

Mayflower Primary School Healthy Food Policy

The guidance for this policy has been developed in line with the School Food Trust statutory food standards and their guidance and recommendations around packed lunches. The School Food Trust is a national charity and specialist advisor to the government on school meals, children's food and related skills. They outline the statutory Nutrient Standards for schools meals and the statutory Food Standards which apply to food in school throughout the school day.

Aim:	<ul style="list-style-type: none"> To ensure all aspects of food & nutrition in school promote the health & well being of pupils, staff & visitors to the school. To promote healthy eating habits that lead to lifelong health & well being.
-------------	---

Rationale:	<ul style="list-style-type: none"> A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills
-------------------	---

Objectives:	<ul style="list-style-type: none"> To improve the health of pupils, staff & families by helping to influence their eating habits through increasing knowledge & awareness of food issues, including what constitutes healthy eating. To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious food, and safe, easily available water supply during the school day. To ensure the food provision in the school reflects the ethical, cultural & medical requirements of staff & pupils, e.g. religious, vegetarian & allergenic needs. To make the provision & consumption of food an enjoyable & safe experience in a pleasurable and comfortable environment. To monitor menus and food choices to inform policy development and provision.
--------------------	--

Type of provision	Details of provision
Breakfast club	We have a Breakfast Club which has a varied menu of healthy food served daily. We encourage pupils to eat fruit and no sugar or additionally sweetened items are served at our Breakfast Club."
Healthy Snacks	We encourage encourage pupils to eat fruit and vegetables. All pupils in EYFS and KS1 are given fruit to eat at break time each morning. We do not allow crisps, sweets or chocolates at school. Children attending after school clubs are able to bring in a healthy snack to eat before clubs begin. When children go out on educational visits they are asked to bring a healthy lunch with water instead of juice and fruit. When it is children's birthday's they bring fruit to share.
School Meals	<ul style="list-style-type: none"> The Head Teacher meets with The school cook to ensure the menu is healthy and varied. The Office Manager monitors school meals uptake We have recently introduced family setting for EYFS and this is due to be rolled out to KS1 pupils soon.

Packed Lunches	<p>What is your policy concerning the content of packed lunches? What items do you encourage children to bring in?</p> <ul style="list-style-type: none"> • Healthy Packed lunch guidance is given to parents and pupils who eat packed lunches, which suggests including fruit, vegetables, plain rice cakes, a hot cross bun, plain breadsticks, malt loaf, a fruit scone, custard or rice pudding. No sweets or crisps are allowed. We have a water only policy for packed lunches. The contents of packed lunches are monitored by lunch time supervisors. • We run workshops for parents on healthy packed lunches.
After School Clubs	<ul style="list-style-type: none"> • We run food related after school clubs, such as growing and cooking clubs
Water Provision	<p>Children have access to drinking water all day We provide pupils with drinking bottles</p>

<p>Early Years Food <i>(based on recommendations from the Children's Food Trust Guidance 2012)</i></p>	<p>We take part in the Nursery milk scheme Fruit, water and milk are available to children throughout the day We are a nut free school Children eat in the dining room with EYFS staff We consult with catering providers about Early Years food and meeting the Children's Food Trust guidelines We promote the Healthy Start Scheme to parents so they can apply and take advantage of benefits such as free vitamin supplements for under 5s</p>
--	--

Specialist dietary requirements	<ul style="list-style-type: none"> • Our inclusion leader ensures all allergy advice is shared with staff –including kitchen staff. • The kitchen is Halal. Lanyards are worn by children who have allergies who eat school lunches. • We are a nut free school
--	--

Curriculum	<ul style="list-style-type: none"> • food and nutrition is covered in Science and PSHE • We use the Eatwell Plate as a model for teaching healthy eating throughout the school <p>Please see appendix 1 for the Eatwell Plate</p> <ul style="list-style-type: none"> • Children have the chance to learn practical food skills eg, planning, budgeting, preparing and cooking meals through the school curriculum.
-------------------	---

Rewards	<ul style="list-style-type: none"> • We use books, certificates, pencils and stickers as rewards. We do not use sweets, chocolates or any other unhealthy food as a reward, treat or a prize.
----------------	--

Special events,	<ul style="list-style-type: none"> • The school provides the food for special events • Children share fruit for Birthdays
------------------------	---

Parents	<ul style="list-style-type: none"> • There are regular opportunities for parents to get involved in healthy eating workshops. • Parents are involved in developing the ethos of the school as a healthy school • Parents aware of the food policy it is available on the school website. The HT goes through the school prospectus with all new parents and raises awareness of healthy school status at this meeting.
----------------	---

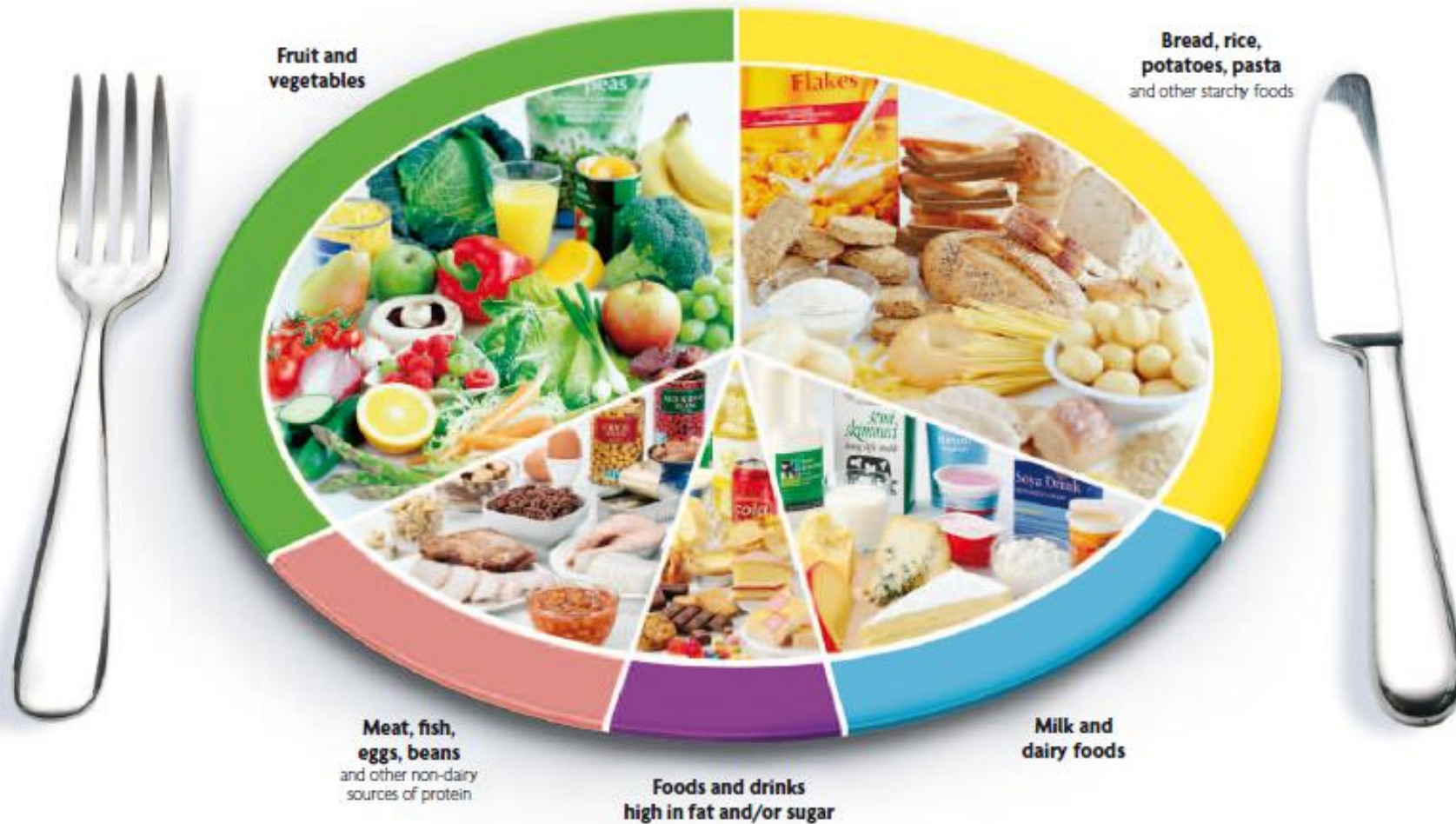
Staff	<ul style="list-style-type: none"> • Staff are supported to provide positive influences to pupils around healthy eating • The Healthy Schools Team support with school in this work
--------------	---

Governors	<ul style="list-style-type: none"> • Governors were consulted in the writing of this policy
------------------	--

Monitoring	<p>The lead teacher for Healthy Schools Angie Davis will monitor this policy annually. The policy will be shared with all school staff</p>
-------------------	---

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

© Crown copyright 2011