



St Martin's School

Healthy Eating and Wellbeing Policy

March 2021 (implemented from 19th April
2021)



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1. Purpose, Aims and Responsibility

A healthy, balanced diet and regular physical activity are essential for children's health and wellbeing. Diet and nutrition are key factors in the health and growth of a child. Children need many nutrients to help their bodies develop all the necessary functions and tissues they need. Everything from basic brain function to behavioural patterns can be influenced by the diet a child eats. Eating balanced, nutritious foods is one of life's real pleasures and every child should know how it feels to enjoy a tasty family meal. Cooking and preparing food are essential life skills that all start with getting children interested and excited about food. Diet can also have an impact on a child's wellbeing. Mental health plays a very important role in children's development. It is important to provide time to focus on improving children's wellbeing which in turn improves focus, concentration and their ability to learn.

The States of Jersey Common Strategic Policy 2018-2022 states that during their term in office they want all children to live healthy lives, enjoying the best health and wellbeing possible.

Martin Knight, Director of Jersey Public Health Policy, said: "*Our local data shows that 1 in 3 children in Year 6 are classed as overweight or obese. We need to do all we can to promote healthy eating and to encourage children to eat fruit and vegetables, as this is known to reduce the risks of a variety of diseases in later-life, such as cancer and heart disease. We know that intervening early in a child's life has the most chance of forming positive dietary habits that are continued into adulthood.*" 30th September 2019

This policy covers all food provided and consumed in school, including during and after school and on school trips and in extra-curricular activities.

Why is a policy needed?

At St Martin's School we recognise the importance of a healthy diet for a child's wellbeing, and their ability to learn effectively and therefore achieve. St Martin's School motto is 'Together We Succeed More'. We believe that working as a community of staff, children, parents and carers we can make a major contribution to improving children and young people's health. Increasing their knowledge and understanding of food, ensuring that children know how to make healthier food choices, taking into account individual needs (e.g. cultural, ethical, medial) and providing education of healthy eating, nutrition and wellbeing through our teaching of the curriculum.

We aim to:

- Increase knowledge and awareness of a healthy diet through our EYFS, PSHE, Science and DT curriculum.
- Encourage all pupils to have a healthy snack and packed lunch.
- Provide safe, easily accessible water during the school day.
- Promote healthy eating and healthy food choices.
- Promote the importance of children's wellbeing.



- Provide opportunities and time for children to focus on their wellbeing.
- Be role models for healthy eating.
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.
- Provide opportunities for parents and carers to learn about healthy choices for snack, lunchboxes and family meals.
- Provide useful websites to support parents with healthy eating and improving their child's wellbeing outside of school.

Responsibility:

It is the responsibility of all staff including teaching, support staff and lunchtime supervisors to implement the healthy eating and wellbeing 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:

- Senior leadership team to ensure policy is shared with all members of staff, parents and carers to ensure a consistent whole school healthy eating focus.
- Teachers and Subject Leaders to ensure that PSHE, PE, Science and DT lessons are teaching about healthy eating and practical food education in the curriculum. This links to lessons taught through our PSHE JIGSAW scheme of learning with a half termly focus called 'Healthy Me' as well as areas of the EYFS curriculum.
- Parents to ensure they are following the Healthy Eating and Wellbeing policy guidance when preparing their child's snack or packed lunch for school.

2. Food in the Curriculum

Food, where it comes from, the production and the preparation are an important part of the curriculum for all children and is taught across the curriculum in Science, PSHE, DT, PE and in the EYFS curriculum. We ensure that children are taught safe food preparation, cooking and food hygiene from Nursery up to Year 6. All food preparation is healthy and based on being eaten as part of a balanced diet.

3. Packed Lunches

This applies to all children and parents providing packed lunches to be consumed within school or on school trips during school hours. At St Martin's School we aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food. We use a traffic light system for guidance. This supports you to know to which foods can be included in a child's lunchbox and how many per day.

Green Foods (Numerous items per day)	<ul style="list-style-type: none"> -Sandwiches/wraps/rolls -Rice cakes/crackers/ plain popcorn -Pasta/soups -Seeds – unsalted/plain -Vegetables – cooked or raw -Fruits – fresh or dried fruits. -Natural Yoghurts -Meat – ham, chicken, turkey, beef, salami, sausages etc. -Cheese - grated, sliced or cubed. -Fish - tuna, salmon, prawn etc. -Boiled egg -Falafel -Hoummos -Water or milk.
Amber Foods (One item per day <u>or</u> 2 items can be included if half portions <u>or</u> 3 if smaller portions shared over a few days)	<ul style="list-style-type: none"> -Cakes, hot cross buns, muffins, biscuits, cookies, cereal bars, flapjack, brioche etc.- including homemade baked treats. -Sausage rolls, quiche, individual meat pies, peperami and similar meat products. -Peanut butter, jam and honey as sandwich fillings. -Cold pizza.



	<ul style="list-style-type: none"> -Fruit yo-yos. -Fruit jelly and fruit yoghurts. -Flavoured popcorn. -Crisps. -Fruit juice.
Red Foods (Never)	<ul style="list-style-type: none"> -Chocolate coated/chocolate chip biscuits. -Confectionery such as chocolate bars, sweets and lollipops. -Chocolate spread sandwich filling. -Sugary desserts - trifle or chocolate mousse etc. -Chewing gum and bubble gum. -Fizzy or sugary drinks.

These expectations are monitored by whole school staff but daily by lunchtime supervisors, who communicate with teachers to talk with parents when necessary. In cases of repeated concerns, in which lunchboxes contain food from red or amber categories on a regular basis, these are communicated and logged through the school's safeguarding procedures and parents will be contacted.

Monitoring packed lunches

To promote healthy eating, lunch time supervisors will regularly monitor the content of packed lunches and involve the child and appropriate staff. Teachers will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

*Children who have more than one whole amber item in their lunchbox can choose which one they would like to consume at school and the second can be saved and taken home.

*Children who have a lunchbox containing only amber or red food items will be allowed to eat the amber food items on that occasion, school will provide some healthier green foods for their lunch. The red food items will be saved and taken home.

*Children who bring red food items to school are to save these items till after school.

Please note that we will always make sure that children have enough food to eat at lunchtime.

If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy and support will be offered to the parents.

Special diets and allergies

The school recognises that some children may require special diets that do not allow for this guidance to be met exactly. In this case parents and carers are to be responsible in ensuring that packed lunches are as healthy as possible. At lunchtime and when eating packed lunches children are also not permitted to swap food items.

If there is a child with a severe allergy to a food (e.g. nuts), we will seek permission from the parent to share this information with the class parents so they are aware for when they make packed lunches.

Packed Lunch Containers

Parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Parents and carers are encouraged to send packed lunches in reusable containers, rather than disposable plastic bags, cling film, tin foil or bottles.

4. Snacks

Nursery, Reception and Year 1 have a healthy snack provided to them by school. Parents/carers are required to pay for this at the start of the year. In Nursery and Reception fruit and vegetables are chopped or sliced and children have a variety to select from each day. Some snack times are also accompanied by biscuits, rice cakes, bread sticks or crackers if necessary. As part of promoting healthy eating children are encouraged to eat a range



of fruit and vegetables. Children are given the responsibility and independence of selecting their own water bottles and snack, after snack they are responsible for helping to clear their bowls and clean the tables.

In Year 1 children select a whole piece of fruit from the fruit bowl each day for morning snack. Children in Year 2-6 bring in fresh fruit or vegetables from home for morning snack. Nursery – Year 6 bring their own water bottles to school which are stored in the classroom and can be filled up using taps at the sinks.

5. Water

During break and lunch times only drinks which comply with the Healthy Eating and Wellbeing Policy may be consumed. Children are encouraged to drink water regularly throughout the day and also have designated times (break time and lunch) where they are reminded to have a drink. Children have access to their own water bottles brought in from home and are encouraged to have a drink whenever they need one. Children are able to refill their water bottles using the taps and sinks in their classroom. Water is available to staff and visitors in the staff room.

6. Wellbeing

At St Martin's School we believe that wellbeing is an important part of having a healthy lifestyle. As part of our school PSHE curriculum, JIGSAW, we spend time each lesson focussing on 'Calm Me' time. Classes have also included mindfulness into their weekly timetables. Wellbeing is a main focus in Nursery and Reception classes as it is part of the Foundation Stage Curriculum to monitor children's wellbeing as low, medium or high.

7. The Daily Mile

"Science has long proven the importance of being physically active in helping our bodies and minds stay healthy. In March, the Universities of Stirling, Edinburgh and Highlands & Islands found that 15 minutes of self-paced exercise, such as The Daily Mile, is beneficial for pupils' cognition and wellbeing." <https://thedailymile.co.uk> 22.3.21

As well as our timetabled P.E sessions all children from Reception up to Year 6 take part in the daily mile during each school day. Each class has a 20-minute slot in which they can access the field or playground to complete the daily mile. As part of our pupil voice questions during autumn term 2020, the children at St Martin's school wanted to do more physical exercise and suggested the daily mile for all year groups. From the start of spring term 2021 the daily mile was included in all timetables.

8. Pupil Voice

At St Martin's School our primary focus is the children, therefore it is important that children within school have their say on healthy eating and wellbeing. In 2018 the children set up a pupil voice group called the 'Healthy Helpers.' Their mission was to encourage healthy packed lunches and focus on children's wellbeing. The pupil voice group meets regularly to share ideas and make changes within school. The children, with support from the Healthy Schools Lead, have created a Healthy Living Day and a Wellbeing Wednesday. These days focus on healthy eating, trying new fruits and vegetables, drinking plenty of water, increasing physical activity and the importance of wellbeing. The 'Healthy Helpers' will continue to share their voice and ideas promoting this throughout the school.

9. Partnership with Parents and Carers

At St Martin's School our school motto is 'Together We Succeed More'. When we talk about 'together' this includes staff, children, parents, carers and the wider community. We ensure we involve parents and carers about healthy eating, communicating any necessary information via the school website, social media, newsletters or email. The partnership of home and school is vital in influencing how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through school newsletters and on the school website. We kindly ask parents/carers to support our guidance and not to send food or drinks which conflict with our food policy.



10. Events and Celebrations

We want to give children the opportunity to celebrate their birthdays therefore individually wrapped treat foods will be allowed to be shared with their class. These are to be handed out at the end of the day and not to be consumed during the school day which therefore allows parents the choice if they wish their child to have the treat. There is no expectation to bring anything in on a birthday. The teachers in each year group will make the children's birthday special by having differing ways of celebrating. This may include singing or having a birthday dance. The way birthdays are celebrated varies between each class. Currently there is an ongoing review on allowing sharing treat foods for birthdays. More information will be provided during the summer term as we want to work together with children and parents to further develop our healthy eating policy.

In order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents/carers do not send in sweets, chocolates or food treats to be shared with the class at any other times. For example, from holidays or for religious festivals.

Sweets, chocolates and food treats will not be given by any member of staff as a reward.

Our school charity or PTA events will follow the guidance of a maximum of four cake/sweet treat sales a year. For example, one cake sale per term.

11. References

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