



**Emerson Valley School**

*Aiming High, Caring For All*

# **EMERSON VALLEY SCHOOL**

# **HEALTHY EATING & HEALTHY**

# **LIVING POLICY**



## VERSION

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## TABLE OF CONTENTS

Version.....	2
Table of Contents.....	3
1 Introduction .....	4
2 Aims and Objectives.....	4
3 Organisation – Curriculum.....	4
4 Organisation – Management of Eating .....	4
5 School Meals - Lunchtime .....	5
6 School Meals – Waste Disposal .....	5
7 Tuck shop .....	5
8 Positive Role Models.....	6
9 Non Smoking.....	6
10 Baby Friendly Environment .....	6



## 1 INTRODUCTION

As a school, Emerson Valley School knows that food is fundamental to the quality of a child's life, not just in providing essential nutrition but also in communicating and sharing positive values, attitudes and experiences with each other.

Staff at Emerson Valley School believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

## 2 AIMS AND OBJECTIVES

The aims for Emerson Valley School are:

- To improve the health of pupils, staff and the whole school community by helping influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet;
- To ensure pupils are well nourished at school and that every pupil has access to safe and nutritious food and a safe, easily available water supply during the school day;
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs and
- To ensure that healthy living, well-being and physical activities play just as an important part in our life style to create part of a balanced and healthy diet.

## 3 ORGANISATION – CURRICULUM

Emerson Valley School regards healthy eating education as a whole school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

Healthy eating education forms an important part of our schools curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T and PSHE curriculum.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

## 4 ORGANISATION – MANAGEMENT OF EATING

To ensure consistency across the school, all children will be encouraged to eat only fruit, vegetables, a healthy snack bar or a plain biscuit.

All children are encouraged to bring a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.

Chocolate, sweets and cakes are actively discouraged as every day snacks in school or as part of lunchboxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.

Pupils' lunchboxes should offer balanced nutrition. Across the week, parents are encouraged to offer a variety of healthy foods in accordance with the Lunch Box guide leaflet. The guidance recommends a balanced selection of foods which should be available to children in their lunch box.



Birthdays, and special events such as a Christmas parties in class, are also times where food contributes to a sense of celebration and sharing. On these occasions, food other than fruit and vegetables may be offered, but the staff will remind children that this is an 'occasional' treat and not 'every day food'.

The school community is aware of the possibility of food allergies within the school population, particular nut allergies. Parents or careers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods that must be avoided. This information will be recorded on a health care plan, should medicine be required, and displayed in the staff room.

Pupils are taught not to share packed lunches and parents of Emerson Valley School pupils are therefore requested not to send in products containing nuts or related products. This is communicated by Inform, new pupil starter packs and on our school website.

Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to 'try a little bit more' if they can to ensure that they are not hungry later in the day.

## 5 SCHOOL MEALS - LUNCHTIME

The hot meal service is currently provided by Cygnet Catering. This is subject to change as the service provider is reviewed regularly by the school and the Governing Body.

The weekly school menu is available to parents and also sent home termly with order forms.

The dining room is staffed with Midday Supervisors who assist the children by opening things and by keeping the tables clean and tidy with water always available.

Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat.

This will be achieved by:

- Sitting freely with year group and year group friends;
- Entering and leaving the dining hall in an orderly way; showing respect for others;
- Children will be monitored if they are not eating well;
- Demonstrating good manners in the hall e.g. using quiet talking voices and by saying 'please' and 'thank you'.

## 6 SCHOOL MEALS – WASTE DISPOSAL

During lunchtime sittings in the hall, three bins will be provided for the children to dispose of food waste and rubbish. A bin will be provided with a black sack for general rubbish, another bin lined with a pink sack for recycling and another bin lined with a compostable liner only for food.

Children will be educated on the need to recycle and look after our school and our environment.

## 7 TUCK SHOP

A tuck shop will be available during morning break times across the school providing a variety of fruit and plain biscuits for the children to purchase.



## 8 POSITIVE ROLE MODELS

As adults working in the school and being positive role models, staff should always lead by example. Healthy snacks and healthy food options should be chosen and fizzy/energy drinks should not be consumed in front of the children.

Partaking in sports events, sports days or physical activities promotes healthy lifestyles to the children and staff are encouraged to participate at school and supported, where possible, to participate outside of school hours.

## 9 NON SMOKING

At Emerson Valley School, we comply with all relevant government legislation and provide a smoke free environment for all our staff, our children and their families.

In addition, we work to ensure that all staff promote positive attitudes and behaviour in relation to smoking.

## 10 BABY FRIENDLY ENVIRONMENT

At Emerson Valley School, we promote breast feeding and can provide a safe and secure area for a mother to breast feed her child.