

**HERNE JUNIOR SCHOOL**  
**Healthy Eating Policy**



**RATIONALE**

At Herne we strive to provide the best care for the wellbeing of our school community. We wish to extend this through increasing the promotion of healthy eating patterns with our children and through taking a more pro-active approach to improving their health and wellbeing while attending Herne.

To that end we have:

- incorporated healthy eating assemblies;
- ensured the provision of water and healthy break time snacks are available for our children during school;
- introduced a Healthy Eating Policy.

Our belief is that a balanced, healthy and nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

**AIM**

To ensure that all aspects of food and drink in school promote the health and wellbeing of our children, staff and visitors to our school through:

- ensuring a good partnership between the school and the school's caterer;
- introducing and maintaining school meal theme days/weeks;
- ensuring work associated with healthy balanced diets is included in the curriculum;
- providing parents with information on healthy lunches that should be included in lunch boxes from home;
- providing a safe and healthy eating environment for those children, staff and visitors having breakfast and/or lunch in the school;
- rewarding pupils for good meal time etiquette and good behaviour;
- ensuring relevant staff are trained to at least Basic Food Hygiene Standards.

**FOOD ALLERGIES/INTOLERANCES**

The school understands that some children are allergic, or have intolerance, to certain food products. Parents should ensure the school is notified should their child suffer from such an allergy or intolerance. Based on the information received, we regularly review whether there is a need to ask that certain food products are not brought on to school premises.

**Currently it is our policy not to allow nuts or nut products in school.**

**METHODS**

**1. Working with the school's caterer**

The school and its caterer must meet the nutritional standards for school meals and any non-school meal food provided in school. The caterer is HC3s (part of Hampshire County Council).

**2. School meal theme days/weeks**

The school and its caterers will introduce school meal theme days/weeks, such as:

- Bonfire night
- Valentine's Day
- Christmas Lunch
- Easter Lunch
- Sports Day lunch
- Parent Lunches
- Book Week Lunch
- Leavers Week Lunch

### **3. The curriculum**

The school will continue to include work associated with healthy balanced diets in its curriculum. As part of the work that children do for Science and for Personal Development Learning they will have the opportunity to learn:

- The components of a healthy diet.
- The importance of healthy eating both now and in the future.
- To design a menu for school/at home (lunch/breakfast/evening meal).
- To calculate the cost of menus.
- Through measuring and weighing recipe games.
- Through gardening club (how to grow vegetables).
- Through extra curriculum activities, including school cookery clubs (Bake Off), After school club and breakfast club

The school will enlist the help of its school caterers/healthy eating co-ordinator or other professionals to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

### **4. Lunchboxes**

The school recognises the benefits of a well-balanced hot school meal for children in the middle of the day and recommends this to parents as the best option. However, should parents decide to send in a packed lunch they will be asked to note the following recommended guidelines, as set out by the British Nutrition Foundation.

A child's lunch should only include the following:

- A portion of starchy food, e.g. wholegrain bap/bread, pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures can, after a period of between two to four hours, have increased levels of bacteria in them which may be harmful. Although the school provides ambient storage facilities, it cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches or provide as snacks for morning break:

- Sweets (including Winders), chocolate, etc.
- Savoury snacks high in salt and fat.
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Fizzy drinks/sugary drinks.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts.

However, one of the first three may be included on a child's birthday.

Parents who have difficulty following these guidelines are requested to contact the school.

## **5. Safe and healthy eating environment**

### **(a) Breakfast Club**

The school operates a Breakfast Club from 7.30 am to 8.30 am each school morning. For this Club, the school provides a clean, sociable environment in the school hall for children to enjoy a healthy breakfast. A variety of cereals are provided along with fresh apple or orange juice and hot buttered toast. Children attending this Club are asked to respect the other members of the Club, to be polite and to leave the hall where they have eaten in a clean and tidy condition.

### **(b) Mid- Morning Snack**

Fresh fruit, cereal bars or an alternative healthy snack is encouraged. Bread rolls and Milk are available to purchase at break times from the kitchen. Milk is provided free of charge to pupil premium children on request. Children are also able to visit Mr Markham's (Head teacher) office to collect some fruit (bananas, apples and clementines) if they have forgotten their snack or do not have one.

### **(c) Lunches**

The school will provide a clean, sociable environment, indoors and out, for children, staff and visitors to eat their lunch. In doing so, the school requests adherence to the following rules:

- All children are required to sit at a table for at least 15 minutes in order to eat their lunch.
- Children are required to eat all, or at least try to eat as much as they can, of the food provided, either by the school or in their lunch box.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spilling or dropping their lunch, cannot find a place to sit, do not eat their lunch or who skip lunch, etc.
- Children, staff and visitors are expected to behave whilst eating their lunches, be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.
- If children are unsure of what the meal, or any meal item, is, they should ask a caterer or supervisory assistant to explain.
- Caterers and supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance.
- Children, staff and visitors should leave the area where they have eaten in a clean and tidy condition.

### **(d) Drinks**

Children are encouraged to bring named bottles of unflavoured, still water to school and to drink regularly particularly after PE, active play and in hot weather. All the children have access to a water fountain. As a school we recognise that milk makes a vital contribution to a child's dietary

needs. Milk is available to purchase at break times from the kitchen and is provided free of charge to pupil premium children on request.

#### (e) After School Club

The school operates an After School Club from 3.30 pm to 6.00 pm every day after school. For this Club, the school provides a clean, sociable environment in a designated school classroom for children to enjoy a healthy snack. Varieties of cereal are provided along with fresh fruit, cucumber, carrot sticks and buttered toast. Water and juice are also provided as a drink. Children attending this Club are asked to respect the other members of the Club, to eat politely at a table, to be well-mannered and to leave the classroom where they have eaten in a clean and tidy condition. The children are also involved in preparing the food with the help and guidance of an adult. They are encouraged to wash their plates up when they have finished eating. This teaches them some basic food hygiene and safety while is also an important part of encouraging their independence.

#### **6. Reward for good meal time etiquette and good behaviour**

To encourage good behaviour and social interaction during the meal time:

- A star award will be awarded by the lunch time supervisors for particular children achieving a certain criteria: have eaten their meal, behaved well, been helpful to another child or have performed various other good deeds. A child who is awarded the star will have their photo or name put on display in the hall with the reason for why they were awarded the star.
- Occasionally children who help to maintain a safe and healthy eating environment will be awarded for their efforts during whole school assemblies.
- Our Head teacher and other members of staff will regularly eat in the Hall each half term to promote the school lunches and the school hall environment as a healthy, hygienic and happy place to enjoy a meal.

#### **7. Training of relevant staff**

The school will ensure their school representative is trained, at least, to Basic food Hygiene Standards. The school will ensure that relevant staff receive basic food hygiene training either through the school meal provider (currently HC3S) or through a local college or the internet. The lunchtime supervisors will be given training also from the Leader of this area and by visiting successful other schools.

#### **MONITORING:**

The content and effectiveness of this policy will be monitored and reviewed periodically by The Deputy Head teacher, the Healthy School Co-ordinator, school council, and the governing body. All reports on the Healthy Eating Policy and its findings will be published in the school's newsletter.

#### **LINKED POLICIES**

Health and Safety and PDL policy

**Policy reviewed:** Summer 2019

**Approved by Headteacher:** Summer 2019

**Review date:** Summer Term 2020