

WEXHAM COURT PRIMARY SCHOOL

Healthy Eating Policy

2021 - 2024



Date Approved: Summer 2021

Date for Review: Summer 2024

Responsibility: Head Teacher

Approved By: Head Teacher

This policy has been written with views from pupils, teachers, parents and governors. It reflects our belief that our children and their wellbeing comes first.



Rationale

Childhood is a period of rapid development that is critically important to developing a foundation for good physical and mental health. Our data shows clearly that a number of our pupils are overweight and have poor dental hygiene, even at such a young age. Local dentists inform us that high numbers of Slough pupils have caused permanent damage to their tooth socket as a result of poor care. As a school, we believe that all messages about food and drink within the school should be consistent at home and school. We can directly influence the messages at school by implementing a healthy eating policy. We hope to support families to be consistent with this message.

Aims

We aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. We aim to involve the whole community in developing and maintaining healthy eating and drinking habits, incorporating the variety of international food choices, make healthy eating enjoyable and the norm and to consider and accommodate any dietary requirements.

Curriculum

Physical, mental and nutritional health are weaved through the school curriculum and day to day teaching practice. It is covered through:

- The curriculum such as DT, PSHE and Science,
- Through PE sessions
- Lunchtime clubs
- Through displays
- Through our Horticultural programme 'Muddy Boots'
- Cooking and nutrition lessons
- Our literature spine
- Eco Warriors
- Participation in competitions and events such as Dental Health week

An outline of the curriculum and daily experiences of pupils can be requested through email to mail@wexhamprimary.com

Drinks

Throughout the day, children have access to water as often as they need. In early years and KS1 they also have milk through the national milk scheme. Water is good for you in a plethora of ways and that is the only drink permitted at school.

Events

Our pupils voted to wear 'Non-uniform' to celebrate their special day. This way everyone can wish them a happy birthday. Pupils love this as it makes them feel special. Therefore, sweets, crisps, dried fruit or other high sugar, fat or salt items are **NOT** permitted and they will be returned.

Food is often used to celebrate occasions and events; our kitchen staff aim to follow calendar events to have celebration food as and when it occurs. They will ensure that they have food from every class name country each year.

Breakfast Club

Breakfast club is an important part of the day for many pupils and families. Breakfast club adheres to the same principles and rules as the rest of the school. At the breakfast club, the children are provided with a range of healthy food choices which are displayed on their weekly menu. The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and read to adults.

Lunch

School lunches

School lunches are cooked in our kitchen by Taylor Shaw. They offer a halal, non-halal and vegetarian option each day. The menus rotate over three weeks, ensuring a balance of nutrition. All menus are agreed by our pupils, who pick the meals they would like to eat. The daily lunch always includes a form of protein, carbohydrates and vegetables. Children have the choice of the daily lunch or a jacket potato. There is a fresh salad bar daily that the children can help themselves to, children are always encouraged by adults to add some to their plate. Although staff may make their own choices about their food consumption in the Staff Room, they agree to be a healthy role model when eating or drinking in front of the children.

Wexham Court Primary is registered with the National School Fruit and Vegetable Scheme which means that every child in the infant department receives a free piece of fruit/vegetable every day. All children from Reception to Year 2 are entitled to a free hot meal every day.

Packed lunches

Children may choose to bring a packed lunch to school. Due to the increased numbers of pupils with poor dental care and obesity, the school has a strict packed lunch policy in place. When preparing your child's food, please consider portion size and a balance of food groups. High sugar, high fat and high salt items are not permitted.

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 class teacher will discuss this discreetly with the parents and carers, providing resources to support and inform parents about how they can make effective food swaps.

Children are expected to have good dining etiquette. They are expected to eat with their mouths closed, sit sensibly, clear up any mess they have made, such as crumbs, split drink and return their lunchbox or tray to the correct station. Pupils who struggle to use a knife and fork, please help them

secure this skill, which we will enforce. A fork is used to hold the food still, while the knife is used to cut in a back and forth motion.

Children who demonstrate good eating habits and exceptional manners are nominated to be chosen for Top Table, this is aligned with our behaviour strategy.

Break-Time Snacks

Children can have a piece of fruit or vegetable only, and some water. KS1 are provided with a variety of fresh fruits and vegetables at break time, through the School Fruit and Vegetable Scheme.

Break time snack ideas:

Water, milk, grapes, apples, plums, pears, bananas, kiwi fruit, cherry tomatoes, carrot sticks, cucumber slices, peppers, oranges/satsumas, celery sticks.

Lunch-Box Ideas:

Please remember portion size and a balance of the food groups:

Carbohydrate, protein, fats, vitamins and minerals

It is recommended that a healthy lunch-box should contain sugar-free, low-salt foods which are nutritious for young children.

Fruit (as break time), vegetables (as break time), banana chips, plain biscuits, rice cakes, savoury scones, slice of pizza, tinned fish, cold pasta salad, cold rice salad, fruit juice, water, bread sticks, crackers, low-fat cheese spread, low-fat yogurts or low-fat yogurt drinks, reduced-sugar jam, cheese, cold meats, plain popcorn, wholemeal bread pitta pockets.

The following choices should not be in a child's lunch box

- Snacks such as crisps, instead: seeds, vegetables and fruit (with no added sugar or fat)
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

Children at risk

At Wexham we recognise that some people are allergic to particular foods. Key staff are trained annually in the use of Epi-pens and there are a number of trained first-aiders in the school. All allergies and intolerances are notified to lunch time controllers, cooking staff and class teachers. The first aiders are aware of individual children needs and trained to respond should a child react.

Nut allergies

The school has placed a ban on nuts due to the severity of allergy within the school. We aim to be a nut free school but we cannot guarantee that food products are totally nut free. We expect parents to take collective responsibility in ensuring they read all food labels before placing food items in their child's lunch box. Children with a nut and/or peanut allergy have an individual health care plan.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. This is why we have consulted parents when developing this policy, leaders worked closely with a diverse focus group of parents to create the 'Food swap' guidance for parents, this guidance's reflects the cultural influences within our school community. Parents and carers are updated on our policies through school newsletters and on 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 or milk be consumed. During out of school events such as trips, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered.

References and further reading

1. Balance of Good Health (Food Standards Agency 2001)
2. School food plan (www.schoolfoodplan.co.uk)
3. Change 4 Life (www.nhs.uk/change4life)

This is a true version signed by

Mr J. Reekie, Chair of Governors

Signed:

Date:

Miss N Mehat, Headteacher

Signed:

Date:

Review date: July 2021