

# Pamphill and Witchampton First Schools

## Healthy Eating Policy



Pamphill CE VC First School

---

### What are the aims of this policy?

- \* To make explicit the values and guidelines that underpin every aspect of food culture in Pamphill and Witchampton First School.
- \* To ensure that our children receive consistent and coherent messages about food and its role in their long-term health and wellbeing.

### What are the values that inform this policy?

- \* We believe that every adult at Pamphill and Witchampton First School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- \* We want children to understand that good, nutritious food, in the form of a fully balanced diet, is essential to their ability to learn as well as to their long-term health.
- \* We want children to apply their knowledge about food and make healthy choices both in and out of school.
- \* We believe that food has an important role in developing young people's social skills.

#### 1. Access to Water in School

- Children have access to free and fresh drinking water throughout the school day and are encouraged to have a drink of water during their mid-morning, lunchtime and afternoon breaks.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Water is promoted as a healthy drink above all other possible drinks which may contain sugar and /or other additives.

#### 2. Food throughout the school day:

##### Treats

- We discourage parents from providing, and our children from consuming, sweets, chocolates and fizzy or sugary drinks before or during the school day. Any 'sweet treats' brought into school by parents as presents to be handed out are sent home unopened with the children at the very end of the school day.

##### Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- We have a breakfast club / nurture group on site. We promote the importance of breakfast as a key meal in the day and serve a healthy mini breakfast of toast.

##### Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme. This entitles them to one free piece of fruit or vegetable a day. This is usually taken as a mid-afternoon snack.
- All children have a mid-morning break when they are encouraged to have a drink of fresh water. Squash is not encouraged and fizzy drinks are not allowed, on health and safety grounds. Glass bottles or pressurised containers are not permitted.
- Children are encouraged to bring in a healthy snack from home to eat during the mid-morning break. Sweets and chocolate are not permitted.

##### Lunch Time – packed lunches and hot school meals

- At Pamphill and Witchampton First School, children either bring in their own packed lunches or they eat a hot school meal, supplied by our hot meal provider, currently Forerunner, a company whose provision

meets all nutritional standards as laid down by the government. This contract is reviewed periodically, informed by feedback from parents and pupils.



- All children usually eat lunch in the hall. They are supervised by Lunchtime Supervisory Assistants trained in basic food hygiene and safety, and who also report back to the class teacher if there is a particular concern.
- We make sure children have time to eat their lunch without the need to rush and encourage good manners at all times.
- We are always happy to support parents in making healthy choices when preparing packed lunches to ensure children receive a balanced and nutritious mid-day meal.

### 3. **Nut-Free School**

- In recognition that nut allergies are increasingly commonplace, Pamphill and Witchampton First School is a completely nut free school. No nuts or nut derivatives are used in cooking ingredients or food technology activities. Lunchboxes should not contain any nut products or nut derivatives. Delivered in hot school meals should not contain any nut products or nut derivatives.

### 4. **Food in the Curriculum**

- We exploit opportunities within the existing curriculum to discuss and work with food and we recognise that food has great potential for cross-curricular work. Food education is delivered via the Design and Technology, Science and PSHE curriculum areas in particular.
- Food Technology / cooking activities are also included in the taught curriculum for years R to 4 inclusive.
- Appropriate risk assessments for cooking are undertaken as necessary.

### 5. **Schemes and events**

- We try to participate in as many food-related events and schemes as possible in order to promote the aims of this policy.

### 6. **Links to other policies**

- This policy has links to our Science, Physical Activity, Design and Technology, and PSHE policies.

---

Date of adoption: January 2024