



Castlebar School Healthy Eating Policy

RATIFIED BY THE GOVERNING BODY ON: Summer 2020

REVIEW DATE: Summer 2021

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1. Introduction

This school is committed to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat.

2. Aims

- To inform all staff of Castlebar's whole school approach to healthy eating
- To ensure that food provided to pupils in school is nutritious and of high quality
- To promote good nutritional health in all pupils
- To protect those who are nutritionally vulnerable
- To promote good eating behaviour
- To educate pupils on healthy food choices
- To increase pupils' independence and life skills
- To maintain Castlebar's Healthy Schools status and eligibility to display the Healthy School Kite-Mark

3. Equal Opportunities

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all; regardless of allergies and ethnic and religious dietary requirements. We ensure all pupils, including those eligible for free school meals, are able to access a school meal every day.

4. Food Provided by the School

School Meal Provision

School dinners are provided by a catering company. The current provider is Harrison Catering Services Ltd. The caterer adheres to the Requirements for School Food Regulations 2014. A three week cycle of menus is produced each term in accordance with the statutory requirements. School staff are invited to feedback the success and level of enjoyment of the menu options with the aim of:

- Promoting a positive dining experience
- Providing tasty food that is both enjoyable and nutritious
- Maximising take up of school dinners
- Encouraging pupils to develop their independence around dinner time including the use of SLT communication aids such as PECs and ALS board
- In the academic year 2017-18 we altered the desserts available in our three week cycle menu to include fruit based healthy options Monday – Thursday with a once a week treat of cake or pudding available on Fridays

Special Dietary Needs

The school works with parents of children with special dietary needs to ensure children stay safe whilst maintaining a healthy balanced diet.

For children with food allergies the school Nurse liaises with parents to produce an annual care plan which is shared with all interested parties. To ensure all staff, including supply staff, are aware of child allergies, details and photos are displayed in classrooms for all staff to see. Children with allergies are also identified for kitchen, lunchtime and school staff. Medication such as epi-pens and anti-histamines are stored securely in a suitable container/location and are easily accessible in an emergency; both within the classroom and in the three dining halls.

Food and Drink Provision during the School Day

• Free Fruit Scheme

The school participates in the Government funded free fruit scheme and does all it can to encourage pupils to take a fruit snack at break time and to drink water throughout the day.

• Water Provision

A water fountain is situated in the main and early years playground. Children are provided with their own water bottle/cup in class and are encouraged to drink from these throughout the school day. Water is freely available.

• Rewards and Motivators

At Castlebar we use rewards and motivators. An example of a reward is a sticker with a smiley face. We also on occasion give children edible items as both rewards and motivators (a motivator is something we use to encourage a child to cooperate).

5. Focus of teaching

The school follows the ‘Let’s Get Cooking’ Scheme of work created and supported by the Association of UK Dieticians. This scheme of work can be tailored to the developmental needs of the children. The scheme aims to develop children’s cooking and nutrition skills as they believe this knowledge lies at the heart of tackling childhood obesity. The recipes themselves are nutritionally analysed and for example include minimal amounts of sugar when baking sweeter recipes. Topics and themes are repeated to ensure consolidation of learning and extensions of basic recipes enables progressive learning of key skills such as preparing food (chopping, peeling, mixing), weighing and measuring, heating, serving and tasting. Children also learn how to practice good hygiene whilst cooking and how to wash and clean up after they have cooked.

The following points are considered when planning lessons on food, cooking and eating:

- Promotion of good hygiene when handling food
- The need for a balanced diet for growth and emotional well being
- Early understanding of the long-term outcomes of healthy eating
- Awareness of the effect of over eating and the implications on health
- Understanding that we all need to limit our intake of sugar, sugary drinks, fat, salt, additives, and to increase our intake of fruit, vegetables, cereals and breads
- Understanding the importance of drinking plenty of water and keeping hydrated
- Help pupils make sensible eating choices
- Help pupils gain independence and tolerance to a variety of foods
- Recognising that there are people in the community whose job it is to keep our food safe and healthy

6. Cross-Curriculum teaching and strategies for promoting “healthy eating”

At Castlebar School healthy eating is delivered within a whole school approach which includes:

- Weekly cooking lessons
- Understanding of the World topics such as Fruit and Vegetables
- Planned aspects of PSHE – each cluster receive a yearly block of teaching on Healthy Lifestyles
- Circle time
- Extra-curricular Cooking club
- Special projects (e.g. healthy eating sessions, tasting sessions, competitions, school health and fitness days)
- Whole class, group or individual activities
- Assemblies

7. Citizenship opportunities?

Castlebar School promotes healthy eating through involvement in the local community and awareness of international links

- Opportunities for participation in celebrations of people in all cultures
- Visits to places with specific food hygiene rules
- Visits to shops, stores and markets.
- International Week where a special international healthy menu can be enjoyed through school meals

8. Support for Individual Pupils and Parents / Carers

The school offers advice and support to parents and carers with regard to food and healthy eating. The school and external agencies also provide additional support for pupils with specific needs.

This can be through:

- Parent / Carer Workshops
- Parent / Carer meeting including structured conversations and Annual Reviews
- Picky Eaters Programme (supported by the Occupational Therapists)
- Clinical Psychology input
- Referral to dietitians
- School Nurse input
- External agencies, e.g. dental health
- Multi-agency individual support such as an EHAP
- Taking part in the Healthy School's Partnership

9. What Parents and Carers Need To Do

• Dietary Needs

Parents are required to inform the school if their child has specific dietary needs due to religion, culture or medical reasons; including food allergies. This information is included in the Pupil Information Form which parents need to update each year. Where a medical condition exists, parents or carers are required to liaise with the School Nurse in order that a suitable health care plan can be produced.

• Packed Lunches & Snacks

Parents and carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate, sweets, chewing gum and nuts or peanut butter are not permitted in packed lunches, and only fruit (including dried fruit) or vegetables should be sent in for a playtime snack. We have a no share rule about children sharing food with each other in order to protect children with food allergies. Special arrangements are in place for pupils who have diabetes.

Due to food hygiene regulations the school is unable to heat prepared food sent in by parents.

• Children's Birthday Parties

Parents may send in a 'shop bought' birthday cake or sweets to celebrate their child's birthday – it is vital that the packaging provides full details of all ingredients so that staff can make informed choices when distributing these to pupils with special dietary requirements. Cakes and other goods should be suitable for vegetarians and must not contain nuts, or fresh cream. The cake and/or sweets will be divided up and shared amongst the class towards the end of the school day. Drinks will be provided by the school. The school actively discourages parents from sending in party bags. Unsuitable goods will be returned.

10. What Governors Do:

- Champion a whole school approach to food and help create a culture and ethos of healthy eating
- Ensure clarity of vision, ethos and strategic direction
- Monitor policy and delivery through the Pupil and Parents GB Committee
- Oversee the financial performance of the school and make sure its money is well spent
- Support all necessary funding to ensure the continued development of a healthy school
- Support healthy schools training.

11. Monitoring and Evaluation

Monitoring of healthy eating will be carried out informally through observation, discussion and consultation with staff and children via the school council.

12. References

- The Requirements for School Food Regulations 2014:
http://www.legislation.gov.uk/ukxi/2014/1603/pdfs/ukxi_20141603_en.pdf
- School Food Standards - A practical guide for schools their cooks and caterers
<http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf>
- School Food Plan website: <http://www.schoolfoodplan.com>

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