

# Allensbank Primary School



## Healthy Eating Policy

**This policy will be reviewed annually**

**Head teacher:** \_\_\_\_\_

**Chair of Governors:** \_\_\_\_\_

## **Vision Statement**

At Allensbank Primary School, all staff work in partnership to ensure that our pupils:-

<sup>35</sup><sub>17</sub> Attend regularly, work diligently and take pride in their achievements.

<sup>35</sup><sub>17</sub> Take responsibility for their own learning, work to individual targets and evaluate their own performance.

<sup>35</sup><sub>17</sub> Feel valued within our school community.

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Have pride and confidence in themselves as individuals; value other people for what they are and what they can do; show tolerance and respect for all faiths and cultures within our school community and in society in general.

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Make full use of the opportunities available to them, encouraged by the active involvement of parents and a caring school community.

## **“Only Our Best Will Do”**

### **Summary Statement**

Allensbank Primary School is committed to working towards race equality, promoting positive approaches to difference and fostering respect for people of all cultural backgrounds.

The school values and encourages involvement of people from all sections of the local community. We are opposed to all forms of racial prejudice and discrimination. Language or behaviour which is racist or potentially damaging to any ethnic or racial group will not be tolerated and will be challenged. At Allensbank, we recognize that British and Welsh society is made up of people from many different racial, cultural, religious and linguistic backgrounds. We believe it is important that all pupils are fully prepared to live in such a diverse society.

At Allensbank Primary School, we are committed to giving all our 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. This policy should be read alongside the school's Personal and Social Education Policy (PSE) and the Education for Sustainable Development and Global Citizenship Policy (ESDGC). It was written following recommendations in the Welsh Assembly Government's consultation document 'Appetite for Life' and advice from Cardiff Catering. It

is also written in accordance with the Welsh Assembly Government legislation Healthy Eating in Schools (Wales) Measure 2009

There are no vending machines on the school site.

The school supports the 'Five-a-day' campaign to encourage children to eat 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 have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- <sup>35</sup>/<sub>17</sub> How well are we doing?
- <sup>35</sup>/<sub>17</sub> How well should we be doing?
- <sup>35</sup>/<sub>17</sub> What more should we aim to achieve?
- <sup>35</sup>/<sub>17</sub> What must we do to make it happen?
- <sup>35</sup>/<sub>17</sub> What action should we take and how do we review progress?

## **Rationale**

Allensbank is a healthy school, maintaining Healthy Schools Phase 1 in 2010. We consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

## **Aims and Objectives**

- <sup>35</sup>/<sub>17</sub> To ensure that we are giving consistent messages about food and health
- <sup>35</sup>/<sub>17</sub> To give our pupils the information they need to make healthy choices
- <sup>35</sup>/<sub>17</sub> To promote health awareness
- <sup>35</sup>/<sub>17</sub> To contribute to the healthy physical development of all member of our school community

<sup>35</sup><sub>17</sub> To encourage all children to take part in the 'Five-a-day' campaign

<sup>35</sup><sub>17</sub> To provide the opportunity for healthy Fair Trade products e.g bananas to be used wherever possible

### **Snacks in School**

In 2002, the school took the decision to ban fizzy drinks, sweets, chocolate and cake as break-time snacks.

A Healthy Tuck shop was set up some years ago to provide children with the opportunity to buy fruit as a break-time snack. This initiative has now been improved by providing an 'in-class' tuck shop whereby Key Stage 2 pupils are given the opportunity to purchase a selection of healthy snacks such as, fruit, cheese, raisins, carrots, rice-cakes, malt loaf, etc in the classroom. This action was taken to further encourage more pupils to eat healthy during break-times.

All under 7s are entitled to free school milk which is organised by the Foundation Phase teachers. Healthy snacks are provided in these classes by the class teachers and the teaching assistants. Snacks are similar to those available in Key Stage 2

In compliance with Food Safety Regulations we ensure that the temperatures of the Foundation Phase fridges, where free school milk is stored, is monitored daily by staff and recorded on a temperature log which is provided. The temperature of the fridge should be between 1-4°C.

Healthy snacks and milk are taken during the 'Well-Being' session immediately proceeding morning break. Children are encouraged to sit at the table and take their snack together. Staff use this as a valuable discussion time, focusing on the social skills such as turn-taking, sharing, appropriate behaviour and the importance of healthy foods within a balanced diet.

### **School lunches and packed lunches.**

School meals are cooked on site in the school kitchen, by Cardiff Catering staff. Cardiff has operated a Healthy Eating Policy for some time and lunches adhere to this policy.

Children in Foundation Phase (from reception upwards) are provided with a cooked meal that pays regard to nutritional balance. Sandwiches are available by parental request. An additional piece of fruit is offered daily. This is displayed in photographic form so that children are able to identify the fruit available and learn about it.

Key Stage 2 pupils are offered a choice of three menus, selected the previous day. This is to further encourage more pupils to take up the opportunity of school meals which has had a positive effect. Staff discuss the choices available to the pupils, helping in their selection when necessary. Fresh fruit and vegetables are available each day as a choice for the children. Hot and cold options are available, both of which pay attention to nutritional balance and healthy alternatives. As in Foundation Phase, additional fruit is provided on a daily basis.

Many children bring packed lunch to school. We include newsletter items about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks.

### **Water for all**

Cooled water is freely available throughout the school day to all members of the school community. No water fountains are located inside the toilets. Children are provided with a water bottle to store their water in. Children may drink their water at any time except during assemblies. Children are given access to water regularly.

### **Food across the Curriculum**

In Foundation Phase and Key Stage 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and 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 e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

**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, 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.

**ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

**Food Technology** as part of **D T** provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work food, including preparation and cooking with weekly cooking sessions being carried out within the Foundation Phase.

**PSE** encourages young people 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 are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

**Music** can provide pupils with knowledge about 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 how this affects food production and quality.

**ESDGC** offers the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. Food waste composting is promoted throughout school life. Fair trade is celebrated and encouraged throughout the whole school curriculum, focusing a range of sessions relating to the ethos of Fair trade. This is also promoted on the school website.

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

**Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

**Gardening and food production** is promoted throughout the year within every age group with on sight gardening areas in school.

**School visits** enhance pupils' knowledge of where food comes from, how it is grown and where it is sold. Classes visit the local allotments, the local shops in Whitchurch Road and the mill and baker at St Fagans.

**Out of hours learning** includes a well established cookery club, Kids Can Cook, which is also promoted on our school website. A range of sports clubs take place when a healthy diet is discussed in conjunction with exercise.

**School website postings** promote a range of aspects that are carried out in school which relate to promoting healthy eating and a healthy lifestyle.

### **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. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g schools discos etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.



## **Role of the Governing Body**

Governors monitor and check that the school policy is upheld and may also offer guidance, where a member of the governing body has particular expertise in this area.

## **Monitoring and Review**

The Cookery Club Leader is responsible for ensuring that the food prepared and served is in accordance with this policy.

Key Stage leaders and Subject leaders are responsible for the curriculum development of the Food Policy.

The Head teacher and the PSE Co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy.

Cardiff Catering is responsible for ensuring the quality of the food offered.

The PTA are responsible for ensuring any refreshments offered to children in fund-raising events are in accordance with this policy.

This policy will be reviewed in the light of new developments. It will be reviewed routinely as part of the school's three year cycle of policy review.

Agreed by:  
(Chair of Governors)

Date:

Tracy Lewis, ESDGC coordinator and Marcella Wellington, PHSE coordinator

May 2011