



# Healthy Eating Policy 2024

## Learning to Flourish

To provide Personalised learning experiences so that every child can communicate, interact, grow and develop to the best of their ability. Together with families, we can ensure that our children have the skills and knowledge to manage everyday life as independently as they can and to lead happy and successful lives, through our values of Socialisation, Communication, Interaction, and Play

## Whole School Approach to Food Model Policy



# The Hollies Primary School Whole School Approach to Food Policy

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<p><b>Signed (Head Teacher)</b></p>	
<p><b>Signed (Chair of Governing Body)</b></p>	

## Whole School Approach to Food Model Policy

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### 1. Introduction

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As a school we are passionate about health and encouraging young people to become healthy, confident individuals who can make positive decisions for life. We recognise that learners spend around a third of their time at school between the ages of four and sixteen. The food and drink opportunities provided in school can make a positive contribution towards providing children and young people with a nutritious balanced diet, positive food experiences and encouraging them to develop positive behaviours for life.

This policy will enable learners to link the positive effects that good nutrition can have on health and wellbeing.

At The Hollies we are committed to encouraging our learners to lead healthy lifestyles. We believe that healthy learners will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping young people and their future health.

### 1.1 Links with other policies

This policy should be read in conjunction with the following school policies:

- Health and Wellbeing / Curriculum / Whole School Approach to Physical Activity.

### 2. Rationale

A poor diet is a major contributing factor to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced [Healthy Weight: Healthy Wales](#), a long term strategy which outlines the vital role schools play as healthy settings to positively influence future life outcomes.

[The Healthy Eating in Schools \(Nutritional Standards and Requirements\) \(Wales\) 2013 Regulations](#) sets out to improve the nutritional standards of food and drink provided in schools in Wales.

The [Wellbeing of Future Generations \(Wales\) Act](#) has at its core an intention to improve the health, social, economic, environmental, and cultural wellbeing of Wales. Promoting well balanced diets will be a key component of achieving the ambitions within this Act.

Cardiff and the Vale Public Services Board and Regional Partnership Board have developed the 'Move More Eat Well' plan <https://movemoreeatwell.co.uk> and pledged to work together to achieve the vision of ensuring our population is healthier by moving more and eating well. It is a strategic Plan for all public sector partners – and wider – to encourage, support and enable people to be active and healthy in Cardiff and the Vale of Glamorgan.

*The Council Food Strategy* was developed as an action plan for sustainable food in the city. The strategy aim is for everyone in Cardiff to have access to affordable good food, and to understand where their food comes from. Delivering this through five key issues, fostering food partnerships, tackling food inequalities, increasing local food production, eating out well and using food as a driver for prosperity.

### 3. Aim

The aim of this Whole School Approach (WSA) to Food Policy is to provide a 'whole school approach' to healthy eating and hydration in The Hollies by equipping learners and staff with knowledge, skills and experiences to establish and maintain life-long active lifestyles and positive eating habits. We at The Hollies aim to ensure that food and nutrition becomes integral to the overall value system of the school and a common thread of best practice that runs through the curriculum and the whole school community.

### 4. Objectives

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- To ensure that all provision related to food and nutrition provided for learners throughout the school day is consistent with the curriculum, compliant with national guidance and regulations and that mixed messages are avoided.
- To work in partnership with school meal providers to ensure food and drink provision is healthy, nutritious, affordable and attractively presented to help make the healthy choice an easy choice for learners. This includes ensuring that healthy options do not run out and are displayed at an optimum level for all learners to see and reach.
- To ensure all learners have access to fresh, free drinking water throughout the day and understand the benefits of hydration on health, wellbeing and concentration.
- To offer a range of inclusive, safe, practical cookery activities to continually develop essential skills and a lifelong love of food and cooking.
- To ensure that the school takes up opportunities to be involved in local and national initiatives relating to food and nutrition.

### 5. Equality Statement

Our school recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between learners, parents, staff, governors/management committee members and partners. We will also work to create equal access to support for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

### 6. United Nations Convention on the Rights of the Child (UNCRC)

We recognise that all learners have rights under the 54 Articles of the United Nations Convention on the Rights of the Child (UNCRC). The rights below underpin and shape our health and wellbeing curriculum and school policy:

<b>UNCRC Article</b>	<b>An inclusive health and wellbeing curriculum that...</b>
Article 6 the right to life and to grow up to be healthy	Develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle.
Article 13 the right to have information	Supports learners to understand the factors that affect physical health and wellbeing, such as a nutritious, balanced diet.
Article 24 and 28 the right to nutritious food, clean water and education	Provides experiences that enables learners to become healthy, confident individuals and opportunities to choose, prepare and eat a range of foods that can support a nutritious balanced diet.

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### 7. The Curriculum

Developing physical health and wellbeing has lifelong benefits and our Health and Wellbeing Curriculum will ensure that where possible for our learners:

- Learning about food and nutrition enables learners to realise the four purposes of the Curriculum for Wales. Opportunities for cross-curricular links are explored and developed.
- Learners are taught to understand the relationship between food, nutrition and short- and long-term physical and mental health.
- Learners are provided with consistent key messages for good oral health using the Design To Smile programme.
- All teaching and learning resources reflect current local and national guidance.
- Learners are given the opportunity to develop the basic skills in planning and preparing food to enjoy a nutritious, balanced diet, using current guidance (e.g. Eatwell Guide).
- Learners will be given the opportunity to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling, and packaging of food.
- Learners are given the opportunity to learn about food provenance and its impact on the environment e.g. growing, farming, transportation.
- Learners are taught how our different food choices have different impacts on the environment both locally and globally.
- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.

### 8. The Informal Curriculum / Whole School context *\*\*personalise*

Our school recognises the significant impact of *the informal curriculum* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore, food and nutrition themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

#### **School meals and food provision**

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- The regulations are in place for all food provided on the premises from 8am up to 6.00pm.
- Nutritious options are promoted which give learners the opportunity to try new foods.
- Fresh fruit is prominently displayed on service counters.
- School menus and allergen information are clearly displayed around the school and the canteen have shown due regard to [Natasha's Law](#).

#### **Dining Procedures**

- Queuing time is minimised by staggering lunch times for different Classes/Years and/or the order of service for Classes/Years is rotated.
- Queues are managed to promote positive behaviour.
- Learners have free choice to sit in friendship groups and members of school staff dine with the learners.
- Learners are permitted to eat their lunch outside if appropriate.

#### **Free School Meals**

- The school offers Universal Free School Meals (UFSM) in line with local and national provision.
- The uptake of FSM is encouraged, and reasonable steps are taken to ensure that every learner who is entitled to receive FSM receives them.

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- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals and reassured about how the system works at school.

### Lunchboxes

- Parents/carers will be provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes.  
(Provide details here if there are any foods/drinks that the school does not permit/encourage: sweets, chocolate, fizzy/energy drinks, squash, crisps).
- Curriculum work covers the content and benefits of eating a healthy packed lunch.
- An appropriate storage area is available for learners to store their lunchboxes.

### Break-times

- Only fresh fruit, vegetables, milk and water are provided at snack time
- The school has a provision for breakfast within morning break, offering nutritionally balanced food compliant with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013. (Secondary)

### School Milk

- Free semi skimmed milk or dairy free alternative is offered to all Foundation Phase learners each day.
- Refrigerators are cleaned daily, and temperatures are recorded.
- Milk packaging is recycled.

### Drinking Water

- Learners and staff have access to free, clean water throughout the school day in places other than in the school toilets.
- The school enables access to water during lesson time, for example allowing water bottles on desks.
- If brought in from home, parents/carers will be responsible for the hygiene of the bottles.
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers.
- Learners are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water.

### Oral Health

- The school actively promotes oral health messages through the curriculum.
- The school actively participates in Designed to Smile and facilitates oral health promotion to children and parents.
- The school advises its learners and parents/carers to visit a dentist on a regular basis.

### Outdoor Education and Gardening Opportunities

- The school encourages outdoor learning with outdoor classrooms for learners to enhance opportunities to engage with nature and the natural environment.
- Gardening opportunities are provided as part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds.



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- There is a sustainable approach to growing fruit and vegetables e.g. watering system, water butt, composting etc.

### Hand Hygiene

- The school recognises the importance of proper handwashing and learners learn how and when to wash their hands.
- The school actively promotes hand hygiene through curricular and extra-curricular activities.
- There are procedures in place to ensure learners wash their hands before snack and lunchtime.
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in learner and staff toilets.

## 9. Roles and Responsibilities

### 9.1 Role of the Governing Body

The role of the Governing Body at The Hollies is to:

- Determine and ratify the policy.
- Ensure the policy is up to date and reviewed annually.
- Ensure the policy is widely disseminated throughout the whole school community.
- Nominate one or more governors to take specific responsibility for the policy
- The Governing Body will undertake responsibilities as required under current regulations. The Healthy Eating in Schools (Wales) Measure 2009 places duties on the local authority and governing body of a maintained school, including:
  - Duty on a local authority and a governing body of a maintained school to take action to promote healthy eating and drinking among registered pupils.
  - Duty on the governing body of a maintained school to include in their annual report information on the action taken to promote healthy eating and drinking by pupils of the school.
  - Duty on a local authority to ensure that drinking water is available, free of charge, on the premises of any maintained school.
  - Duty on a local authority, or the governing body of a maintained school which provides school meals or milk, to encourage the take up of school meals or milk, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them.
  - Duty on a local authority or governing body to take reasonable steps to ensure that a pupil cannot be identified by any person, other than a person authorised under the legislation, as a pupil who receives a free school lunch or free school milk.
  - Duty on a local authority or governing body to take reasonable steps to ensure that teachers/employees/volunteers at the school do not make disclosures, other than to a person authorised under the legislation, about the fact that a pupil receives free school lunches or free school milk.

### 9.2 Role of the Headteacher and Senior Leadership Team

The role of the Headteacher and Senior Leadership Team at The Hollies is to ensure:

- The school ethos and environment reflect the school policy.
- A named member of staff will co-ordinate the Food curriculum and be responsible for the coordination and management of the policy.



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- A Learner Voice group will be actively involved with the development and implementation of the WSA to Food policy.
- The Senior Leadership Team will ensure that food and nutrition is a regular item on the school's Health and Wellbeing AoLE group.
- The school uses a school meal service that complies with current regulations.
- Dining arrangements are considered, to ensure learners are given adequate time to eat their meals.
- Free access to drinking water is available to staff and learners, and not placed within school toilets.
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate.
- Information is provided for parents/carers on nutritious packed lunches, healthy hydration, and hygiene of drinking bottles.
- All staff promote nutrition in accordance with school guidance. There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the policy.
- A planned and appropriate curriculum is provided for all learners throughout the school year which looks at nutrition and healthy living, in line with the curriculum for Wales.
- Consistent messages are promoted through the formal and informal curriculum. This includes ensuring the school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt.
- Measures are in place to consider sustainability / food waste e.g. composting / recycling of food waste.
- There is engagement with national/local learner voice surveys that help inform the school e.g. School Health Research Network.
- There is awareness of opportunities in the local community that promote healthy lifestyles.

### 9.3 Role of teaching and non-teaching staff

The role of staff at The Hollies is to ensure that they support implementation of the school policy through:

- Acting as positive role-models for learners by demonstrating healthy eating principles.
- Ensuring consistent messages are provided / mixed messages are avoided in relation to nutrition and oral health.
- Promoting healthy eating and delivering effective nutrition education as outlined in this policy.
- Encouraging participation in local and national initiatives.
- Helping and encouraging learners to select balanced food choices at lunchtimes.
- Using non-food-based rewards such as praise, stickers, house points etc.

### 9.4 Role and responsibilities of learners

We ask learners to:

- Develop their own routines to maintain personal care and hygiene where nutrition and hydration are concerned. e.g. handwashing
- Aim to make good choices and consider nutrition when choice is available.
- Drink water regularly to keep hydrated throughout the school day.
- Take opportunities to participate in learner surveys and learner voice groups.
- Take opportunities to participate in curricular and extra-curricular activities related to healthy eating and cooking.

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### 9.5 Role of Parents and Carers

We ask that parents/carers aim to:

- Support the policy.
- Provide nutritious packed lunches if food is brought in from home.
- Apply for their child's Free School Meals if entitled to do so and take up the offer of Universal FSM if available.
- Provide fresh fruit and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water only.
- Support local and national initiatives.

## 10. Family and Community Involvement

### 10.1 School Community

As a school we will ensure a whole school approach is taken to improve the wellbeing and equity of opportunity to all learners in relation to nutrition. We aim to involve all members of the school community in our commitment. This will be achieved by:

- Encouraging the provision of nutritious food and drinks brought from home through the curriculum, by giving information to parents and carers, and in partnership with key community and health agencies.
- Involving learners in promoting healthy eating within the school community and having a role in decision making (planning and developing actions, policy development / review).
- Ensuring families are made aware of community-based programmes to support children's health and support for families in food poverty.
- Supporting community focused opportunities, including 'Food and Fun', to use the school grounds and facilities.
- Supporting the provision of out-of-school hours learning, e.g. cookery club / gardening club, for learners, parents and carers and wider community members.
- Including relevant updates on nutrition/healthy eating activities in the school newsletter and other communication to parents and carers.

### 10.2 External partnerships

Whilst The Hollies is responsible for the delivery of the food curriculum, we recognise the value of involving appropriate external agencies/visiting speakers to complement the curriculum.

Good practice for when working with external agencies/visiting speakers:

- Ensure that the external agency has the right skills, knowledge and competency, and has a professional reputation for being holistic and inclusive in their approach to food.
- Ensure aims and learning outcomes are age/developmentally appropriate for the intended learners.
- The external agency/visiting speakers have a DBS and are considered appropriate in respect of safeguarding procedures.
- The school/education provision have made the external agency aware of relevant school policies.
- Staff will inform and prepare learners for the visit of an external agency/visiting speaker.
- Staff will remain in the classroom at all times as they are responsible for the learners and behaviour management.

## 11. Monitoring and Evaluating

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- Implementation of this policy will be monitored by the Headteacher and members of the Governing Body.
- The policy will be reviewed annually to take account of national and local initiatives and resources relating to food. Please refer to 'Roles and Responsibilities'.

### **12. Access to the Policy**

This policy will be located in the school Teams channel, school website.

Aspects of this policy will be replicated in the School Prospectus, shared areas on the school network and staff handbook. Parents / carers may request a paper copy of the policy from the school.