

NUTRITIONAL STANDARDS & HEALTHY EATING POLICY



Reviewed March 2019
Next review March 2021

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. 94% of parents graded promotion of healthy lifestyles at Newdale as very good or better (ref: parent survey Autumn 2018).

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 Family room or outside in the summertime. 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 52% 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. 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.

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. 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.

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 pastoral team. Children in KS2 can purchase a piece of fruit for 10p or a slice of wholemeal toast. The 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.

Breakfast Club attendance has risen from 6% in 2004 to regularly over 16.6% of children each day (March 2019).

After School Clubs

Children always have access to water during after school sports clubs. Clubs run by teachers will provide children with water, sugar free squash and a fruit snack or a biscuit.

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.

Recently Newdale took part in the Telford and Wrekin Eatwell Project to deliver cooking sessions to all children in school. 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. TAs were trained to cook a healthy dish so they can repeat this with other children in the future. Also we have recently invested in new cooking equipment, including portable induction hobs. Teachers are encouraged to cook a healthy dish or snack with their classes at least once a term, e.g. harvest cooking week, healthy lifestyles week.

Healthy Lifestyles week takes place every Summer term. During this week the children take part in exciting and engaging activities to teach them about healthy eating, healthy minds and the importance of exercise. Inspirational speakers come in to deliver assemblies and additional sporting activities are timetabled for each class. We ensure mental health is also covered during this week.

This year we have taken part in a pilot study called Health Champions. Children from the local secondary school come to visit selected year groups each half term to teach them about different aspects of being healthy, for example oral health, mental wellbeing, and e-safety. The Health Champions work with staff from the primary schools and school nurses to create the presentations they share with the children. The Health Champion project has been very successful this year and we hope to continue with it in the future.

Specific Issues

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

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.

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 sample some of the school meals on offer (during family lunches)

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 parliament
- 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

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

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

Approved by:

Headteacher
R Cook

Chair of Governors
C Williams