



ASHBOURNE HILLTOP

Primary & Nursery School

Healthy Eating Policy

Aims

Ashbourne Hilltop Primary and Nursery School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Ashbourne Hilltop Primary and Nursery staff recognise and are committed to the fact that healthier children learn more effectively.

Provision of Food

The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals.
- Children are seated with their friends.
- An attractive salad bar has been made available to children with a variety of choices.
- Colourful paintings and displays of children's work make the dining hall inviting for pupils.

School Meals

- Food is provided by our own in-house kitchen.
- Free school meals are provided for all children in Reception and Key Stage 1. Nursery children pay for their lunch.
- Food is presented at child height and the cooks and other staff go through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff.
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches with a choice of fillings are on offer daily.
- Healthy dessert options are offered, ranging from fruit, yoghurts and a sometimes a hot alternative.
- A member of staff or non-teaching staff line up with children and discuss options and help them to make decisions on their balanced diet. Some members of staff then sit with children and eat their meals with pupils.

- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchen.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas or Wimbledon.

New Standards

These are designed to control the amount of added sugar (source: footnote 1).

- Starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week.
- To promote variety three or more different starchy foods must be provided weekly, including at least one wholegrain variety.
- At least three different vegetables and three different fruits must be provided each week.
- Specific requirements for the provision of meat, fish, eggs, beans and other non-dairy sources to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.
- A portion of dairy food must be included every day and lower fat milk and lactose reduced milk should be made available.
- There is a limit of 330ml on juice and combination drinks which should not contain more than 150ml of fruit or vegetable juice. At least 45% of the drink should consist of fruit or vegetable juice.

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage.
- Healthier options are discussed and parents and carers occasionally receive a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.

Snacks

Free Milk will be offered to those all pupils under 5 years old. Older children pay a small charge for a glass of milk if required.

To reduce the cost we take part in the EU School Milk Subsidy Scheme (footnote 2)

Since September 2014, all infant school pupils have been entitled to a free school lunch.

A range of fresh fruit or vegetables are offered to children in all classes during morning play.

Drinking Water

Drinking water is provided in all classes, on tap for children to drink water throughout the day.

Pupils provide individual drinks bottles from which to drink water or juice from home. Fizzy drinks are discouraged.

Curriculum

The formal curriculum develops pupils' knowledge of healthy eating through Design and Technology (DT) and cross-curricular links.

The profile of healthy eating is raised through focus on science and DT topics, healthy food activities

In Key Stage 1 children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth and Keeping Healthy. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.

Provision for Staff

Some staff members choose to have a school dinner. Some choose to eat with the children.

Parents

Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and Ashbourne Hilltop Infant and Nursery website.

Menu details are sent home termly.

Links to menus on the DCC website are explained at the new parents meeting at the beginning of the school year.

A representative from the Catering Service addresses the parents at this meeting.

Other Issues

Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume a small number of sweets or chocolate to help celebrate the occasion.

Multicultural food is encouraged during theme weeks.

Sweets are not used for rewards. Instead, children are rewarded with stickers, merits and praise.

This policy was compiled using information from the following:

1. http://www.schoolfoodplan.com/wp-content/uploads/2015/05/School_Food_Standards_140911-V2e-tea-towel.pdf
2. <http://rpa.defra.gov.uk/rpa/index.nsf/UIMenu/673FF09985FF29FF80256F72003D5B0C?Opendocument>