



## **Birchington CE Primary School**

### **Policy for Healthy Eating and Nutrition**

#### **LEARNING AND GROWING; SAFE IN GOD'S LOVE**

#### **Rationale**

At Birchington Church of England Primary School we recognise the importance of a healthy lifestyle and diet and understand that providing a balanced diet in childhood helps establish healthy eating habits for life. Healthy eating, nutrition and care for our bodies links with our Christian Vision where we want all to flourish and to care for everyone, including caring for ourselves.

There is a recognised link between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. Sharing foods is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and further develop friendships.

This policy states the way in which our school community supports pupils to develop their knowledge and understanding of the importance of a healthy diet and making healthy choices within their everyday lives. Healthy eating does not mean no treats, but it does mean having them at appropriate times and not too often.

This policy also describes how the school community helps pupils to develop the skills and attitudes that will help them to make informed healthy choices both in and out of school.

#### **Definition of Healthy Eating/Nutrition**

A healthy diet is one that allows for a balance of different foods that sustain the well-being of the individual. A healthy, balanced diet may vary between individuals. At Birchington Church of England Primary School we actively promote a positive attitude towards healthy eating and through our curriculum and personal development. Our children also enjoy involvement in 6Ways2Wellbeing and the National Fruit Scheme.

#### **Objectives**

The school's objectives are to: -

- deliver a curriculum that provides information related to food, nutrition and fitness and what constitutes a healthy lifestyle
- ensure that all pupils are well nourished while at school and that every pupil has access to safe, tasty and nutritious food and an easily accessible fresh water supply throughout the school day
- improve the health of pupils and their families by helping to influence eating habits through increasing pupil's knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygienic food preparation and storage methods
- make the provision and consumption of food an enjoyable and safe experience
- ensure that food provision in the school reflects the ethical and medical requirements of all that attend the school e.g., religious, ethnic, vegetarian, medical and allergic needs
- work towards ensuring that this policy is both accepted and embraced by all members of staff, school Governors, pupils, parent/carers, food providers and the wider community.

- integrate the aims of this policy into all aspects of school life, in particular through home learning and pastoral and social activities

### **School Food and Drink Provision**

The school is aware of the statutory school food standards guidance for nutritional standards for school lunches that were introduced 2019 and updated in 2023. We are fully supportive of the revised standards. The school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.

At Birchington Church of England Primary School, we recognise that a healthy diet contains lots of fruit and vegetables; is based on starchy foods such as wholegrain bread, pasta and rice; and is low in fat (especially saturated fat), salt and sugar. Our school lunches provide a wide range of nutritious foods across the week. We aim to be a 'nut free school'.

### **Drinks Provision**

Research has proven that pupil's concentration and attainment improve by drinking water throughout the day and staff actively encourage pupils to do this. All pupils are encouraged to bring a clearly labelled, plastic water bottle into school every day that can be kept in the classroom so they can access a drink when they need one, without leaving the classroom.

Water bottles are available for purchase from our school uniform provider or a clear plastic sports cap bottle can be brought in from home. There are a number of fresh water machines placed around the school where these can be refilled. In the EYFS and KS 1, water bottles are filled each morning and rinsed at the end of each day. KS2 children are asked to take their bottles home to be rinsed and refilled. Jugs of water and beakers are provided in the dinner hall at lunchtime.

### **Packed Lunches and Snacks**

Parent/carers are asked to support the school's healthy eating policy by providing balanced and nutritious packed lunches for their children. Fruit and vegetable snacks are encouraged at morning playtime as well as for lunch. The eating of anything other than fresh/dried fruit and vegetables at break time is not allowed unless there is a specific reason for doing so and agreed with a Senior Leader. Sweets are not allowed at break or at lunchtime. Packed lunch ideas are set out on our school website and parent/carers are reminded to limit the amount of crisps and biscuits provided in lunch boxes. Chocolate bars are not allowed in packed lunches. Pupils may bring squash or fruit juice to have with their packed lunches although water is preferred. Fizzy and sparkling drinks are not allowed.

### **Celebrations**

At certain times of the year i.e., special celebrations, a mixture of healthy and savoury foods are allowed within school for children and staff to share. At these times, school may provide a sugar free squash drink for the children. If sweet items are sent into school to celebrate a pupil's birthday, staff are asked to allow these to be shared and sent home with the children at the end of the day as long as all allergy needs are adhered to.

### **Curriculum**

We regard healthy eating education as a whole-school issue and we ensure there are opportunities to teach about the importance of living healthily throughout our curriculum. The importance of balanced nutrition and healthy food choices are taught discreetly within the Science, RSHE, PE and DT curriculum, through after school clubs, home learning and Year 6 Challenge and Celebration Week. Our school has been involved in Fair Trade and themed weeks such as Healthy and Sports week teach a range of skills and promote understanding in this area. A wide range of teaching approaches and resources are used to deliver the curriculum.

## **Setting Provision**

Our school strives to ensure a safe, comfortable, attractive and clean environment for children to eat in with a sufficient amount of trained Midday Supervisors to support children. Pupils are given sufficient time to eat and they are expected to foster good manners and show respect for other pupils and staff. They are encouraged to try new foods and eat as much as possible.

Sufficient numbers of litter bins are provided in and around the school premises for the disposal of any waste food, including food waste and compost bins.

Packed lunches and school meals are eaten in the following halls:

Quex Hall – Years 3, 4, 5 & 6

Mr Mac Hall – Years R, 1 & 2

## **Health and Safety**

Please refer to school Health and Safety Guidelines.

## **The Role of Leaders**

The Healthy Body/Healthy Mind Hub lead the development and maintenance of the subject overseen by the Leadership Team. The role of Subject Leaders and Hub Driver, linked to this policy can be seen within specific job descriptions.

The Healthy Body/Healthy Mind Hub and Leaders:

- overseeing dining halls – monitoring appearance, behaviour, Midday Meal Supervisors, accessibility of drinking water etc.
- acting as consultants to colleagues seeking subject related information
- monitoring planning to ensure that Healthy Eating is covered through a range of curriculum areas and is informative and progressive through the school
- keeping staff up to date with any new Healthy Schools information

The Healthy Body/Healthy Mind Hub will meet regularly to discuss issues that relate to the Healthy Eating element of Healthy Schools and members of this group will pass any relevant information on to other members of staff/community etc. The School Council are also included in this work.

## **Resources**

The Healthy Body/Healthy Mind Hub holds a budget for their Hub in line with the School Plan.

## **Role of the Staff**

We expect staff to: -

- adhere to all policies and procedures related to healthy eating in our school
- to have read and understood our Healthy Eating Policy
- be good role models for promoting healthy eating and drinking water throughout the day

## **Role of Pupils**

We expect pupils to: -

- engage positively with all area of school procedures and school and home learning regarding healthy eating and lifestyles

- bring a filled water bottle into school every day
- bring a healthy snack if applicable

### **Role of Parents and Carers**

The school is aware that the primary role model in children's healthy eating education lies with their parents and carers. We wish to build a positive and supportive relationship with them through mutual understanding, trust and co-operation.

We want them to: -

- have a good understanding of the school's Healthy Eating Policy
- ensure that their child/ren come to school having eaten a nutritious breakfast
- provide a healthy snack for break (Year 3 and above as Year R-2 receive a free piece of fruit or vegetables)
- support the school policy and their child's wellbeing by providing a balanced, healthy packed lunch (where appropriate)
- to adhere to our nut free policy
- inform the school of their child's food allergies or any other medical information

### **Role of Governors**

The Governors are responsible for the monitoring of the overall impact of the Healthy Eating Policy and liaising with Leaders and HBHM Hub Members in this regard.

### **Linked Documentation**

This document should be read in conjunction with a range of other school policies and guidelines including: -

- First Aid
- Administration of Medication
- Care Plans
- Health & Safety
- SEND
- Drugs
- Home Learning
- Science
- DT
- PE
- RSHE

### **Review**

Monitoring and evaluation to be carried out by Senior Leadership Team and the Healthy Body/Healthy Mind Hub.

**Headteacher & HBHM Hub – Reviewed March 2024  
To be reviewed March 2026**