



Healthy School Policy

Approved: April 2023

Next Review: April 2026





INTRODUCTION

Riverside Primary School is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole-school approach to food and nutrition documented in this policy.

In January 2017, the government published guidance on Childhood Obesity: A Plan for Action. The report highlights that nearly a third of children aged between 2 to 15 are overweight or obese. Riverside Primary School has committed to the Healthy Schools London programme and constantly looks at ways to reduce childhood obesity to ensure our pupils are well educated about their physical and mental health as well as realising the importance of our health and well-being outcomes.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

The whole-school approach

A whole-school approach to food is required to enable pupils and parents to make positive changes. Clear, reliable and positive messages need to be given to the whole school community about healthy eating and good nutrition within school.

AIMS

THE MAIN AIMS OF OUR SCHOOL POLICY ARE:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To enable parents and carers to have insightful knowledge of healthy living facilitated at our parent coffee mornings by guest health professionals.
- To improve the nutritional quality of packed lunches in school.

These aims will be addressed through the following areas:

1. 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.



2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T).

Science – Pupils study a range of topics that provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children’s learning about living things includes growing plants which are prepared and eaten in D&T.

This is supported through:

Cross Curricular Links

Physical Education **Physical Education (PE)** - Pupils to be made aware of the importance of a healthy diet and to recognise the links between a healthy diet and physical activity for both their short-term and long- term wellbeing.

Personal, Social and Health Education (PSHE) – Encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people.

Religious Education (RE) – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

From time to time, visits may be planned to local allotments or farms. Links may also be made with other outside organisations e.g. manufacturers or supermarkets.

Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers’ planning meetings.



Resources

Cornerstones is used for the teaching of healthy eating and has been selected to complement the delivery of the curriculum in subject areas. The range of materials used is available for review on request to the Headteacher.

Extra-curricular activities

The school aims to provide a no-cook cooking club, developing basic skills in planning, preparation and eating healthy snacks as well as an understanding of basic food hygiene.

The school aims to provide a family fitness class to engage both parents and their children in regular weekly fitness classes after school. In addition to this, the school also provides a weekly sports club for children and will also be participating in the Daily Mile.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at. <http://www.schoolfoodplan.com/standards/>

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. Food is provided by Magic Breakfast Club and the breakfast menu includes: low sugar cereals, bagels, milk and water.

The school's breakfast club meets the School Food Standards.

School Lunches

The school aims to provide pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the Aspens catering team and meets the School Food Standards for school lunches. Pupils are encouraged to have a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime and our



weekly lunch menu can be found on our website. Parents are asked to provide a sandwich with a healthy filling or a pasta dish for packed lunch along with a piece of fruit and/or healthy yoghurt. We ask children not to bring chocolate into school.

A Sugar Smart school

At Riverside Primary School we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Packed lunch policy and regular monitoring by SLT;
- A healthy living day making sure that children prepare their own sugar-free packed lunch;
(<https://campaignresources.phe.gov.uk/resources/campaigns/41-sugar-smart-2016/resources>)
- Display boards highlighting the amounts of sugar in a range of drinks compared with maximum daily sugar intake;
- Promoting oral health by encouraging children in Early Years to participate in the School Oral Hygiene programme - for free resources you can visit the Oral Health Foundation's website:
<https://www.dentalhealth.org/our-work/dental-buddy> or contact the Oral Health Team for support on ohp@clch.nhs.uk
- Riverside Primary School follows guidelines as set out by gov.uk
<https://www.gov.uk/government/news/guidelines-on-reducing-sugar-in-food-published-for-industry>

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school recognises the importance of providing pupils with the correct guidance on oral health and, as a result, only fresh fruit or vegetables are permitted snacks in school.

Fresh fruit and milk is offered to children in EYFS and KS1 during the morning.

Drinks

The School Food Standards recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water at lunch times to children that eat school meals and packed lunch. Water is poured for each child at lunchtime and can be refilled upon request.



Fizzy drinks, flavoured milkshake or fruit juices are not permitted in school. Drinking water is freely available all day to every child. All classes have drinking water in their classrooms. Children are encouraged to bring a water bottle to school. Single-use water bottles are discouraged.

Packed Lunches

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting healthy packed lunches by the giving of healthy packed lunch stickers and the implementation of a Packed Lunch Policy.

Special Events

Food provided for special events e.g. Headteacher's tea party and class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable), savoury item, a sweet item and a drink. Food is not used as a reward system.

Families and children are encouraged to consider healthy options if bringing in food to celebrate birthdays or other special occasions

Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

4. PROMOTING HEALTHY EATING MESSAGES THROUGH THE SCHOOL ENVIRONMENT

Role of Staff

It is the responsibility of the co-ordinators to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively;
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils;
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework;



- Liaise with Caterers;
- Monitor teaching and learning about healthy eating;
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating;
- Encourage positive role models amongst all staff;
- Refer any children and parents to School Nurse to encourage promoting healthy Packed Lunches along with adequate healthy dietary requirements.

Role of Parents/Carers

Riverside Primary School is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating education policy and practice;
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school;
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

Role of Governors

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents/carers about the food policy as required.

Quality of the Environment

The eating environment and the social aspects of meal times. Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by:

- Monitoring noise levels;
- Giving the opportunity to eat food without being rushed;



- Having appropriate furniture and seating;
- Staff supervision;
- Appealing presentation;
- Providing positive messages about food.

5. SPECIAL DIETARY REQUIREMENTS

Special Diets for Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

Aspens catering services offer a vegetarian option at lunch time every day. When necessary the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

6. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available. Aspens catering team ensure that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

MONITORING AND EVALUATION

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.



PARTNERSHIP LEARNING
RIVERSIDE PRIMARY SCHOOL
Excellence for All



Headteacher: Sarah Kinnaird | Address: Renwick Road, Barking, IG11 0FU | Web: www.riversidecampus.com
Email: primary@riverside.bardaglea.org.uk | Tel: 020 3946 5888

Date of next review: April 2023



PARTNERSHIP LEARNING
RIVERSIDE PRIMARY SCHOOL
Excellence for All



Headteacher: Sarah Kinnaird | Address: Renwick Road, Barking, IG11 0FU | Web: www.riversidecampus.com
Email: primary@riverside.bardaglea.org.uk | Tel: 020 3946 5888

1. **Introduction**

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Date of next review: July 2020

