



HARTWELL PRIMARY SCHOOL

Healthy Eating Policy

Hartwell Primary is a Voluntary Controlled academy and, recognising its historic foundation, works to preserve and develop its religious character in accordance with the principles of the Church of England. This includes the active promotion of Christian and British values and the respecting of those of other faiths or none.

1. Statement of Intent

At Hartwell Primary School we believe in educating, guiding and supporting children to experience life in all its fullness and this includes leading a healthy lifestyle. We aim to promote this through our Christian ethos and values, the curriculum and extra-curricular provision.

2. Objectives

- Promote health awareness, including promoting healthy eating choices
- Contribute to the healthy physical development of all members of our school community
- Share a consistent message about healthy eating and living a healthy and active lifestyle
- Provide opportunities for children to engage in a healthy lifestyle through extra-curricular activities
- Provide a safe, easily accessible supply of drinking water during the school day
- Ensure that the provision and consumption of food is an enjoyable and safe experience; encouraging positive social and cultural interaction whilst reflecting the ethnic, religious, dietary and medical requirements of pupils and staff
- Ensure that the hot meal provider follows government guidelines for school meals

3. Snacks

Children having a healthy snack at morning break time is encouraged. Children in Years R-2 receive a free piece of fruit or vegetable from the Government Fruit and Vegetable Scheme. All parents may buy into the 'Cool Milk' scheme which provides their child with a drink of semi-skimmed milk for their snack time. All children are encouraged to drink water as part of their break time routine.

Parents of children who are Pupil Premium are not asked for a contribution for milk or fruit (fruit: Years 3-6 parents can buy into the school fruit scheme once it ceases being free at the end of Year 2). Pupils not involved in the fruit scheme are asked to bring in a healthy snack of their own for break time.

4. Food Allergies and Intolerances

The school considers the needs of pupils with food allergies and intolerances and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that children are not knowingly exposed to food allergens like nuts during school hours. These considerations are promoted to the whole school community.

5. Water

Drinking water is recognised to be supportive of good behaviour by improving concentration. School provide all children with a free water bottle at the start of every academic year. The children are regularly reminded to drink water especially during warmer weather and are taught and reminded about the importance of good hydration.

6. Hot Meals

Hot lunches are available to all children and are provided by ABM Catering. ABM Catering offers a varied menu on a three week rolling programme and menus are changed termly. The meals are nutritionally balanced and meet the standards set by the Children's Food Trust. Hot Meals are free for children Years R-

2 under the Universal Free School Meals offer. Parents of children in Years 3-6 can purchase a hot meal through the online ordering system.

7. The Eating Environment

All lunches are generally eaten in the main hall; however, on rare occasions packed lunches may be eaten in classrooms when different circumstances prevail. The aim is always to provide a calm, ordered environment conducive to mutual respect and good behaviour; promoting social and community cohesion. Our school is committed to:

- Encouraging children to wash their hands before eating
- Encouraging all children to eat the food they have been provided with
- Ensure, that on the grounds of safety, all children remain seated until they have finished eating
- Encouraging good table manners, including correct use of cutlery and only talking to friends when the mouth is free from food

8. Waste

In order to enhance children's understanding of the importance of recycling we use compost bins on the playground and in the dining hall. In the dining hall there is also a mixed recycling bin which children who have had a packed lunch use.

9. Celebrations and Festivals

We believe it is important to celebrate cultural, personal or community events and recognise that food has a role in such celebrations as birthdays, religious festivals, or end of term events. Any food provided at such events complies with this policy and fits within a long term well balanced diet.

10. Curriculum

The curriculum plays a central part in informing and enriching children's experience of food, healthy eating, physical activity and well-being. Curriculum content includes the following:

- The importance of food groups and the role they play in promoting growth
- The development of a strong healthy body (through diet, exercise and good mental health and well-being)
- What constitutes a balanced diet and how that can be achieved in relation to belief of religion
- How food is produced
- An understanding and appreciation of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others
- Collective Worship which offers children to develop culturally and spiritually
- A PE curriculum that encompasses a range of disciplines and skills

Visits by outside agencies such as the Life Education bus and the NSPCC promote health awareness and keeping safe.

11. Beyond the Curriculum

We offer a range of extra-curricular clubs which support a healthy lifestyle, gardening club and a wide range of sporting clubs and activities.

12. Children as Role Models

We believe it important that children not only see and hear the healthy lifestyle message from adults, but also from their peers. Children in Year 5 train as Young Leaders through EWS, North, and a small number of

pupils train as 'Change for Life' leaders and lead a lunchtime activity club for younger pupils, particularly targeting children who are less engaged with sporting activities.

13. Partnership with Parents and Pupils

The partnership of home and school is vital in shaping how children behave, especially where health, fitness and well-being are concerned.

Parents and carers are requested to inform the school of any health or food requirement their child has. Parents, carers and children are regularly updated on events and issues relating to food and health through the school newsletter.

14. Monitoring and Review

The headteacher is responsible for monitoring that we meet the objectives set out in this policy. The headteacher will gather feedback from the children on matters of a healthy lifestyle. The Governing Body monitors that this policy is upheld by the school.