

includEd Learning

Independent Specialist Education Provider



HEALTHY EATING POLICY

→ 1. Purpose

This policy outlines how IncludEd Learning supports students to eat healthily.

Our school aims to meet its obligations with regards to healthy eating by:

- Promoting healthy eating at school, home and in the wider community;
- Providing opportunities for students to try new foods;
- Ensuring food preparation and cooking are an intrinsic part of our preparation for adulthood curriculum;
- Early intervention and support for families, working in partnership with other agencies;
- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes.

→ 2. Legislation and Guidance

This policy meets the requirements of the Schools Meals- Food Standards from the Department for Education (DfE),

<https://www.gov.uk/school-meals-food-standards> (19.9.24).

Why is a policy needed?

At IncludEd Learning, we recognise the important part a healthy diet plays for a child's well-being and their ability to learn affectively and achieve. We believe that the school, in partnership with parents and carers, can make a major 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.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g., cultural, ethical, medical, sensory), reflecting nutrition and healthy eating messages in the curriculum and with the support of the whole school.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy food choices throughout the school day
- How we teach students to eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving students' health through healthy eating

We aim to:

- Increase knowledge and awareness of a healthy diet through our PSHE, Science and Preparation for Adulthood curriculum.
- Provide safe, tasty and nutritious food that promotes health
- Enable all students to have a healthy school meal
- Provide safe, easily accessible water during the school day
- Promote healthy food choices
- Be a role model for healthy eating
- Use a range of opportunities to promote healthy eating

→ Responsibility

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

- SLT lead on the development and monitoring of Health Education as part of the PSHE and PFA curriculum and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of PSHE and related subjects are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident throughout the curriculum planning.
- Caterers and kitchen staff are responsible for providing high quality food and contributing to a welcoming and positive eating environment.
- Parents are informed about food choices available and this is shared with all students.

This policy takes account of national guidance produced by the School Food Standard Practical Guide (DFE 19.9.24).

→ Food in The Curriculum

Food, its production and preparation is an important part of the curriculum for all students and is taught through Science, PSHE, PE and Foodwise. We ensure that there are opportunities for food preparation across the school to help students develop their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy contributes to other policies in the following ways:

Relationships (Behaviour); Children who eat healthily are more focused on their work and behaviour is better. The school does not encourage the use of food as a reward for good behaviour or achievement.

PSHE: Healthy food and choices and practical food education is included in the curriculum.

Science: Healthy eating and nutrition is part of the science curriculum.

Equality: We take account of all of the needs of our students, including those with disabilities and allergies.

Assessment: Student's learning about healthy eating is assessed in line with the school's assessment policy.

→ School Lunches

All our school meals are sourced from food retailers who comply with Food Safety Standards. Students have their lunches in classrooms as this better suits their needs. There is also a nurture group for students who need a quieter setting. Staff monitor food choices and encourage students to try new foods. We encourage all parents to take free school meals, where there is an entitlement.

Packed Lunches

This applies to all students and parents providing packed lunches to be consumed within school or on school trips. We appreciate that for some of our students, their diet may be limited due to their special needs, and will liaise with parents if there are any concerns.

Packed lunches should not contain:

- Fizzy or energy drinks
- Any nut products
- Confectionery such as chewing or bubble gum
- An excessive amount of high fat or sugary items

This will be monitored by staff, who will communicate with parents when necessary.

→ Special diets and allergies

Parents will inform school of any allergies or adaptations to diet. Students may not swap food items as this could be hazardous due to allergies.

Packed lunch containers

Parents and carers are responsible for providing a packed lunch container where food can be stored securely and appropriately until the lunchtime period. We encourage these to be re-useable, rather than disposable plastic bags and bottles.

Food is at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included if possible.

Snacks

During breaks students will be offered toast or a snack of fruit or vegetables which is provided free of charge. As part of promoting healthy eating, students are encouraged to try fruit and vegetables. Where possible, students are involved in the preparation and sharing out of snacks. Students are encouraged to bring in a healthy snack and drink.

Breakfast club

- To provide before school care and food for families who have an early start to their day;
- To improve children's education; if a child misses breakfast, they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid morning;
- To provide a positive start to the day by offering social interaction across a range of age groups;
- An appropriately sized portion of starchy food e.g. lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel.

Special diets and allergies are catered for if needed following discussion with parents/carers.

Nut allergies

Parents are asked to refrain from buying food products, which may contain nuts, in packed lunches or any other food brought into the school and students who have a nut allergy have an individual health care plan. Staff are trained to recognize and manage allergic reactions.

→ Partnership with Families

We inform and involve parents and carers about healthy eating through regular communication. We ask parents and carers to be aware of the policy and not send in items that conflict with this policy.

Students are encouraged to drink water regularly throughout the day and can fill up their bottles as needed.

→ Exemptions to the Healthy Eating Policy

This policy does not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- For use in teaching food preparation and cookery skills
- ON an occasional basis by parents and carers.