

Healthy Eating and Drinking Policy

1. Aims and Objectives

At WHGS we aim to present consistent healthy eating and drinking messages through:

- The taught curriculum
- The provision and promotion of healthy food and drink during the school day
- The school environment

We believe that a healthy diet is one of the best ways of maintaining children's health, both now and in the future. Recent research has shown that the diets of young people are not meeting healthy eating recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Improved concentration
- The prevention of asthma, anaemia, dental decay, diabetes and obesity.

Longer-term health benefits include the prevention of coronary heart disease, some cancers and osteoporosis (brittle bones).

2. Drinks

In the Primary Phase, water is available in classrooms for all children throughout the day either in their own water bottles or from cups provided by school. Free milk is available to all children under 5 and those on Free School Meals.

At lunchtimes children taking school meals are provided with as much water as they require. Children bringing a packed lunch may bring a still juice drink.

In the Secondary Phase and Sixth Form, water is available from drinking fountains throughout the day. Tap water is also available in the Dining Hall at break and lunch time.

3. Breakfast

Healthy breakfast choices are available to all secondary students and staff before school from 8.00am to 8.30am. Secondary students can also purchase break time snacks from 10.45am to 11.00am. These include toast and fruit juice.

4. Snacks in the Primary Phase

Children in KS1 and KS2 may bring a healthy snack such as fruit, vegetables, yogurt or bread sticks for their mid-morning snack. Children in Reception and KS1 are provided with free fruit every day through the National School Fruit Scheme. Children are not allowed crisps or sweets and chocolate at break time.

5. School Meals

We work very closely with Taylor Shaw catering service to ensure that healthy choices are available to all students at mealtimes and that national nutritional standards are met.

Fruit, vegetables and salad are offered every day and steps are taken to reduce the fat, salt and sugar content of food provided. Children are encouraged to try unfamiliar foods. The food **provided** reflects the ethnic background of the pupils and the dietary rules of religious groups and vegetarians are met appropriately.

6. Packed Lunches

We encourage parents/carers to provide a healthy packed lunch and a safe storage place is made available at school. Children and parents are regularly reminded of what foods can be part of a healthy packed lunch – See Appendix 1 for more information.

We have several children in the Primary Phase with nut allergies, some of which are severe. The whole of the Primary Phase is therefore a ‘Nut Free Zone’ which includes children, parents, carers and staff. This means that any/all nut products are banned from the Primary building ie peanut butter sandwiches, Nutella or other chocolate spread sandwiches, cereal or chocolate bars containing nuts, etc. Packed lunches will be checked by the staff and items will be confiscated if found in a child’s lunch bag.

7. Birthdays and Rewards in the Primary Phase

Sweets are not given as rewards. Children are made to feel special on their birthday by having Happy Birthday sung to them in class. Instead of bringing cake or sweets into school, we ask that pupils who wish to share a gift with their friends, donate a ‘Birthday Book’ to the class library.

8. Involving Parents and Pupils

We actively encourage the participation of children and parents in determining the provision of healthy food in school, for example by:

- Teaching children about the importance of healthy eating through Science topics in Early Years, KS1 and KS2, in Food and Nutrition lessons in the Secondary Phase and through PSHE and assemblies.
- Providing nutrition information to parents such as school meal menus.
- Providing parents with details of healthy eating initiatives.

Policy Information and Review

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| Designated Lead Person/s | L Dalton Head of School (Primary Phase) |
| Reviewed | Every two years or as required |
| Date of last review and by whom | July 2024, L Dalton |
| Link Governor (if applicable) | Not applicable |
| Ratification by Local Governing Body | Not required |
| Next Review Date | July 2026 |



Packed Lunches

Pupils are able to eat a lunch provided by the school and cooked on school premises. However, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches, which conform to the school Packed Lunch Policy.

This Policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours and became effective from March 2019.

Aims

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food.
- To make a positive contribution to children's health and to contribute to the school's Healthy Schools status.
- To promote consistency between packed lunches and food provided by school, as regulated by national standards.

Provision for Packed Lunches

- School will provide appropriate dining room facilities where pupils can eat their packed lunches. School will ensure that packed lunch pupils and school dinner pupils are able to eat together in the dining hall.
- School will work with parents to ensure that packed lunches abide by the national standards set by the government.
- Fridge space for packed lunches is not available so during particularly hot weather it is advisable to bring packed lunches in insulated bags with freezer blocks to keep the food fresh.
- School will ensure that fresh drinking water is readily available, at all times.

Packed Lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus or falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, fruit juice, milk, yoghurt or milk drinks or smoothies.

Packed Lunches should not include:

- **Any nuts or nut products** – due to severe allergies from some children in the Primary Phase, children cannot bring in nuts, peanut butter sandwiches, Nutella sandwiches or cereal/chocolate bars containing nuts.
- **Chocolate spread** (containing nuts or not containing nuts) – this is not allowed in school at all.

One treat, such as cake, biscuits or crisps, is allowed but should be encouraged only as part of a balanced meal.

Special Diets and Allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. Pupils are not permitted to swap food items.

Monitoring – Primary Phase Children

Packed lunches will be regularly monitored by the Head of School and Lunchtime Organisers. Parents and pupils who do not adhere to the packed lunch policy will receive a note in the lunch bag and /or phone call reminding them of the policy. If a child regularly brings a packed lunch which does not conform to the policy, then the school will contact the parents for further discussion.

WHGS actively fosters an inclusive and supportive environment where pupils feel valued and connected. This, in turn, creates a sense of belonging for our pupils. **Wearing the correct uniform** reinforces this sense of belonging, leading to a high rate of school attendance. High academic achievement is intrinsically linked to a good rate of attendance.