



# Manor Wood Primary

## Food and Healthy Eating Policy



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### Safeguarding

Manor Wood Primary School is committed to safeguarding and promoting the welfare of its pupils. We believe all staff and visitors have an important and unique role to play in the protection of children.

### Introduction

Manor Wood Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people.

The policy is referred to in the school prospectus/profile and is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet.

[www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

[www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)

### Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by **Becky Hayes** and the member of the Senior Management Team that oversees all aspects of food in school is **Ellen Lowry and Kate Humphries**.

### Curriculum

#### Rationale

Manor Wood is a healthy school which process of working through the objectives to achieve the Leeds Healthy School Award. We consider all elements of our work to ensure that we promote health awareness in all members of the school community. We provide valuable role models 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 all elements of the school day to create an environment which supports a healthy lifestyle.

#### Aims and Objectives

- To encourage all children to be responsible for their own health and choices.
- To contribute to the healthy physical development of all members of our school community.
- To give our pupils the information they need to make healthy choices

- To promote health awareness
- To ensure that we are giving consistent messages about food and health.

#### Food Across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food.

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- STEAM, PSHE, PE and that it remains consistent with the whole school food policy.

Once a year, in every year group, children will complete a cookery unit – which is part of the DT curriculum - which will always include aspects of health and nutrition. In PSHE children learn about a healthy diet, they look at the Eatwell plate and move on to thinking about the ethics behind the food they eat. In PE the children look at how to stay healthy and the importance of a healthy life style. They move onto looking at how food plays an active part in this. In Science children look at the different food groups and the amounts of each we need to eat.

The newly developed STEAM room is equipped with the essentials for cooking e.g. – ovens, microwaves, sinks.

#### **School and food provision throughout the school day**

##### Breakfast club

Morning Club – including mini wood club - operates on a daily basis in the school for all children from age 3-11. We target children, who we know have little or no time for breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet. We provide toast, bread (a range of options including white, brown and rolls), a range of low sugar cereals, porridge and lots of fresh fruit options.

##### After school club

The food and drink provision at our after-school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

Examples of the food we offer are: Sandwiches, bagels, oak cakes, rice cakes and pasta, fresh fruit and vegetables crudites.

##### Snacks

Some of our children in Foundation Stage, Key Stage 1 and Key Stage 2 have milk daily which is free for children on free school meals and available at a small cost for the rest of the children. Also the school participates in the Government initiative to provide all foundation and Key Stage 1 children with free fruit and vegetables during the day. All children are encouraged to bring fruit to school – only healthy snacks are allowed.

##### School lunches and packed lunches

All our school meals are provided for by Leeds Council Service. Children are provided with a choice of meals including a hot, cold, vegetarian and salad option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh vegetables each day as a choice for the children. The meals are regularly monitored and checked by Leeds City Council

who also set the prices. Menus are displayed daily within school (in classrooms and displayed in the halls) for children and on the school website for parents and carers to view.

Many children bring packed lunch to school. We regularly include newsletter items encouraging children to bring a healthy and balanced packed lunch. All children have access to cooled water at lunch time. The school regularly monitors the contents of lunch boxes and helps children to make informed choices about what is healthy / less healthy to eat.

Children discuss healthy eating in RP time and meals are monitored through the RP reps and STEM team carrying out observations of the hall environment and pupil feedback.

#### Foundation Stage

The Foundation stage unit provides a vegetarian menu option only. This ensures that all those children without specific allergies, eat the same lunch and are not divided by their religion. Our dining hall tables are laid every day with table cloths, and real crockery and cutlery, we also add vases of flowers to each table, to replicate eating a meal together at home or at a restaurant. The children help set the tables, so they learn where everything goes. They are encouraged to attach importance to our daily preparation, which helps them value meal times and behave maturely at lunch time.

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#### Use of food as a reward/birthdays and Special occasions

The school does allow children to bring in treats for birthdays. Parents and carers are advised that a small treat is sufficient. Children are also allowed to bring in a treat during a special movie afternoon. We believe that children need to be taught that certain food should not be banned, but that they need to be able to have clear boundaries. We believe that our RP approach will allow the children to feel empowered and to make sensible decisions themselves.

There are other occasions like Y6 Prom, Carol concerts and Easter shows where children are allowed to bring in treats.

#### Water for all

Water is freely available throughout the school day to all members of the school community. Every child is reminded to bring in a bottle to store their water in. Children may drink their water at any time.

### **Special Dietary Requirements**

#### Special diets – Religious and Ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

#### Vegetarian diets/Halal

School caterers offer a vegetarian option at lunch every day and between 2 and 3 Halal options weekly.

### Special Diets - Medical

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g., for high-energy diets. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen with their exact dietary requirements. Staff will ensure the catering team are aware of these children when they go for their lunch.

Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal, available from the relevant school food supplier.

### Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

### The food and eating environment

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

### Leading by example and staff training

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. As a school, we ensure we model drinking water in front of children, we model healthy eating in front of the children and staff will often eat their dinner with children to model good eating behaviour.

It is essential that staff are committed to setting an example with food in school.

### Partnership with parents and carers

The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. We encourage parents to choose healthy options for pack lunches.

### Monitoring and Review: Role of the LGB

The Local Governing Board monitor and check school policies at curriculum committee meetings.

This Food and Healthy Eating Policy was adopted by Manor Wood Primary School on 01/01/2024

Chair of Governors – Mrs K Adams	
Signature:	
Frequency of review:	3 years
To be reviewed and approved by:	MWPS Full Board
Date of next review:	Jan 2027

**REVIEW RECORD**

Date of review	Reason for review	Date of next review

Name:		Signature:	
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on behalf of Manor Wood Primary School LGB

Date of review	Reason for review	Date of next review

Name:			
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