



Healthy Eating Policy

This policy covers our school's approach to Healthy Eating. It was produced by the PSHE team through consultation with Senior Leaders and Trustees.

Date: **September 2025**

To be reviewed: **January 2028**

1. Introduction

- 1.1 At Norbreck, we believe that education about health issues is very important for the development of our children both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively.
- 1.2 As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.
- 1.3 We believe that staff and parents should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.
- 1.4 We also recognise that school can play a significant role, as part of the larger community, to promote health issues. As a result we aspire to improve the health of the school community by teaching ways to establish and maintain lifelong healthy eating habits.

2. Aims and Objectives

- 2.1 Our aims and objectives for this policy are:
 - to improve the health of children, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation;
 - to ensure that children are well nourished at school and that every child has access to safe, tasty and nutritious food;
 - to provide a safe, easily available water supply during the school day;
 - to ensure that food provision in the school reflects the ethical and medical requirements of staff and children e.g. religious, vegetarian, medical and allergic needs;
 - to make the provision and consumption of food an enjoyable and safe experience;
 - to introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

2.2 We aim to integrate these aims into all aspects of school life, in particular:

- food provision within school;
- the curriculum;
- pastoral and social activities.

3. Organisation- Curriculum

3.1 We regard healthy eating education as a whole-school issue which is why it forms an important part of our curriculum. It is largely taught through a cross curricular approach. Every opportunity is taken to ensure that its coverage is broad and on-going, not taught simply as a single unit of work.

3.2 The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D&T. and Personal, Social, Health Education (PSHE) curriculum.

3.3 All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

3.4 Other subjects also provide further opportunities. For example, learning about past diets through History, exploring what food grows where through Geography and looking at food from other cultures and specific celebrations through RE.

3.5 Children in Year 4 participate in the FIT2GO programme organised and led by Blackpool Community Football Trust. The sessions revolve around teaching key messages about healthy eating and healthy lifestyles. Children learn about the 'Eatwell Plate', fats and sugars in foods and drinks and how to read food labels.

3.6 Children in Year 2 participate in Active Blackpool's 'Healthy Lifestyles' programme. These sessions help develop children's knowledge and awareness of healthy eating.

4. Organisation- Management of eating

4.1 On arrival at school, children in need are entitled to milk and a piece of fruit daily as part of the Blackpool Council funded breakfast scheme.

4.2 We are involved in the National Fruit for Schools Scheme. Every child in Key Stage One is entitled to a piece of fruit everyday which is eaten as a snack in the afternoon. This is eaten in an atmosphere conducive to social eating.

4.3 All infant children are encouraged to have milk. A specific time is set aside for this and those that do not wish to have milk have water instead.

4.4 Blackpool Council give parents a choice between fluoridated and non-fluoridated milk. A central record is kept in the school office and class teachers administer the milk in accordance with this information.

- 4.4 Children are encouraged to bring water bottles to school, which are filled daily and placed in the classroom to be consumed throughout the day. The messages about the importance of drinking water are reinforced on a regular basis.
- 4.5 Staff may occasionally use food as a reward, alongside other methods of positive reinforcement. The school does not discourage this but will use appropriate training to raise awareness of staff about alternative foods that could be substituted for those with high sugar content.
- 4.6 Birthdays, and special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. However we do not allow parents to bring in cakes or biscuits to share on their child's birthday. During class parties, a selection of food is provided and healthy options are available.

5. Organisation- School Meals

- 5.1 The hot meals service is provided by Mellors. We work closely with Mellors to ensure the healthiest standards possible. Each day a choice of salads and fresh fruit are always offered as choices.
- 5.2 There are guidelines determining the meals that are available through the course of the week and these are in accordance to the new Healthy Food Standards in Schools of 2006.
- 5.3 It is the responsibility of the parent to ensure all their children's known allergies/ intolerances and any other additional information has been passed to school.
- 5.4 Foundation Stage and Key Stage One children are entitled to free school lunch funded by Government. Parents may opt out and provide their child with a packed lunch as an alternative.
- 5.5 Parents of Key Stage Two children have the option to pay for their child to have a school lunch.
- 5.6 Some parents may find that their child is entitled to receive free school meals depending on receipt of a qualifying benefit/s.
- 5.7 The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.
- 5.8 Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:
- sitting with their friends;
 - entering and leaving the dining hall in an orderly way; to show respect for other diners;
 - encouraged to use cutlery;
 - parents will be advised if their child is not eating well;
 - demonstrating good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you" to staff and other children.

6. Organisation- Packed Lunches

- 6.1 Key Stage 1 children store their packed lunches in their classroom ready to take with them into the hall to eat with their friends.
- 6.2 Key Stage 2 children store their packed lunches in their classroom and eat their lunch in one of their year group's classrooms which is overseen by a Teaching Assistant or a member of staff from the Welfare Team.
- 6.3 Children's packed lunches should offer balanced nutrition. Across a week, parents are encouraged to offer a variety of healthy foods in accordance with the Lunchbox Guidance leaflet which is available for parents in the front entrance. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.
- 6.4 Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum, fizzy drinks and nuts are not permitted on the school premises or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.
- 6.5 The school nurses or other outside agencies may visit school during Parents' Evenings to enable parents to discuss any concerns they may have. They may also raise awareness of healthy lunches during this time.

7. Food Hygiene

- 7.1 Children are reminded on a regular basis about the importance of hand washing with soap or anti-bacterial hand-gel before eating.
- 7.2 Whenever children are to sample or handle food in school, there are a number of rules which should be followed:
- clean all work surfaces to be used with anti-bacterial spray and a new jay cloth (issued by Norbreck's School Site Supervisor. Staff must not use any other product that has not been supplied by school);
 - if necessary, cover work surfaces with disposable/plastic tablecloths before starting the task;
 - ensure all utensils have been thoroughly cleaned beforehand;
 - always wash hands using soap before any preparation/sampling tasks;
 - ensure sleeves are "rolled up", hair tied back and aprons are worn for all food preparation;
 - keep the group/s size manageable and use teaching assistants where necessary;
 - when sampling, always let individuals have their own spoon/cup;
 - allow plenty of space to work, with all "classroom items" away from food and utensils;
 - encourage thorough washing up after the tasks;
 - dispose of finished/unwanted food after the task;
 - remove disposable items and clean the area thoroughly.

8. Dental Hygiene

- 8.1 We recognise the importance of dental hygiene and encourage it both through the taught and informal curriculum.
- 8.2 When possible, the dental nurse comes into school annually to talk to Year 4 children about dental hygiene as part of the Science curriculum. They are taught about the structure and names of the teeth and how to clean them properly. They learn ways to keep their teeth and gums healthy and why this is important.

9. Children with Special Needs

- 9.1 Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating.
- 9.2 The work is matched to the age and maturity of the children and due regard is given to children with SEN requirements.
- 9.3 School also recognises that some children require specialist diets, some of which including nut allergies, diabetes and coeliac. The schemes of work are sensitive to this and staff will be aware of any children within their class who this may apply to.
- 9.4 It is parents' responsibility to keep school, up-to-date with their child's medical and dietary needs.
- 9.5 Our school's admission form requests parents' consent for their child to participate whenever food is sampled within school. In addition to this, teachers will always communicate with parents.

10. The role of the Subject Leader

- 10.1 It is the responsibility of the Subject Leader to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.
- 10.2 It is the Subject Leader's role to ensure that staff are given sufficient training, so that they can teach effectively.
- 10.3 The Subject Leader liaises with external agencies regarding the healthy eating and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.
- 10.4 The Subject Leader monitors teaching and learning about healthy eating. The Subject Leader oversees the content of the curriculum maps to ensure that all children have the opportunity to learn about healthy eating.

11. The role of Parents

- 11.1 The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation.
- 11.2 The Pastoral page on the school website contains useful information for parents' reference regarding healthy eating.

11.3 It is the role of the parents to inform school of their child's Medical and Dietary needs. This includes any updates.

12. Monitoring and assessing the policy

12.1 The Healthy Eating Policy is monitored by the PSHE Team and Senior Leadership Team.

12.2 It will be reviewed every three years.

12.3 Written work carried out will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored.

12.4 Children's views will help to shape the future of the healthy eating education within school.

13. Useful information

13.1 There is a vast amount of guidance available about healthy eating that can provide a wide range of information. The following list is just a small selection of the support available that may be found useful.

Name of Organisation	Information	Website
NHS- Change for Life	A really clear and highly recommended website full of ideas, activities and information around healthy eating.	https://www.nhs.uk/change4life-beta/be-food-smart
NHS- Healthy Eating	Information on child health 6- 15 year olds.	http://www.nhs.uk/LiveWell/Childhealth6-15/Pages/Childhealth615home.aspx
BDA- The Association of UK Dieticians	A Food Fact Sheet to ensure your child is eating the right food, however old they are.	https://www.bda.uk.com/foodfacts/healthyeatingchildren.pdf
Children's Food Trust	What children eat today shapes how they'll eat for the rest of their lives. And with so much advice out there, it's easy to feel confused about what makes a good diet for children. Whether you've got a toddler, a ten-year-old or a teenager, here you'll find everything you need to help your child eat well.	http://www.childrensfoodtrust.org.uk/

This Healthy Eating Policy should be read in conjunction with the following policies:

- PSHE Policy;
- RE Policy;
- PE Policy;
- D&T Policy;
- Science Policy;
- Children with Medical Needs Policy.