

**Hamilton Primary School**



**Healthy Eating Policy**

**Agreed: January 2023**  
**Review: January 2026**

## **Introduction**

At Hamilton Primary School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle.

We regard healthy eating as a whole school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

## **Aims**

- To improve the health of pupils, 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, hygienic food preparation and food storage.
- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.

## **Objectives**

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To ensure that all staff with responsibility for food have basic food hygiene training.

## **Water Provision**

At Hamilton Primary School we actively encourage all pupils to drink water each day. Water bottles are kept in classrooms. Children are encouraged to drink more after physical exercise and on hot days. Water is available at lunch tables in the school hall. Staff and visitors have access to a water cooler in the entrance area of the school and have water in class, modelling frequent drinking to the children. We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

## **Snacks**

We encourage children to have a snack at breaktime to support concentration and as a way of eating 5 portions of fruit and vegetables per day. All Foundation Stage and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 children are encouraged to bring a healthy snack for consumption during playtimes.

## **Lunchtime food provision**

The school provides school meals, free school meals and facilities to eat packed lunches.

All children have their lunch hour between 12.10p.m. and 1.15p.m.

School meals are eaten in the infant hall whilst packed lunches are either eaten in the hall or in classrooms. Children have the opportunity to choose their meals from a daily menu.

## **Dining Hall/ Classrooms**

At Hamilton Primary School we try to make the dining environment as pleasant, calm and enjoyable as possible.

Midday supervisors are on hand to encourage all children- both those having school dinners and those having packed lunches- to eat their meal and offer assistance where needed.

All children in the dining hall are encouraged to eat well; they are encouraged to 'try' all foods chosen and praise is given for this.

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:

- Entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- Sitting freely with friends
- Promoting the correct use of cutlery
- Being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- Saying please and thank you
- Parents or carers being advised if their child is consistently not eating well.

Whilst the dining staff strives to keep the noise level down in the dining hall and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

## **School Dinners**

Hamilton Primary School follows Essex County Council recommended menus .

A menu is sent home and on display for both parents/carers and pupils to look at before they make their choices. The kitchen staff encourage children to try new foods. A drink of water is provided with each meal and jugs of water are available on each table.

## **Packed Lunches**

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yoghurts and fruit, leaving cakes and biscuit items until last. Drinks in cartons, flasks and plastic bottles are allowed but fizzy drinks and glass bottles are not permitted. Children may not bring in sweets but are allowed a chocolate bar with a balanced lunch.

Water is available for pupils who may have forgotten a drink or that want more than has been provided from home.

Children put their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten.

Children may not bring any nut products into school. This is to protect the pupils against potential allergies or intolerances.

#### Before and After school provision

Pupils will have access to a healthy range of breakfast and after school foods. Water will be available every day.

#### Partnerships with Parents and Carers

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example. We will:

- Keep parents informed about healthy eating policy and practise through our newsletter.
- Take seriously and respond to any issue which parents/carers raise with teachers, head teacher or governors about this policy and practice in school.
- Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events, e.g school discos.
- Remind parents regularly about the desirability of their children having a bottle of fresh water every day and those children in key stage 2 having a healthy snack.

#### Monitoring this policy

This policy will be monitored through the following:

- The contents of pupils' lunch boxes will be monitored
- Seeking the views of parents and governors
- Discussions with staff, including midday supervisors and catering staff
- Observations of the dining hall/classrooms at lunchtime
- Observations of break time eating habits
- Scrutiny of PSHE lessons across the school
- Discussion with the catering contractor about the food offered