

NUTRITIONAL STANDARDS & HEALTHY EATING POLICY



Reviewed March 2017
Next review March 2019

Background and Ethos:

At Newdale we promote awareness and the importance of healthy lifestyles within school at all times. We recognise the valuable role of all school staff in modeling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles. 93% of parents graded promotion of healthy lifestyles at Newdale as very good or better (ref: parent survey Autumn 2016).

We aim to ensure that children are encouraged to lead a healthy lifestyle by supporting healthy eating, the enjoyment of exercise/sport and taking care of everyone's emotional well-being.

We recognise the important connection between a healthy diet and a pupils' ability to learn effectively and achieve high standards in school. The food eaten at school provides a significant proportion of our daily intake, and our school fully supports children in making informed choices about their diet, particularly encouraging them to eat more fruit and vegetables.

This policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons.

All our aims are bolstered by maintaining good relationships with families to ensure good support of our philosophy and practices.

Aims:

At Newdale School healthy nutritional standards are encouraged and we aim to:

- 1 Encourage children to eat 5 portions of fruit/vegetables per day.
- 2 Reduce children's fat, sugar and salt intake in school.
- 3 Increase children's levels of hydration.
- 4 Equip children with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- 5 Increase the number of children having school meals.

These aims are achieved as follows:

Equal Opportunities

We ensure that children's religious and medical dietary needs are met. School staff are fully aware of children with medical dietary needs which include allergies. Photographs of these children are displayed in the staff room and GP rooms with their food allergy clearly stated.

Food provision at lunchtime:

School Lunches

School meals are provided by Telford and Wrekin Catering Services and we ensure that all food and drink offered to pupils at lunchtime complies with the LA nutritional food standards. This includes packed lunches that are provided by the school for class trips.

As an alternative to a hot school dinner, the school kitchen also offer a sandwich bar which offers a choice of sandwiches (white or brown bread), wraps or baguettes with a choice of fillings, ham, cheese, tuna mayonnaise or egg mayonnaise instead of a hot meal at lunch. Orders are completed the week before in order for the food to be ordered in fresh. This offers parents more options for their child's lunch. Order forms can be collected from the office or printed out and must be returned to the school office.

The teaching team discusses our school meal menu with children at registration time so children are aware of the food choices and healthy benefits as well looking forward to learning about the meals, especially meals which may be new to children.

Children are consulted about school meals and their opinions taken on board.

Menus are displayed in the dining hall along with a notice board displaying healthy eating messages and uploaded onto the school website and social networking sites.

A cashless system of payment is used for school meals and seating arrangements that allow children to sit with their friends. There is no separate seating for school meals and packed lunches. To allow children sufficient time to eat their food the lunchtime is one hour with staggered sittings for each year group on a rota basis. Children eating packed lunches are also able to sit in the Learning Hub. By using this extra room at lunchtimes this means that the children are more comfortable and their eating environment is quieter.

Clean and palatable drinking water is freely available for all children at lunchtime, in the dining hall and outside.

Newdale school meal uptake by children is approximately 47% compared with LA averages of 44% and national averages of 42%.

Packed Lunches

At Newdale we encourage healthy lunchboxes and we provide guidance to parents by way of a healthy lunchbox checklist (from School Food Trust). We also encourage children to develop a positive attitude to a healthy packed lunch and promote this during whole school assemblies and at parents' evenings. Displays within the hall promote making healthy food and drink choices.

Our Year 5 and 6 Healthy Eating Monitors are in charge of promoting healthy food choices during lunch times. On a Monday and Friday, they are on duty and look out for children who are eating a healthy, balanced lunch (both lunchboxes and school dinners) and reward healthy lunchtime choices with certificates, stickers and house points.

Water Availability

Clean and palatable drinking water is freely available for all children in the dining hall at lunchtime. A water station has also been set up on the playground so the children can access cold drinking water at lunchtimes.

Children are encouraged to bring in water bottles so that they have water easily accessible to them during lessons. Each child in school was recently given a water bottle to use in class, to increase their water intake throughout the day. It is the child's responsibility to take the water bottle home each night to be washed and refilled for the next day. Carbonated and flavoured drinks are not permitted. Additional plastic bottles can be purchased from the school for £1.



Food provision other than at lunchtime:

Break time

Children in KS1 all take part in the government's free fruit scheme. Any fruit left over is made available to KS2 children.

Our children receive free school milk every day (KS1).

We have a healthy tuck shop for children in KS2 that is run daily by the school council. Children in KS2 can purchase a piece of fruit for 10p. Fruit available includes a variety of fresh fruit and mini boxes of dried fruits such as raisins and apricots.

Children may only bring healthy options (fruit or vegetable pieces) to school to eat at breaktime - no sweets, biscuits or crisps. This is detailed in our prospectus.

Breakfast Club

We have a very successful breakfast club which opens daily from 7:45am until 8:40am. The breakfast club promotes the ethos of healthy eating by encouraging children to have a balanced meal.

Breakfast Club serves low sugar/salt/fat cereal, with semi-skimmed milk. Bread is high-fibre, spreads are low fat/low sugar and fruit juices are low-sugar variations. Children are offered fruit to eat at breakfast, along with fruit smoothies (on a regular basis). Once-a-week variations may include baked beans on toast.

Breakfast Club attendance has risen from 6% in 2004 to regularly over 15% of children each day (March 2017).

After School Clubs

Clubs run by teachers will provide children with water, fruit juice and a fruit snack.

The after school club run by school staff promotes the healthy eating ethos of the school and adheres to the Nutritional Guidelines as set out in the School Food Trust materials.

Curriculum

Teachers deliver education and learning about healthy eating through their planning across a wide range of curriculum subjects e.g. Science, Design and Technology.

Annually, the Telford and Wrekin Healthy Eating Bus visits Newdale during the summer term to deliver cooking sessions. During these sessions, children are able to learn about the origins of different types of food; learn about the sugar/fat content in common snacks and learn simple recipes which they can cook at home with an adult e.g. pasta sauce.

Specific Issues

At Newdale we do not use food i.e. sweets as rewards or punishment.

We acknowledge the major religious festivals of Diwali, Eid, Easter and Christmas and as these are occasional some special party food is allowed during these celebrations such as cakes and biscuits. During these festivals if children have made cakes or biscuits in school they are encouraged to take them home before eating them. If biscuits are made and sold in school during these occasions then a letter is sent to parents outlining the food being sold. Parents then have the opportunity to let us know if their child does not have permission to buy and eat the food.

At School fayres (Christmas and Summer) we always offer healthy food options such as jacket potatoes and apple twirling.

Currently some children bring in sweets for the class on their birthday or when they return from a holiday. On these occasions the sweets are only given out at the end of the day and children are not permitted to eat them in school. They are asked to get permission from parents when they get collected. We will aim to encourage children to bring in alternatives to sweets such as a postcard from their holiday or a favourite birthday present to show the class.

Working with Parents and Carers

The partnership of parents and carers with our school is very important to us and is essential with promoting healthy eating.

At Newdale we:

- send menus home on a termly basis
- send letters home informing parents of events related to healthy eating.
- update parents, on the website and social networking sites, about Change4Life and encouraging a healthy lifestyle
- send a healthy lunchbox checklist home
- invite parents to cooking workshops run by Telford and Wrekin
- invite parents to sample some of the school meals on offer

The Healthy Eating Bus team deliver parent cooking sessions to share easy, yet healthy meal ideas.

We value the views of parents on our healthy eating policy and greatly appreciate any suggestions and opinions on the food and drink provision in the school.

Policy development and Consultation

In order to enhance the food policy and nutrition education at Newdale School we have worked with the LA and school catering team.

This policy was written by the Healthy Eating Coordinator – Amy Newport in consultation with:

- Teaching staff and non-teaching staff via staff meetings
- Pupils via school council
- School governors

This document is available to staff, governors, parents and carers on request and can be accessed via the school website.

Monitoring and Evaluation

Termly lunch audits to evaluate the effectiveness of the policy implementations.

Nutritional education in the curriculum will be monitored by SMT and Healthy Schools Coordinator.

See Healthy Schools Action Plan.

Approved by:

Headteacher
R Cook

Chair of Governors
C Williams