Healthy Schools Policy

Policy- Document Status			
Date of Policy Creation	September 2023	Named Responsibility	Headteacher Mrs. H. Kumar
Date of Policy Adoption by Governing Body		September 2026	
Review date:		September 2029	

Aim of the Policy

To promote the health and well-being of pupils, staff and visitors to our school and encourage them to lead fit and active lifestyles. The 'Healthy Schools Policy' is part of a whole-school approach to health and well-being through the school's Healthy Schools Programme.

Formulation of the Policy

The policy has been written following guidance from the 'Food in Schools Toolkit' (DfES, 2005) and the new National Healthy School Standard (2005).

Persons Responsible

The school's named Healthy Schools Co-ordinator is Mrs. H. Kumar and the school's named Healthy Schools Governor is Mrs. B. Williams.

School Provision of Food and Drink

School Fruit and Vegetable Scheme

Holmer Lake Primary participates in the School Fruit and Vegetable Scheme, which provides all infant children with a free piece of fruit or vegetable every day during morning break.

Breakfast Club

The school offers a healthy Breakfast Club every day during term-time for pupils to attend. Attendance is from 7.45-8.40am and there are many healthy choices available, including several varieties of cereal, toast, crumpets, orange juice and apple juice. The cost of breakfast club is £1.00 per day (7:45-8:10am). We offer a free breakfast club to all pupils between 8:10-8:40am.

Morning break

Children are encouraged to bring a healthy snack from home if they wish for morning break.

School Meals

The school uses 'Let's Dine', Telford and Wrekin's in-house supplier for school meals. School staff work with catering staff to monitor pupils' menus and food choices to inform policy development and provision. A salad bar is always available and the consumption of healthier menu choices is actively promoted and encouraged by all staff.

Welcoming Eating Environment

The dining room offers a welcoming eating environment.

We operate a cafeteria style serving system where children are able to choose when they would like to eat their lunch and where they would like to sit. This allows them to enjoy their lunch with their friends in a positive social environment. Water is provided on the tables for children to choose.

Lunchtime activities

Children are encouraged to be active during lunchtimes through OPAL play (see play policy). Lunchtime staff engage the children through the use of creative games and activities. P.E. coaches also work with each class throughout the year, delivering activities such as Cricket.

Drinking Water Provision

Children and staff are encouraged to drink water throughout the school day. Children are educated about the importance of keeping hydrated to improve their concentration and to prevent headaches and tiredness. Children are encouraged to bring in water bottles from home to use throughout the school day. Parents are notified of this provision, and of their responsibility to provide their child with a clean, see-through water bottle.

School Milk

Children under 5 years old get free school milk as a matter of course.

EYFS Healthy Eating and Nutrition

Early Years Foundation Stage (EYFS)

In the Early Years Foundation Stage, Holmer Lake Primary School recognises the importance of establishing healthy eating habits that support children's growth, development, learning and well-being. In line with the EYFS Statutory Framework, where children are provided with meals, snacks and drinks, these will be healthy, balanced and nutritious.

For our Nursery and Reception children, we will:

- Provide regular opportunities for children to access fresh drinking water throughout the day.
- Encourage children to make healthy food choices through discussion, role play, stories, cooking activities and practical experiences.
- Offer healthy snacks, including fruit and vegetables where appropriate.
- Create positive, social mealtime experiences where children can develop independence, confidence and good table manners.
- Encourage children to try new foods while respecting individual preferences and appetites.
- Work closely with parents and carers to support healthy eating habits both at school and at home.
- Ensure medical, cultural, religious and dietary requirements are met safely and appropriately.
- Promote good oral health by encouraging healthy food and drink choices and limiting foods and drinks high in sugar.
- Use opportunities within the EYFS curriculum to teach children about healthy lifestyles, self-care and the importance of nutrition.

Through our EYFS provision, children are supported to understand how healthy eating contributes to staying healthy, active and ready to learn.

Curriculum Provision

The school ensures that pupils have opportunities to learn about different types of food in the context of a balanced diet. Children are educated about the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables. We have visits from the school nurse who delivers class sessions promoting a healthy diet and we have many external visitors working with different year groups as part of the curriculum.

Working with Parents

Holmer Lake Primary recognises parents' role as first-educators of their child and values their contribution in working with the school to promote children's health and well-being. The school encourages parents to provide children with healthy food and drink for consumption at school in line with the 'Healthy School's' policy.

Working with Children

The school recognises the important contribution that children have in contributing to the 'Healthy Schools' policy. The views of children are actively sought, and their ideas listened to through the Children's Safeguarding Board.

Working with School Staff

School staff are important role models for pupils in terms of eating healthily. Staff are encouraged to eat and drink healthily when in contact with pupils.

Lunchtime staff are actively involved in promoting healthy eating and give praise and recognition for pupils that choose healthier options at lunchtimes or who bring in healthier options from home.

All visitors and supply teachers are aware of this policy.

Emotional Aspects of Food

The school teaches children the importance of eating healthily in a sensitive way, taking into account individual concerns and needs. With full involvement of parents, help will be sought for pupils raising concerns about weight or eating disorders (e.g., through the School Health Nursing Service).

Red Foods

To maintain a healthy lifestyle, we encourage you to only place these foods in your child's lunch box once a week.

Small chocolate bars.
Chocolate coated or chocolate flavoured biscuits. Sweets
Cereal bars
Crisps
Pretzels
Cakes or sweet pastries
Sweet pies or tarts
Biscuits and Flapjacks
Fruit Winders
Pepperami
Fizzy Drinks
Sausage rolls/Pork pies
Savoury pastries or rolls.

Products that fall under any of these headings even if they profess to be, low fat, low sugar or 'good for you'.

PLEASE NOTE: only unflavoured water should be sent to drink in class.

Yellow Foods

To maintain a healthy lifestyle, we encourage you to send these foods in your child's lunch box 2-3 times a week only.

Flavoured yoghurts / fromage frais
Nuts
Pizza slices
Pasta
Fruit bars
Sugar free jelly
Breadsticks and Dips

Green Foods

To maintain a healthy lifestyle, we encourage you place these foods in your child's lunch box every day.

Sandwiches with healthy fillings such as: meats, cheese, tuna etc and breads such as pitta bread, wraps, etc.
Quiche slices
Fruit such as apples, bananas, pears etc.
Vegetables such as carrot sticks, cucumber sticks etc.
Salads
Boiled eggs
Natural yoghurt