

Oak Hill First School Healthy Snacks Policy



Introduction

This policy covers snacks in school at break times.

Why a policy is needed?

At Oak Hill we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains:

- How we promote healthy eating
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the healthy snack policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

In conjunction with the Curriculum co-ordinator, the PSHE Co-ordinator is responsible for promoting what is to be taught about healthy eating in the curriculum through the PSHE scheme of work Jigsaw.

Snacks

All Foundation Stage and Key Stage 1 classes have a free morning break time snack of fruit and vegetables. As part of promoting healthy eating, children encourage each other to eat the fruit and vegetables. Pupils distribute the fruit and help to clear it away. We encourage healthy snacks at break time and a recommended list include, but not limited to, the following:

- Fresh fruit with or without low fat dip
- Fresh vegetables with or without low fat dip
- Yogurt
- Pre-packaged fruit cups
- Sugar free jelly
- Baked crisps
- Whole grain/low fat crackers
- Granola bars/cereal bars
- Cheese

We will respect the right of parents to send the snack of their choice for their individual child; but, we will be encouraging healthy choices.

When children are well-nourished and physically active, they have fewer absences, fewer behaviour problems, and a better ability to focus on classroom tasks. Healthy children also tend to be more successful in their capacity to learn. Families, schools, and communities must provide young people with the opportunities to develop the habits that will make them fit, healthy, and ready to succeed. If we as adults have a positive attitude about making healthy food choices, the children will be more likely to try healthy snacks.

Water for all

During school snack time, only water and milk may be consumed. If children bring in any other drink, they will be asked to either drink it at lunchtime or take it home and we will talk to parents and carers and remind them of the food policy. We have fresh water available in classrooms and a filtered water fountains in the hall. Children are encouraged to drink water regularly throughout the day and have water bottles in class.

Allergies

We are mindful that staff and children may have food allergies that can result in great distress and pain. Consequently we aim to reduce the risk of an allergic reactions by asking parents to refrain from providing food products which may contain nuts as a snack, in packed lunches or any other food brought into the school. Children with a nut and/or peanut allergy have an individual management plan. There are on occasions other severe reactions to particular food products and this may result in fellow class mates being asked to refrain from including these as a snack or in packed lunches. The risk can only be reduced, it cannot be eliminated.

Partnership with pupils, parents and carers

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

Parents and carers are updated on our policies through school newsletters and on the school website. We engage our Parents' Forum with this topic and ask for their contributions.

Pupils' views are sought in relation to the development and review of this policy. We do this through our School Council.

Curriculum assessment and monitoring

Children's learning about healthy eating is assessed in line with the school's assessment policy through science and PSHE. A review of what is taught includes feedback from staff and pupils.

Ratified by Governors at Children & Learning on 1st February 2018

To be reviewed February 2021