



## Healthy Eating Policy

### Introduction

'Poorly nourished children, especially those who are overweight or obese, often experience social and psychological problems. This can clearly have a significant impact on behaviour and performance in schools' (Food in schools document.)

'Children with excess weight are more likely to suffer from poor self-esteem, bullying and stigma in childhood. They are also more likely to be overweight or obese as adults, increasing their risk of preventable illnesses including heart disease, type 2 diabetes and some cancers.' PHE (Public Health England) March 2019

The prevalence of obesity in children is rising. The National Child Measurement Programme (NCMP) data overseen by Public Health England (PHE), provides a comprehensive picture of the state of childhood obesity in England. This highlights the importance of the government's steps to tackle childhood obesity. For the 2019 to 2020 it found:

- the proportion of overweight and obese children in reception year (aged 4 to 5) has remained stable at 22% (equal to 136,586 children)
- for Year 6 children, it is 35% (equal to 197,888 children) compared to 31.6% in 2006 to 2007
- in both age groups, severe obesity is 4 times higher in deprived areas

Diet is central to health and children's diet can be an important influence on their health now and in the future. We know that a good diet in childhood can help protect against chronic diseases in later life. Cardiovascular disease and cancer are England's biggest killers, accounting for around two thirds of all deaths.

We are committed to giving our pupils consistent messages about all aspects of health and to encourage them to take responsibility for the choices they make.

### Rationale

Lowbrook is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together the elements of the school day to create an environment which supports a healthy lifestyle.

**Aims:**

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To ensure that food provision in the school reflects the ethical, and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, vegan, medical, and allergenic needs.
- To contribute to the healthy physical development of all members of our school community. Clearly make the distinction between healthy living, physical development and exercise.
- To encourage all children to take part in the '5 a day' campaign.  
<https://www.nhs.uk/live-well/eat-well/why-5-a-day/>
- To make the provision and consumption of food an enjoyable and safe experience.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil (parents, catering services, children).
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negates them.

**Healthy Tuck Shop**

We run a Healthy Tuck shop offering a range of seasonal fruit and also some dried fruits. It is non-profit making.

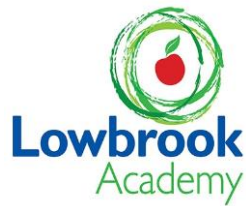
**Breakfast Club**

We run a Healthy Breakfast Club. Toast, cereal, fruit, milk and water are available.

**Snack**

All KS1 classes participate in the Government fruit and vegetable initiative that provides all 4-7 year olds with free portion of fruit and vegetables daily. The snack is offered at afternoon play, shared in a family setting for all class members. Children are given responsibility for passing the fruit to others and for helping to clear away.

Both KS1 and KS2 children bring fruit which they eat at playtime, they can also buy snacks from the Healthy Tuck Shop (See above)



### **Grow Your Own**

Lowbrook recognizes the value of children being correctly educated in the food production process. At Lowbrook we grow our own food from seed in our Victorian gardens, glass house and poly tunnel. In addition to this we have apple trees, pear trees and mature cherry trees growing on our site. We have over 40 trees that are tended to annually by the children. By growing our own food, we continue to foster a good understanding of healthy eating and provide the children with life long skills that they can continue to use after leaving Lowbrook.

<http://www.schoolfoodplan.com/>

### **Formal curriculum**

Food technology and healthy eating is routinely taught in both Key Stages. Our aim is to teach children how to cook and how to apply the principles of healthy eating and good nutrition. We recognise that cooking is an important life skill that will help children to feed themselves and others healthy and affordable food, now and in the future, potentially halting the growth of diet-related illnesses.

The National Nutrition Guide – ‘The Balance of Good Health’ is used across the curriculum. Further details of our Food Technology curriculum can be found in the Academy’s Long Term Planning. Pupils are encouraged to apply this to school meals/packed lunches. The school supports the ‘5 a Day’ campaign to encourage children to eat 5 portions of fruit and vegetables a day. <https://www.nutrition.org.uk/healthyliving/healthydiet/healthybalanceddiet.html>

Key Stage 1 children will be taught:

To use the basic principles of a healthy and varied diet to prepare dishes

To understand where food comes from

What constitutes healthy food and the concept of moderation

Key Stage 2 children will be taught:

To understand and apply the principles of a healthy and varied diet inclusive of food properties and categories of the food pyramid.

To prepare and cook a variety of dishes using a range of cooking techniques

To understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed



### **School lunches and packed lunches**

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. A salad bar is also available.

Many children bring packed lunch to school. We do not allow sweets, chocolate bars or fizzy drinks in a packed lunch.

### **Water for all**

Cooled water is freely available throughout the school day to all members of the school community. We have a water fountain in the hall, sinks with drinking water are situated in several classrooms and are clearly labelled as 'drinking water'. Children are actively encouraged to bring in water bottles. Children may drink their water at any time.

### **Monitoring and Evaluation**

Formal curriculum: Observation of lessons, scrutiny of work and curriculum reviews.

School Lunch: School caterer to report on number of pupils using service. Survey pupils, parents and teachers regularly about the range of food provided.

CPD: Teacher in charge of food disseminates materials for training with other teachers.

### **Notes:**

The school was the first school in the RBWM to be awarded the National Healthy Schools Award. The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014. Academies established between September 2010 and June 2014 are not required to adhere to the school food standards regulations. These academies should use the national school food standards as a guide.

### **References:**

Published 11 October 2018 From: Public Health England

<https://www.gov.uk/government/news/record-high-levels-of-severe-obesity-found-in-year-6-children>

School meals and nutritional standards (England) BRIEFING PAPER Number 04195, 3 January 2019

<https://researchbriefings.files.parliament.uk/documents/SN04195/SN04195.pdf>

School food in England Advice for governing boards March 2019

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/788884/School-food-in-England-April2019-FINAL.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788884/School-food-in-England-April2019-FINAL.pdf)



School Food Standards A practical guide for schools their cooks and caterers  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/786339/School-Food-Standards-Guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/786339/School-Food-Standards-Guidance.pdf)

NCMP data published by [NHS Digital](#).

PHE published [Trends in children's body mass index](#) between 2006 to 2007 and 2016 to 2017 in July 2018.

PHE published [Childhood obesity: a plan for action, chapter 2](#) in June 2018.

PHE published [Sugar reduction: report on first year progress](#) in May 2018.

PHE published [Calorie reduction: the scope and ambition](#) for action in March 2018.

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Signed:

Chair of Governors

Signed:

Principal