



## **HEALTHY EATING POLICY**

**Last review Date: July 2023**

**Next Review Due: July 2024**

**Staff responsible: Harry Wende (Head Chef) and Nikki Clarke (Head of Juniors)**

**Chair of Governors: Mark Taylor**

This policy should be read in conjunction with the following St Michael's policies:

- Safeguarding and Child Protection Policy
- Health and Safety Policy
- Medical and First Aid Policy

### **Rights Respecting School policy statement**

Our school's vision and values have at their heart the importance of treating each other as we would want to be treated ourselves, with Care, Consideration and Courtesy for all. This is one of the reasons why the work of UNICEF and Rights Respecting Schools is so significant to us. We are committed to respecting, upholding and promoting the rights of every child.

This policy links specifically to our commitment to the the following articles:

- Article 2 - No discrimination
- Article 3 - Best interest of the child
- Article 4 - Making rights real
- Article 24 - Health, Water, Food and Environment

### **Introduction**

The school is dedicated to providing an environment that provides healthy eating and enabling students to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

Healthy eating in school helps to safeguard health and well being throughout life as it supports children to develop healthy habits when they are first learning about food.

The policy is available to the entire school community via our website. Everyone involved with the teaching, serving, cooking of food and drink in school seeks to adhere to this policy.

### **Aims**

The main aims of our healthy eating policy include:

- To provide healthy, seasonal, locally sourced, freshly made food / drink throughout the day
- To develop a positive attitude towards food and healthy lifestyles



## **School Lunches**

Food prepared by the school catering team has been scrutinised by a dietician, to ensure we provide a balanced meal choice, through a four weekly rotation.

As a school, the majority of families choose the freshly prepared school lunch. Healthy options are promoted at lunchtime, with a choice of pudding including fresh fruit or yoghurt as an alternative to the pudding option.

## **Alternative dishes to the daily menu**

We are sensitive to the needs of children with specific dietary needs, including religious considerations. When we are made aware of specific dietary requirements, our catering team is able to provide an alternative dish. These may include vegetarian dishes, weighed food for diabetics, celiac and lactose intolerant alternatives. If a child does not like the alternative food provided, parents may be asked to provide an alternative, at their own expense.

A food excusal register is reviewed every term and shared among teaching staff who serve.

## **Use of food as a reward / special occasions**

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, academic or other achievements. Parents are asked to be vigilant about the snacks brought into school and ensure that they do not contain nuts or products made with nuts.

## **Drinking water**

At lunch and tea, filtered water is available to all students. The school encourages all students to drink at frequent intervals throughout the day. Pupils are encouraged to bring water bottles to school that can be refilled when necessary. There are also water fountains around school with drinking water.

## **Consultation, monitoring and evaluation**

St. Michael's has a food team that deals with all issues related to all issues described in this policy. This team is made up of members of the Senior Management Team and the Catering Manager and a Governor assigned to this role. All enquiries about food will be handled through this team. When creating a new four week menu, staff and children are asked to fill in a questionnaire about each meal. From this, the menu is adapted and will continue to be seasonally adjusted and based on feedback from staff, children and parents. The Senior Management Team also discusses ideas and suggestions. The head of catering discusses any daily issues with the team.



## Food safety

Appropriate food safety precautions are taken when food is prepared or stored, with food temperatures taken at intervals throughout the day. These precautions vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training and that suitable equipment and protective clothing are available. All catering staff and teaching staff who prepare food have training in Food Safety and Hygiene.

## The dining room

The school will provide a clean environment for students to eat their lunch. Each table of eleven will be served by an adult or a prefect. In the Senior school sitting, there will be a weekly rotation of server, whilst in the Junior and Pre-Prep sitting, there will be a termly rotation, so that staff can get to know their children's preferences better.

Children eat in a family sitting style dining room, and we feel because of this, they have positive role models and peer pressure around them. They are encouraged to handle their cutlery correctly and use acceptable table manners for their age. Children are encouraged to try a small amount of everything.

A member of staff sits with children having packed lunch, and ensures they eat their savoury food first. They also have an overview of the children's lunch boxes to ensure they are being provided with a healthy lunch.

## Leading by example

Teachers, caterers and the School Nurse all have a key role in influencing pupils' knowledge and attitudes about food. It is important they follow the school guidelines about serving school lunches. Portion size guidelines are given to serving staff to ensure uniformity. It is under the serving staff's control the amount of food that is given to each individual, and because of this they can observe and report any worrying behaviours associated with food, particularly among the older students.

## Snacks

Parents at St. Michael's are expected to provide their children with a healthy snack for the first breaktime of the day. Examples of healthy snacks include:

- Oatcakes
- Fresh fruit (apple, banana, orange, berries etc)
- Dried fruit (mando, raisins etc)
- Rich tea biscuit x2
- Crisps
- Cucumber / carrot sticks (with or without hummus)
- Crackers
- Unsweetened popcorn
- Crispbreads
- Breadsticks
- A small sandwich
- Pot of cheese / Babybel



ST MICHAEL'S  
PREPARATORY SCHOOL

Under no circumstances should nuts, chocolate or other sweet products be brought in.