



# Millfields First School

## Healthy food policy

Date reviewed: March 2023

Date of next review: March 2024

Chair of Governors (signature)

A handwritten signature in black ink, appearing to read 'Carl Keston'.

Head Teacher (signature)

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## Introduction

At Millfields First School we are committed to giving all our children consistent messages about all aspects of health to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Our Whole School Healthy Food Policy expresses our vision of the ethos, status, and role of all aspects of food within our school and promotes our positive approach to healthy activities.

We recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

As adults we know that a balanced diet is vital to maintain our general health and well-being; with our children, their diet has an impact not only on their health now but also in the future. A healthy diet in childhood can have a significant impact on our children's behaviour and performance in school and can help protect against chronic diseases later in life. As childhood obesity is high on the Government's National agenda, it is our responsibility to reinforce the importance of eating healthily.

## Rationale

At Millfields First School we consider all elements of our work to ensure that we promote health awareness to all members of our school community. We can provide a valuable role model to pupils and their families with regards to food and a healthy lifestyle.

## Policy Aim

To ensure that all aspects of food and nutrition promote the health and well-being of all pupils, staff, and visitors to our school.

## Policy Objectives

- Promote and provide access to healthy nutritious food and drink.
- Deliver clear and consistent messages about food, nutrition, and healthy eating.
- Provide opportunities to learn about diet, nutrition, food safety and hygiene, food preparation and cooking.
- Enable children to learn about where food comes from.
- Actively promote healthy food and drink as part of an enjoyable and balanced diet and restrict the availability and promotion of other options.

## National Guidance

This guidance has been written to reflect the School Food Standards. It has also been written to reflect the Eatwell Guide – an NHS guide to healthy eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

## Application

This policy covers:

- Breaktime snacks including those brought from home
- Nuts
- Milk
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events

The policy applies to all staff, pupils, parents, governors, and partner agencies working within school.

## Breaktime snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. All children from Y1 upwards can purchase toast, a bagel or a fruit pot from the kitchen at a minimal cost. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

## Nuts

We are a nut free school. No nuts or nut-based products (including certain chocolate spreads/ bars) are allowed in school at any time due to some children/ staff having allergies/ adverse reactions to these products.

## Milk

Our school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Our milk is provided by Coolmilk. Parents are invited to register and pay for their child to participate in this scheme, which provides a carton (189ml or 1/3 of a pint ) of semi skimmed milk. Children up to the age of 5 are entitled to free milk as are families in receipt of free school meal (not universal free school meal). Parents can specify if an alternative type of milk is required e.g. soya.

## Water

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. Children should bring a clear water bottle in to school every day which can be refilled as necessary during the day. Bottles go home at the end of every day to be washed and returned. No drinks other than water will be brought into school by pupils for drinking within class time, unless recommended by a doctor for medical needs. A slice of fruit within the bottle is allowed.

All pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch, but pupils are able to bring a drink with them if parents wish. Low sugar/ sugar free squash or fruit juice is allowed at this point. No glass bottles or fizzy drinks are allowed.

## School lunches

All school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment" We will provide Universal Free School Meals for children in Reception class and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. All school meals are prepared on site. Staff will work with children to provide a clean, safe, attractive, and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal, clearing up after themselves at the end by tidying their plates and cutlery away. Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

## Curriculum

### Food across the Curriculum

In Reception, Key Stage 1 and Key Stage 2, there are several opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and the practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing, and measuring ingredients.

Science provides an opportunity to learn about the types of food available and their nutritional composition, digestion, and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Computing can afford the opportunity to research food issues using licensed programs and the internet. Pupils design packaging and adverts to promote healthy food choices.

Food technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages the children to take responsibility for their own health and well-being, and how to develop a healthy lifestyle.

Music can provide pupils with knowledge about the different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment and considers how people across the world rely on growing food as their source of income.

History provides an insight into changes in diet and food over time.

PE provides pupils with the opportunity to develop physically and to understand the practical impact of a range of physical activities. Swimming is part of the PE curriculum for our Year 3 and 4 children.

After school clubs provide a range of physical activities such as dance, gardening and football, whilst an annual residential visit to an outdoor activity centre is offered to our Year 4 children.

Forest School allows the children the opportunity to prepare, cook and eat healthy foods. The very nature of Forest School lends itself to promoting learning about food and the importance of a healthy diet as prescribed in all of the above identified areas of the curriculum.

## **Before and after school club**

Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

## **Standards**

Millfields school kitchen also has 5 stars in the food hygiene standards. All produce is locally sourced where possible.