

Dear Parents/Carers

Please find attached nutrition policy which has been constructed in consultation with parents, pupils, staff and a range of professional including -

- Healthy Schools and PSE Officer – Alison Dally
- Healthy and Sustainable Pre-School Scheme Officer - Ruth Harris
- Goodwin Partnership Dental Surgery
- Design to smile team

The design to smile programme that we deliver in our school provides a tooth brushing scheme was brought into Torfaen as our children had the highest rate of tooth decay and highest level of tooth extraction under anaesthetic in Gwent.

As a school and with the above professionals we have given very careful consideration to parental suggestions of our breaktime snack to include a range of other foods including, crackers, meat and cheese. Through extensive research and through consultation with professionals we have been strongly advised that this would not be appropriate for our pupils. We have therefore agreed and decided that we shall continue with our previous policy statement that fresh fruit and vegetables only will be permitted at break times.

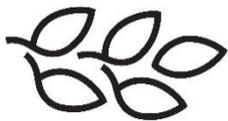
Please be assured we have all pupils best interest at the heart of all decisions we make and of course children who have any medical conditions that need individual discussion with the Healthy School lead/ALNCO will still be carried out and regularly reviewed.

Kind regards,

Mrs Tucker

Lesley Tucker

Additional Learning Needs Coordinator, Healthy Schools Lead and Health and Well-being Lead



Greenmeadow Primary School

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Introduction

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 giving children and young people a nutritious, balanced diet and encourage them to develop positive behaviours for life.

Aim

The aim of this Nutrition policy is to provide a 'whole school approach' to healthy eating and hydration by equipping learners with the knowledge and skills to establish and maintain life-long active lifestyles and positive eating habits. We at Greenmeadow Primary School aim to ensure that 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.

Objectives

- To ensure that all provision related to nutrition provided for learners throughout the school day is consistent with the curriculum, appropriate national guidance and regulation and that mixed messages are avoided.
- To ensure that the school takes up opportunities to be involved in any local and national initiatives relating to nutrition.
- To ensure food, drink and snack provision is compliant with *The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*, throughout the school day.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our learners, through all their food and nutrition experiences within school.
- To ensure food and drink provision is healthy, nutritious, affordable and attractively presented to help make the healthy choice an easy choice for learners.
- 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 ensure we deliver messages about food and nutrition in a way that considers our content, to not heighten body dissatisfaction.

Rationale

- A poor diet is a major contributing factor to increasing levels of childhood obesity and associated health problems including tooth decay. 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.
- [Healthy eating in maintained schools: statutory guidance | GOV.WALES](#) sets out to improve the nutritional standards of food and drink provided in schools across 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 nutrition will be a key component of achieving the ambitions within this Act.

The Curriculum

Developing physical health and wellbeing has lifelong benefits. Our Health and Wellbeing Curriculum will ensure that through the use and delivery of the Jigsaw programme pupils will have the opportunity to:

- Learn about nutrition enables learners to develop the [four purposes](#) of the Curriculum for Wales.
- Learners are taught to understand the relationship between nutrition and short and long-term health benefits.
- The impact of sleep on mental health and wellbeing is addressed within the teaching opportunities of the curriculum.
- Opportunities for cross curricular links are explored and developed.
- All teaching and learning resources reflect current local and national guidance.
- The [Food Competencies](#) explored, include the themes of: Diet and Health, Consumer Awareness, Cooking, Food Safety and Active Lifestyles. These apply to young people aged between 5 - 16+ years. For more information, please visit 'Food a Fact of Life' <https://www.foodafactoflife.org.uk/>.
- Learners are given opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet using the Eatwell Guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- Learners acquire the basic skills in planning and preparing food to enjoy a nutritious balanced diet.
- 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 food provenance and its impact on the environment e.g. growing, farming, transportation.
- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/local allotments.
- The school aims to promote seasonal and local food produce.
- Learners are provided with consistent key messages for good oral health.

The Informal Curriculum

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, 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. Consistent messages are provided and mixed messages avoided, in relation to nutrition, oral health and physical activity.

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.

Application of Policy

- A named member of the Senior Management Team (SMT) will have overall responsibility for updating the Nutrition Policy. They will chair the Nutrition Working Group and be responsible to the governing body for the coordination and management of the policy: Lesley Tucker
- The governing body will nominate one or more individual governors to take specific responsibility for the Nutrition Policy at Greenmeadow Primary School.
- The School Council/ Eco Committee/and Well-being Warriors are actively involved with the development and implementation of the Nutrition Policy.
- The Senior Management Team will ensure that adequate training and resources are provided for staff involved in the delivery of the aims and objectives of the school's Nutrition Policy.
- The Senior Management Team and governors will monitor progress at regular intervals.
- The policy will be reviewed bi-annually to take account of national and local initiatives and resources relating to nutrition.

Family and Community Involvement

As a school we will ensure a whole school approach is taken to improve equity of opportunity for 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 snacks 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 nutritionally balanced eating within the school community and have 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 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 through clubs such as cookery and gardening, for learners, parents, carers and wider community members.

The role of parents and carers

We ask that parents/carers endeavour 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 apply for the Universal FSM as they are offered.
- Provide fresh fruit and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water only.
- Support local and national initiatives.

Monitoring, evaluation and dissemination

- Implementation of this policy will be monitored by the Headteacher and members of the governing body.
- It will be ratified every two years but reviewed annually or earlier if necessary.
- The School Council/Eco Committee/Well-being Warriors are actively involved with the implementation and review of this policy.
- School supports local and national initiatives.
- Aspects of this Policy will be replicated in the school prospectus, Hwb, shared areas on the school network and staff handbook.
- Parents may request a paper copy of the policy from the school.

The following members of the school community were consulted on the development of this policy:

- Senior Leadership Team
- School Council/Eco Committee
- Parents
- Governors/Link Governor
- Healthy Schools Co-ordinator

- Local dentist
- Design a Smile team

School meals and food provision

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 between the hours of 8 am and 6 pm.
- Allergen information will be available at all times from the school and kitchen.
- We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment, including displays of food, promoting nutritious, balanced meals, availability of free water and organising appropriate queuing arrangements.
- Nutritious options are promoted which give learners the opportunity to try new foods.
- School group/s engage with the whole school community about school meals and feedback to the school catering/kitchen manager and Education Catering Service.
- Fresh fruit is prominently displayed on service counters.

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.
- Queuing time is minimised by offering a Cashless System.
- 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 for special occasions such as Christmas dinner.
- Learners are not permitted off site during lunch time.
- Learners are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert (Primary).
- Learners are permitted to eat their lunch outside if the weather permits.

Free School Meals (FSM)

- Parents/carers are reminded regarding universal FSM in Primary.
- Parents/carers are sent regular reminders to those eligible for FSM in Secondary.
- The uptake of FSM is encouraged, and reasonable steps are taken to ensure that every learner who is entitled to receive FSM receives them.
- Guidance and forms are available from Community Hubs, Local Housing Offices, School Website and the School Office.

Breakfast Club

- Our school has a Welsh Government Free Breakfast Club running providing nutritionally balanced food.
- Our school supports and takes part in promoting nutritious breakfasts via newsletters, posters, school web site, displays etc.

Lunchboxes

- At the start of each academic year, parents/carers will be provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes
- The School Council/Eco Committee/Wellbeing Warriors promote nutritious lunchboxes to learners and their families.
- On school trips, parents/carers are encouraged to provide a nutritious packed lunch for their child and discouraged from providing confectionery/sweets.
- Curriculum work covers the content and benefits of eating a healthy packed lunch.
- An appropriate a cool/shaded storage area is available for learners to store their lunchboxes.

Break-times

- Fruit, vegetables, milk and water are provided at snack time/in the fruit tuck shop. Nursery classes receive a nutritious snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The fruit tuck shop is open daily and assisted by learners. The School Council/ Eco Committee/ Wellbeing Warriors are consulted in decisions about the Fruit Tuck Shop (Primary).
- Learners bringing food and drink into school are encouraged/permitted to eat only fruit, vegetables, milk or water at break time. We recognise that there may be exemptions for certain medical conditions such as avoidant/restrictive food intake disorder (ARFID) and Autism. These need to be discussed with the school on an individual basis.

Fruit Tuck Shop

- Our school has set up a daily Fruit Tuck Shop, which learners help to run.
- Our school actively takes part in fruit related events/initiatives.
- Our school holds taster sessions of seasonal/local/Fairtrade fruit and vegetables through.

After School Cookery Club

- The school has introduced an after-school cooking club for learners in all year groups
- A member of staff has received Food Safety training and trained in allergen management and cookery skills.
- Our school engages members of the local community and parents/carers to assist.
- Recipes are in keeping with Healthy Eating in Schools Guidance and where possible incorporate local seasonal produce.

Fruit and Vegetable Co-ops and Food Banks

- Our school promotes the local food co-op/food bank to families as a way of accessing affordable fruit and vegetables.
- The Wellbeing Warriors are actively involved with supporting the Co Star food bank

School Milk

- Free milk is available to younger pupils each day.
- Refrigerators are cleaned daily, and temperatures are recorded.

Drinking Water

- Learners and staff have access to free, clean water throughout the school day in places other than in the school toilets.
- Learners are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water.
- Our school promotes 'Water Bottles on Desks'.
- If brought in from home, parents/carers will be responsible for the hygiene of the bottles.

Energy Drinks

- Energy drinks are not permitted in school.
- Learners are taught about the detrimental effects that energy drinks can have on health.

Oral Health

- Our school actively promotes oral health messages through the curriculum.
- Our school actively participates in Designed to Smile and facilitates oral health promotion to children and parents.
- Our school advises its learners and parents/carers to visit a dentist on a regular basis.
- Our school encourages the use of mouth guards for contact sports to reduce the risk of oral/facial injuries.

Whole School Approach - Celebrations/Social Events/Rewards

- A selection of nutritious eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will always be available during school fund raising, social events, staff meetings and parent's evenings.
- Fundraising events which promote physical activity are encouraged and activities run by learners and/or parents/carers/PTA promote a consistent, balanced healthy eating message.
- Our school holds whole school events to promote nutrition and physical activity.
- Non-food based rewards are encouraged to be used by all staff members on a daily basis (e.g. stickers, certificates) with the exception of Hot Chocolate Friday and Birthday celebrations, where children are permitted to bring in cake as we feel as a school these offer opportunities for application of social skills and an opportunity to celebrate. These opportunities build relationships with staff pupils and peers as part of our relationship policy.

Outdoor Education and Gardening Opportunities

- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/local allotments.
- Learners have the opportunity to join the school gardening club.
- Our school aims to promote seasonal food produce.

Hand Hygiene

- Our school recognises the importance of effective handwashing and learners learn *how* and *when* to wash their hands.
- Our 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 lunch.
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in learner and staff toilets.

Breastfeeding

- Our school provides an environment in which breastfeeding is seen as the norm i.e. visual images of mothers and babies reflect breastfeeding as the biological norm.
- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive

Policy Approved by.....Chair of Governors/Management Committee

Policy Implemented byHead Teacher.

Date of Review.....