

Heathhall Primary

School Food Policy



Rationale

It is recommended by Education Scotland's Health and Nutrition Inspectors that schools have a School Food Policy within the context of education that links with their catering department in order to provide a shared, consistent and effective approach to encouraging healthy eating.

This is *our* School Food Policy. It has been created in partnership with our children, parents, education and catering staff. It is relevant to everyone involved with food and drink on our school premises. Everyone has a role to play in supporting our policy and ensuring compliance with the required Nutritional Regulations.

<https://blogs.glowscotland.org.uk/glowblogs/foodforschools/tools-and-resources/publications/>

This policy is underpinned by our Vision and Values which are firmly embedded (see below and Appendix 1).

Our Vision

Heathhall School is a community where we encourage everyone to do their very best.

To succeed in this we strive to goF.A.R.

Our Values

Fairness – Achievement - Respect (F.A.R.)



This policy is linked within our Learning and Teaching and Positive Relationships Policies.

Introduction

We have a whole school approach to helping everyone make healthy life choices. This approach is informed by national policy and statutory guidance (see Appendix 2). We are a UNCRC Silver Accredited Rights Respecting School so this policy also actions Article 24: Children have the right to the best healthcare, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy. Other aspects of learning about a healthy lifestyle are taught throughout our curriculum.

A good diet is essential for good health. It is important that children and young people are provided with a solid foundation for establishing healthy, life-long eating habits. Schools alone cannot be expected to address poor eating habits. However, we can make a valuable contribution to improving the nutritional quality of diets and promoting consistent messages about healthy eating within a health-promoting school environment. By working together, our school partnership will support our children to develop the skills, knowledge and experience they need to make positive dietary choices.

Heathhall School Food Policy Aims:

- We provide our children/young people with nutritious food.
- We build knowledge and skills enabling our children/young people to make well informed food choices in school and beyond.
- We promote good food choices in an environment that supports all children and young people's health, wellbeing and participation in decision making.

We will achieve this by taking a whole school approach to food provision, food education and the food experience of children attending Heathhall School by:

- Providing food choices throughout the school day that meet the requirements of the Nutritional Regulations (2020) in The Schools (Health Promotion and Nutrition Scotland) Act 2007.
- Ensuring that everyone involved in the provision of food at school, or educating children/young people about food, is presenting a consistent whole school, health promoting approach, treating children and their families with **dignity**.
- Working together with school food providers, pupils, families and partners.
- Ensuring that our approach is based on current dietary advice to support children/young people to have the knowledge and skills required to make well informed dietary choices.

Our Consistent Approach – Treating Everyone with Dignity

Food and Drink Provision

We are a nut-free school.

Drinking

- Juice or flavoured water is not permitted in class unless there is a specific arrangement
- Fizzy juice is not permitted in school
- Water is available in class
- If a water bottle is forgotten a cup of water is offered
- Water and milk are available at lunchtime
- Only water in water bottles and access to refills at the drinking fountain
- Reusable water bottles from home are encouraged

Breakfast

- We do not have a breakfast club but if a child arrives without having had breakfast, we will offer them some. If this persists, we will contact home.

Snack Time

- All children are encouraged to bring a healthy snack to school, every day
- Healthy snack points are given for fruit or vegetables every day
- We will offer a healthy snack if it has been forgotten

Lunch Time

- We will provide a balanced, nutritious school lunch every day with duties under the Health Promotion and Nutrition Act being met
- There is free school meal provision, mitigating poverty
- We will provide a lunch if a packed lunch has been forgotten
- We will manage food waste with careful food ordering and portion control (composting is not available)
- We will sensitively encourage children to make or bring healthy choices
- We will offer those with packed lunches the chance to taste school lunches
- We will model the size of a 5-a-day portion is using a fist
- We will arrange lunch time buddies when a child is starting school
- We will help with cutting food when needed but also encourage independence
- We will deal with any behaviour issues sensitively, avoiding raising the voice
- We will be pro-active with home-school communication if issues arise
- We will sensitively support children with fears or medical conditions in relation to food
- We will sensitively support children whose parents have not pre-ordered lunches
- We will help parents with the management of the lunch ordering system

Class Trips

- Packed lunches from school will be offered when feasible if there is a trip
- If not feasible families are given plenty of notice (e.g. if refrigeration is an issue)
- If children are arriving back later from a morning trip a cold option may be provided

Food Experience

- We will create opportunities to socialise and participate in celebrations and events
- We will make links with religious celebrations and food

Food Education


- We will provide a progressive, coherent Health and Wellbeing Curriculum
- Through assemblies and in class, building knowledge and skills to make healthy food choices and establish lifelong healthy eating habits
- We will give a consistent message that healthy nutrition contributes to positive wellbeing
- We will limit sugar consumption
- We will promote dental hygiene, linking with *Childsmile*
- We will learn about the importance of managing food waste
- We will prepare food with our teacher, cook and sometimes with visitors.

- We will learn about the importance of food hygiene
- We will recycle food and drink packaging whenever possible
- We will teach children about food miles and local food production
- We will grow and eat food at school
- We will teach children about food allergies
- We will teach children about diabetes if relevant


Working together, we will ensure that this policy is consistently implemented.

Appendix 1


Heathhall School is a community where we encourage everyone to do their very best. To succeed in this we all strive to go.....




Fairness – We include and nurture others to inspire a healthy and happy community.




Achievement – We build on the strengths, interests and aspirations of all, preparing everyone to become local and global citizens.



Respect– We provide a safe, supportive and inclusive community where we value everyone.



FAR



HEATHHALL SCHOOL
EST. 2010

DON'T STOP BELIEVING

Appendix 2

Links to national policies and statutory guidance.

[Health and wellbeing: Experiences and outcomes \(education.gov.scot\)](https://www.education.gov.scot/health-and-wellbeing-experiences-and-outcomes)

[Schools \(Health Promotion and Nutrition\) Scotland Act: Health promotion guidance for local authorities and schools - gov.scot \(www.gov.scot\)](https://www.gov.scot/health-promotion-guidance-for-local-authorities-and-schools)

[Section 2 Ensuring appropriate food and drink choices for all children and young people - Healthy eating in schools: supplementary guidance - gov.scot \(www.gov.scot\)](https://www.gov.scot/section-2-ensuring-appropriate-food-and-drink-choices-for-all-children-and-young-people)

[Section 3 Nutrition Guidance - Health Promotion Guidance: Nutritional Guidance for Children and Young People in Residential Care Settings - gov.scot \(www.gov.scot\)](https://www.gov.scot/section-3-nutrition-guidance)

[Dietary Goals for Scotland \(foodstandards.gov.scot\)](https://www.foodstandards.gov.scot/dietary-goals-for-scotland)

<https://blogs.glowscotland.org.uk/glowblogs/foodforschools/tools-and-resources/publications/>

