

Falcons Primary School



FALCONS
PRIMARY SCHOOL

Healthy Eating Policy

June 2023

Approved by GB Date: June 2023

Review Date: June 2026

School Vision and Ethos Statement

We encourage all members of the Falcons Community to respect one another, to know that everyone has an important part to play in making the school as good as it can be, to take responsibility and be responsible, to strive for excellence and to try one's best in everything we do.

Our vision for Falcons Primary School is to be recognised as a school that values uniqueness, where children are provided with the skills to enable them to become:

- * successful learners
- * responsible citizens
- * creative thinkers and
- * reflective individuals

SIKH ETHOS

The school draws on the teaching of the Sikh faith and is committed to providing not only an academic education, but one that will also encompass an underlying message of unity, equality and respect. High morals, discipline, love, compassion and selfless service towards all regardless of faith, gender or colour. Falcon School will embrace a universal, inclusive approach to spirituality.

AIMS

To achieve our vision, we aim for all pupils, staff, governors and parents to:

- Work in unity to make Falcons School a welcoming, stimulating and successful school. Encourage good manners, self-discipline and the desire to be enthusiastic learners who grow into forward thinking responsible citizens who respect, value and care for themselves and others.
- Provide an ethos with clear boundaries and expectations, enabling all children to succeed and to reach their full potential confidently, in a safe and supportive environment.
- Become excellent lifelong learners who are independent and prepared for the wider world and aim high to achieve aspirational goals.

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Introduction

Falcons School is committed to promoting the health and healthy lifestyle choices for every pupil. The school will give pupils consistent messages about all aspects of health, to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5-a-day' campaign to encourage pupils to eat at least five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity. We will ensure that our lunchtime menu actively delivers this.

Rationale

Falcons Primary School will be a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. School staff can provide valuable role models to pupils and their families, with regard to food and healthy-eating patterns.

Through effective leadership throughout the school, an ethos which promotes and celebrates healthy lifestyles and, a curriculum which empowers pupils to be independent learners and confident citizens, all school staff can bring together elements of the school day to create an environment which supports a healthy lifestyle.

One clear manifestation of this intent will be that the school will work towards achieving Healthy School status

Aims and Objectives

Falcons Primary School will:

- Ensure that we are giving consistent messages about good choices in food and /to maintain good health;
- Give our pupils the information they need to make healthy choices;
- Promote health awareness;
- Contribute to the healthy physical development of all members of our school community; and
- Encourage all pupils to take part in the '5-a-day' campaign.

Breakfast club

To provide pupils with an incentive to arrive early and, provide them with a nourishing start, The school may also target some pupils who may not normally eat breakfast at home.

The food offered will be healthy and will be consistent with a healthy diet. Likely foodstuffs will include: toast, bread (range of options including brown, granary, buns, baps and rolls), low-fat spread, fruit jam, yoghurt, slices of fresh fruit and cheese.

The school will seek to provide this breakfast at cost or at little or no charge to pupils (and staff).

Break time

All Reception, Year 1 and Year 2 classes include a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school. As part of promoting healthy eating children are encouraged to eat the fruit and vegetables. Key Stage 2 children are asked

to bring in fruit or vegetables for playtime. Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school.

School lunches

All school meals will be provided to fully comply with government healthy food guidelines e.g. chips, pizza, pies etc. will only be served once a week. Where possible, the menu each day will include a choice emphasizing fresh fruit and vegetables as a recommended option for pupils. A hot and cold option will be provided, both of which will pay regard to nutritional balance and healthy options. The school aspires to be an inclusive school for all our pupils and communities. We would seek to achieve this by being a vegetarian only school. However, we recognize that some parents will want an alternative diet for their child and we also recognise our responsibilities in line with 'The Requirements for School Food Regulations 2014. We will work closely with all parents to ensure we provide for all children and comply with the regulatory framework. We will work with nutritionists to ensure that the meals provided are nourishing and healthy. Nuts will not be used in any meals offered to pupils. Parents should refrain from using nuts in packed lunches.

Drinking Water

Recognizing the important of a regular intake of water on pupils' alertness and longer term health, water will be freely available throughout the school day to all members of the school community. The value of drinking water on a regular basis will be regularly publicized.

Food across the Curriculum

Every pupil will have opportunities to develop knowledge and understanding of healthy-eating patterns and practical skills that are needed to prepare healthy foods, such as shopping, growing, preparing and cooking food.

Literacy provides pupils with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in food and drink etc.

Science provides an introduction to learn about the types of food, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise. Horticulture will also feature as an important area of study.

Religious Education provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils may experience different foods associated with religious festivals.

ICT affords pupils with opportunities to find out about foods, food production and the staple diets of different communities using the internet and other digital resources. Pupils could design packaging and adverts to promote healthy food choices.

PSHCE encourages pupils to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils will be given opportunities to discuss issues of interest, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and the different foods people from other cultures and ages ate.

Physical Education provides pupils with the opportunity to develop physically and to understand the importance of sport, exercise and other physical activity such as dance and walking to promote healthy lives.

School visits will provide pupils with activities to enhance their physical development, e.g. to activity centres.

Extended learning may include a range of cookery, sports and gardening clubs.

Partnership with parents and carers

The partnership between parents / carers and school is critical in shaping how pupils make healthy lifestyle choices. The school will make every effort to fully engage the co-operation and support of parents and carers in this important area.

Role of the Governors

The school will appoint a named governor who will monitor the provision of healthy meals within the school.

Monitoring and Evaluation

The **Headteacher** will monitor the implementation of this policy and prepare a report annually for the Governing Body with regard to data around pupil dining and any changes to the policy in the light of changes in legislation or best practice.

Approval by Governing Body

The Governing Body approves the implementation of this policy