



# **PENTREBANE PRIMARY SCHOOL HEALTHY EATING POLICY**

**(MARCH 2024)**



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### **1. Aims, purpose and responsibility**

#### **Why children need to eat well.**

- What children eat today shapes how they'll eat for the rest of their lives;
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy;
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eatwell/>

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

#### **Why a policy is needed?**

At Pentreban Primary School we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

#### **This policy explains:**

- How we promote healthy eating at Pentreban Primary School;
- What we do to provide healthy, balanced food choices throughout the school day;
- How we help pupils to eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

#### **We aim to:**

- Increase knowledge and awareness of a healthy diet through our Health and Wellbeing and Science and Technology AoLEs;
- Provide safe, tasty, and nutritious food that promotes good health;
- Enable all pupils to have a healthy school meal;
- Make healthy eating enjoyable and the norm;
- Provide safe, easily accessible water during the school day;
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices;
- Be a role model for healthy eating;
- Monitor healthy choices, including packed lunches;
- Use a range of opportunities to promote healthy eating;



- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

### **Responsibility:**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health and Wellbeing and its implementation and liaise with the cook, kitchen staff and LA/food contractor.
- The Learning Leads for Health and Wellbeing and Science and Technology AoLEs take responsibility for what is taught about healthy eating and practical food education in the curriculum.
- The lead governors for Health and Wellbeing and Science and Technology ensure that the policy is implemented.
- LA appointed caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents can access the catering menu for the term via Cardiff's website and the school's website. This is displayed for the children to see.

This school policy takes account of WG guidance.

### **2. Food in the curriculum:**

Food, its production and preparation, is an important part of the curriculum for all pupils and is taught across the curriculum through Health and Wellbeing, Science and Technology and in a range of ways when addressing the four core purposes. We ensure that pupils have the opportunity to cook from Reception up to Year 6 developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

**Relationships and Behaviour:** Children who eat healthily are more focussed on their work and behaviour is better.

**Health and Wellbeing/Science and Technology:** Healthy food and choices and practical food education is included in the curriculum. Healthy eating and nutrition is part of the curriculum

**Enrichment:** Hands on opportunities for children to prepare and cook food within a mixed age social group.

**Equality:** We take account of the needs of all our children, including those with disabilities and allergies.

### **Curriculum assessment:**

Children's learning about healthy eating is assessed in line with the school's assessment policy.

### **3. School lunches**

All of our school meals are provided by Cardiff Catering. A copy of the termly menu is on display on the school website, via Schoop and on ParentPay.

The dining area is a busy and lively area where children socialise and enjoy the dining experience. However, it can be overwhelming for some children who are offered alternatives – to eat in base or a quiet room near the dining hall. Some choose to wear ear protectors.

Catering staff monitor food choices and encourage pupils to try new foods and to try to finish what they have chosen. They will report any concerns that they have to the headteacher who will discuss concerns with parents. We strongly encourage all parents to take free school meals, where there is an entitlement.



#### **4. Packed Lunches:**

##### **Aim:**

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools we try to encourage parents to choose healthier alternatives e.g.:

- Snacks such as crisps swapped for seeds, vegetables and fruit (with no added sugar or fat).
- Try to limit the confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread and sweets to only once a week as a treat and substitute with fruit or raw veg on the other days.
- Processed meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than once a week)
- Fizzy or sugary drinks should not be brought into school.

These expectations are monitored by lunchtime staff, who communicate any concerns with the headteacher who will discuss those concerns with parents when necessary. We will work with parents and the school nurse if there are problems with food.

In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

##### **Special diets and allergies:**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.

##### **Packed Lunch Containers:**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

##### **Monitoring packed lunches:**

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines the headteacher will invite the parents in to discuss how we can help.

#### **5. Snacks**

All classes include a morning break time snack of fruit or vegetables. Milk is provided free for younger children. As part of promoting healthy eating children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. In line with Healthy Schools, only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed at snack time. As with other snacks, this should be fruit, vegetables, crackers and cheese or low-fat cereal bars. Fizzy drinks, sweets, crisps and chocolate are discouraged.

#### **6. Breakfast club:**

##### **Aim:**

- To provide food for children of families who need it,
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.



- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages;
- To improve the punctuality of some children who were frequently late;
- To improve links between parents and school and children and class teachers.

The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults.

A good variety and healthy balance of foods as recommended by the Balance of Good Health (Food Standards Agency, 2001):

1. A good portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel
2. Fruit and vegetable choices such as orange juice, fresh or dried fruit
3. A portion of milk or dairy food e.g. semi skimmed milk on cereals or low-fat yogurt
4. A choice of drinks e.g. water, juice, and semi skimmed milk
5. An opportunity to have exercise outside when the weather permits

### **Special diets and allergies:**

These are catered for after detailed discussion with parents

### **Nut allergies:**

We cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

### **7. Partnership with parents and carers:**

We inform and involve parents and carers about healthy eating through the school website. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time.

During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals menu on the school website or ParentPay.

### **Water for all:**

During school meal times we encourage drinks which comply with guidelines to be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy. We have water available on each floor and children are encouraged to drink water regularly throughout the day and have water bottles in class.

Mrs E. Prescott  
Headteacher

Date: March 2024

Mr D. Corp  
Chair of Governing Body