



Harbinger Primary School

Healthy Eating Policy

Policy agreed: Autumn 2022 tbc

To be reviewed: Autumn 2024

Aim:	<p>To ensure all aspects of food & nutrition in school promote the health & well being of pupils, staff & visitors to the school. To promote healthy eating habits that lead to lifelong health & well being.</p>
Rationale:	<p>A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.</p>
Objectives:	<p>To improve the health of pupils, staff & families by helping to influence their eating habits through increasing knowledge & awareness of food issues, including what constitutes healthy eating. To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious food, and safe, easily available water supply during the school day. To ensure the food provision in the school reflects the ethical, cultural & medical requirements of staff & pupils, e.g., religious, ethical, vegetarian, medical & allergenic needs. To make the provision & consumption of food an enjoyable & safe experience in a pleasurable and dedicated environment. To monitor menus and food choices to inform policy development and provision.</p>

PROVISION

Breakfast club	<p>Our Breakfast Club is open from 8am providing a range of healthy cereals, toast and drinks. We encourage our children to make healthy choices about the food they eat, no white bread, sugar or additionally sweetened items are served at our Breakfast Club.</p>
Snacks	<p>Milk, fresh fruit / vegetables are available daily for all children through the School Fruit and Vegetable Scheme. Only healthy snacks are allowed in school. Creating EYU snack corners (milk, fruit and toast). We do not serve crisps, sweets or chocolates.</p>

School Meals & Packed Lunches	<p>Tower Hamlets provides school dinners that give children choices from a variety of home cooked options, including a vegetarian option.</p> <p>Salad and fruit is always available and water is provided on every table.</p> <p>All meat is halal with any special dietary requirement or allergy catered for.</p> <p>We aim to provide an eating environment that promotes healthy eating and positive behaviours around food.</p> <p>Packed lunches are provided by Tower Hamlets in accordance with the Healthy Eating policy, children who provide their own lunch are expected to adhere to the agreed policy.</p> <p>Promoting independence in eating and food choices, with a mix of boys and girls sitting at circular tables with quiet voices to promote a calm and pleasant eating atmosphere.</p> <p>In the EYU, Reception children supporting nursery children at mealtimes.</p> <p>Reception children gradually introduced to KS1 mealtimes through a buddy system.</p>
Water Provision	<p>Water is available throughout the day for all children, both inside the classroom and in the playground.</p> <p>Staff have access to chilled water in the staffroom.</p>

CURRICULUM

Curriculum	<p>All year groups include healthy eating within their planning, including the opportunity to cook.</p> <p>Modelling of good food choices and discussion about why choices are made.</p> <p>Termly review of schools meals by classes.</p> <p>School council review school meals and food choices.</p> <p>Referring families to the school nurse to address concerns about family nutrition.</p> <p>Provide parent classes based around food education/healthy eating.</p> <p>Children on school journey contributing to menu planning and food preparation. Cooking across the curriculum</p> <p>Explicit teaching of food categories within the school curriculum</p> <p>Growing food – Grow Bag scheme</p> <p>Educational visits that allow children to find out more about food i.e. Billingsgate Market, Pizza Express, grocery shopping in EYU.</p> <p>Varied and nutritionally balanced menus. Salad and fruit available with every meal.</p> <p>Menus sent home to parents.</p>
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MESSAGES GIVEN BY THE SCHOOL

Rewards	<p>We do not use sweets, chocolates or any other unhealthy food as a reward, treat or a prize.</p>
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PARTNERSHIP WORKING

Children	<p>School council monitors and discusses school dinners as part of its ongoing remit.</p>
Parents	<p>Parents' views are sought via questionnaires as part of our ongoing Parent Voice initiative.</p> <p>Menus are sent home and published on the school website.</p>

Staff	Packed lunches monitored by meal time supervisors at school, or class teachers on school outings. Midday Meals Supervisors guide children in choices that they make for lunch. Midday Meals Supervisors monitors the curriculum to ensure cross curricular opportunities for food education are utilised and monitors plans for progression and content.
Governors	Governors monitor school lunches on designated visits.
External Agencies	Visits are made regularly to local food providers to help develop both children and staff awareness of issues and resources.
Healthy Schools Award	Harbinger Primary School was last awarded a Bronze Healthy School award from 2017/2021.