

Templefield Lower School

Healthy Eating Policy



Templefield Lower School

Introduction

At Templefield Lower School we are committed to providing an environment that promotes healthy eating and enables children to make informed food choices. We recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

As a school we know that food is fundamental to the quality of a child's life; not just in providing essential nutrition, but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults should be good role models and support the children in understanding how a balanced diet contributes to a person's health, happiness and general well-being.

Aims and Objectives

- To provide a range of healthy food choices throughout the school day and in line with the School Food Standards.
- To provide opportunities for children to develop their knowledge and understanding of healthy eating so that they can make informed choices.
- To ensure a consistent approach to healthy eating across the school community, including pupils, staff and parents.

Curriculum

We regard healthy eating education as a whole-school issue and believe that opportunities to teach pupils about food and healthy eating occur throughout the curriculum. The Eatwell guide is used throughout the school as a model for understanding a balanced diet.

Design and Technology

Pupils learn about where food comes from and are taught how to safely prepare and cook different foods.

Personal, Social and Health Education

Pupils are encouraged to take responsibility for their own health and well-being, and are taught how to develop a healthy lifestyle.

Physical Education

Pupils are made aware of the importance of a healthy diet, and the link between a healthy diet and physical activity for their general well-being.

Religious Education

Pupils experience and learn about different foods through the celebration of a range of religious festivals and cultural events.

Science

Pupils learn about different types of food and their nutritional value. They are taught about the digestive system and the effect of exercise, sleep and diet on the human body. Pupils also learn about food chains and the requirements for plant growth.

Breakfast Club

At breakfast club the children are provided with a range of healthy food choices. These include:

- Porridge, wheat biscuits, popped rice cereal or cornflakes
- Toast, bagels or malt loaf
- Semi-skimmed milk
- Reduced-fat spreads
- Water or orange juice to drink

Snacks

All pupils in Reception and Key Stage 1 receive a free piece of fruit or vegetable everyday as part of the National School Fruit and Vegetable Scheme. Children in Key Stage 2 may bring in a healthy snack from home. This could include:

- Chopped up raw vegetables eg. carrots, cucumber, celery
- Whole or chopped up fruit eg. apple, satsuma, banana, melon slices, halved grapes
- Breadsticks or wholemeal crackers
- Malt loaf, tea cakes or fruit breads

Drinks

Children are encouraged to bring a water bottle into school so that they have access to water throughout the day. There are a number of water fountains around school for the children to use at breaktimes and all children have access to water in the dining hall (both school dinners and packed lunches).

School Lunches

Our school meals are provided by Caterlink who offer a variety of meals across a three week cycle. All of their meals are nutritionally balanced and meet the mandatory standards for school lunches set out by the government. The dishes are freshly cooked each day in our school kitchen, and children have a choice of two main meals, one of which is suitable for vegetarians. The menu includes healthy fish options and a range of freshly prepared salads from our salad bar. Fruit and yogurts are available daily as an alternative to the main dessert. Our senior lunchtime supervisor closely monitors the quality of the food and portion sizes to ensure that our pupils receive a tasty, nutritionally balanced meal.

Packed Lunches

Many children bring a packed lunch to school and we encourage parents to provide a nutritious packed lunch that offers a variety of healthy foods across the week. Nuts, nut-based products, chocolate bars, sweets and fizzy drinks are not allowed. If there is a concern about the nutritional balance of a child's lunch box, or if it appears that a child is not eating their packed lunch, the class teacher will discuss this with parents.

After-School Club

The school also operates an after-school club that offers pupils a light snack at the end of the school day. This may consist of:

- Vegetables and dips
- Bagels or wraps with various fillings
- Malt loaf or fruit breads
- Water, orange juice or milk to drink

Special Diets and Allergies

The school recognises that some pupils may require special diets. Parents of children who have food allergies or intolerances, or who are on special diets for medical or religious reasons, are asked to provide as much information as possible about which foods are suitable or which foods must be avoided. This information is displayed in the school kitchen and individual care plans are created as necessary. Parents are asked not to include any items that contain nuts or nut-based products in their child's packed lunch because of nut allergies. For these reasons, children are taught not to share their lunches.

School Events and Parties

Special events, such as Christmas parties and school discos, are times when food contributes to a sense of celebration and sharing. On these occasions party food is allowed but staff will remind the children that these foods are occasional treats and should be eaten in moderation. Details of these events will be shared with parents through letters or the school's newsletter.

Birthdays Treats

Where parents choose to send in sweets for their child's birthday, these will be given out at the end of the day for the children to eat at home. Staff are mindful of children with allergies and will provide an alternative treat if necessary.

Dining Hall

The dining hall is well staffed with lunchtime supervisors who assist the children in a variety of ways, such as opening containers and cutting up food. The tables and chairs are arranged so that the children can sit in friendship groups (school meals and packed lunches can sit together), promoting the idea that lunchtimes are a happy and sociable occasion. Children are encouraged to develop good eating skills and table manners at lunchtime, and are given plenty of time to eat their food.

Monitoring and Evaluation

The headteacher and PSHE leader are responsible for monitoring the effectiveness of this policy. In addition, the school gathers feedback from pupils, parents and staff about healthy eating and the food provided in school. The outcomes are used to evaluate the impact of this policy and to further improve food choices throughout the school day.

Further Information

For further information about healthy eating, please see the following links:

- [Children's Food Trust](#)
- [Food for Life](#)
- [Change4Life](#)
- [The Eatwell Guide](#)

Approved: December 2022

Last reviewed: December 2022

Next review: December 2024