



**The Ashlands and Misterton Federation
Church of England First Schools**

*We are a school community with a Christian ethos,
dedicated to providing optimum learning for each child
in a happy atmosphere*

*Love of learning, love of life, love of one another
"Life in all it's fullness" John 10:10*

Version	01/2018
Owner	Ashlands and Misterton Federation
Approved	March 2018
Review Cycle	Every 2 years
Next Review	January 2020

Recognising its historic foundation, the school will preserve and develop its religious character in accordance with the principles of the Church of England and in partnership with the church at parish and diocesan level. The school aims to serve its community by providing an education of the highest quality within the context to Christian belief and practice. It encourages an understanding of the meaning and significance of faith, and promotes Christian values through the experience it offers to all its pupils. We aim to provide a happy and safe learning environment where every learner can achieve their full potential.

Healthy Food Policy 2018

Food policy

Mission Statement

We will provide good quality, affordable, healthy food in school whilst respecting the environment. We will encourage all food brought into school to be good quality and healthy too. Through education, we will equip pupils and their families with ways to maintain healthy eating habits.

Our Goals

The school recognises the important role that healthy food and drink, in a pleasant dining environment, at lunchtimes plays in the good health and learning potential of our pupils. The school will therefore make healthy school lunches and dining experience a priority.

Food provided by the school at any time, will also be healthy and nutritious.

Food education will play a fundamental part in our curriculum. Staff will be well equipped to educate our pupils about food.

The whole school community will be consulted and updated on school food issues.

We will attempt to increase the confidence in school food and increase school meal uptake.

Lunchtimes

A nutritious and tasty meal will be available to pupils and staff at lunchtimes in a pleasant environment.

We will achieve this by:

- ensuring lunchtime supervisors are well trained and familiar with BAM's food policies.
- providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations. Please see our packed lunch policy (below) for further information; e.g. food should be wholegrain whenever possible, contain no additives, be low in sugar and provide at least one portion of fruit and vegetables.
- providing an enjoyable lunchtime experience and environment, in part through promoting our Happy Healthy Lunchtimes Guide (see below).

- ensuring that reception pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes and to learn about our Happy Healthy Lunchtimes Guide.
- involving parents and guardians in an ongoing healthy packed lunch campaign. (Please see attached our Healthy Packed Lunch Guidelines).
- offering extra support and guidance to families on the benefits of healthy eating if appropriate.

Drinks

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration.

We will achieve this by:

- providing pupils with access to free, clean and palatable drinking water throughout the day. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.
- ensuring that when other drinks are provided by school, they should be fruit or vegetable juices, milk or milk/yoghurt based drinks. Drinks provided by school should not contain added sugars or sweeteners.
- when pupils bring drinks into school we will encourage them to bring similarly healthy drinks.

Wrap Around Care

Food provided during wrap around care clubs will be similarly nutritious setting our standards as high as at lunchtimes.

How we will achieve this:

- Our school breakfast consists of one portion of fruit or 100% fruit juice, some form of complex/wholegrain carbohydrate and some dairy produce (low in sugar and salt).
- Our after school snack/tea consists of one portion of fruit and some form of complex/wholegrain carbohydrate, sandwich filling and some dairy produce (low in sugar and salt).
- Pupils will be able to enjoy their breakfast/tea in a pleasant environment seated at a table whilst chatting to their friends.

Break Time Snacks

Pupils in Early years and Key Stage 1 receive fruit as part of the government initiative. KS2 children are encouraged to have a fruit and a drink at morning break time.

We will do this by:

- adhering to our drinks policy above.
- offering healthy snacks such as fruit and vegetable sticks.

School Trips

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

We will achieve this by:

- including a brief reminder of what constitutes a healthy packed lunch in the school trip letter sent out to parents.

Occasions to celebrate

We understand it is important to eat healthily, however there are occasions when 'treats' are eaten in moderation and we will support the sharing of party food for birthday celebrations.

Learning

A well planned curriculum, including practical sessions, that covers nutrition, food hygiene and ethical food production will be provided.

We will achieve this by:

- helping pupils to understand the importance of a well balanced diet.
- giving pupils the opportunity to plan, prepare and cook healthy, tasty meals. (we may need a review of school equipment here to see what is currently possible and/or required)
- giving pupils the opportunity to learn about the growing and farming of food and its impact on the environment.
- encouraging pupils to eat and cook with vegetables that they have grown at home and/or within school.

This policy will be monitored by the Head teacher and catering staff. It will be reviewed every other year. If you would like to make any comments about the policy please feel free to contact us via the school office.

Happy Healthy Lunchtimes

- Have a seat whilst you're eating at the dining table. Take your time, enjoy your food and eat as much as you can.
- Enjoy a chat with your friends but please don't shout.
- A knife and fork should be used to eat school dinners and a spoon to eat puddings.
- Try to eat one portion of fruit and one portion of vegetables every lunch time to help you to be healthy and to reach your 'five a day'.
- Make sure you have a drink every lunch time. Never pour water back in the jugs.
- Be kind and polite to everyone. Always say "please" and "thank you" when necessary.
- Try to keep the hall a nice place to be. Eat carefully to avoid spillages and let the dinner ladies know if a spillage does happen. Make sure your tray is cleared away properly and any rubbish goes in the bin or back in your lunch box.
- Try to be patient and show good behaviour when you are queuing up.

Packed Lunch Guidelines

For a balanced packed lunch please try to include one each of these healthy foods types and drinks. You will see that there are **five components, plus a drink**, which make up an 'ideal' lunch:

Fruit	Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit (fruit juice can count as one portion).
Vegetables	Again for vitamins and minerals and fibre. Try to include at least one portion of fruit of vegetables.
Protein	Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.
Starchy foods/carbohydrates	Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as wholemeal bread rather than white.

Milk and dairy foods

Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

Please try to avoid:

Crisps, chocolate and snacks which are high in fat, sugar or salt

Drinks**Water**

Fresh, cooled water will be freely available for your child on the table at lunchtime.

Healthy drinks

If you would like to put a drink in your child's pack lunch please try to include water, milk, fresh fruit juice or fruit smoothies.

Please try not to include any drinks sweetened with sugar or artificial sweeteners (such as aspartame).

Pack lunches should not include fizzy drinks or sweets.