.

### **School Lunches**

School lunches are provided by *Hertfordshire Catering Limited* who offer a range of delicious, healthy lunches in accordance with government guidelines on nutritional standards. Pupils in Reception to Year 2 are entitled to a free school lunch every day.

In Keys Stage 2 children can bring their own packed lunch to school. If a child brings their own packed lunch to school, we encourage parents and carers to provide children with packed lunches that complement the School Food Standards.

### **Consultation**

All staff and parents were consulted about this policy and its relevance to the contents of the schemes of work for PSHE, citizenship, food and nutrition, and science. (Parents are invited to events such as Friends of Central to express their views)

Our pupils are consulted through their family circles and discussion around foods in school is an example of the democratic life of Central. The Family Circles help the school listen to the views of pupils and provides a structure for communication which then enables pupils to take responsibility for their own healthy lifestyles.

### **Roles and responsibilities**

*The head teacher will ensure that:*

- Guidance is made available for staff based on the School Food in England July 2014 (Department for Education)
- External providers of lunches conform to the Regulations
- Children who are eligible for free school meals are encouraged to take them and attend Breakfast Club free of charge
- Content, cost, and quality of provision are monitored
- Special dietary needs of children and staff are catered for [vegetarian, Halal, Kosher, etc.].

*The governing body will:*

- Ensure that lunches meet with the standards prescribed in the School Food in England July 2014 (Department for Education), and where possible will sample lunches.

### **Equality**

In accordance with the Equality Act 2010 we seek to;

- a) **eliminate discrimination**, harassment, victimisation and any other conduct that is prohibited by or under the act
- b) **advance equality** of opportunity between persons who share a relevant protected characteristic and persons who do not share it
- c) **foster good relations** between persons who share a relevant protected characteristic and persons who do not share it

Our Nutrition Policy sets out the equality of opportunity for all pupils to access healthy food and develop their understanding of healthy lifestyles within the school.

**Arrangements for monitoring and evaluation**

The governing body will receive regular updates from the head on the extent to which external providers conform to the regulations in terms of content, cost, and provision, and the take-up by pupils eligible for free school meals. Surveys of pupils will be undertaken at regular intervals and reported to the governing body, to establish whether pupils are satisfied with the quality of meals offered.