

The Bliss Charity School



The Bliss Charity School aims to provide a caring, secure and enriching experience; each child is encouraged to develop strong personal, academic, physical and creative skills for lifelong learning.

Healthy Eating Policy (2023-2026)

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Aim

- a. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- b. To support children and young people learn about healthy lifestyles, experience healthy choices at their own level and in a motivating and functional context.
- c. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
- d. To develop an environment conducive to positive, calm and enjoyable mealtimes.
- e. To ensure school meals are adapted to the dietary needs of the children.

Rationale and roles

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At The Bliss Charity School, the staff are dedicated to helping parents and children understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, it means having them at appropriate times and as part of a balanced and nutritious diet.

Therefore, school will: -

- provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so they can make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining a good health.
- Ensure children develop a positive attitude towards their eating habits.
- Provide opportunities within school for children to make healthy food choices.
- Help children to understand that some foods should be eaten in moderation.
- Work in partnership with catering staff to ensure nutritional standards are met.

We will require parents to: -

- support the school's vision of ensuring all children value and understand the importance of healthy eating by adhering to this policy.
- Ensure children eat a nutritious breakfast so that they can perform to the best of their ability during morning lessons.
- Provide a mid-morning snack of fruit, dried fruit, vegetables or cheese (optional for Key Stage 2 only).
- Recognise that healthy eating does not mean having no treats but means having them at appropriate times and as part of a balanced and nutritious diet.
- Provide a named water bottle which their child can use in school on a daily basis.

Mid-morning snack guidance

Children may bring a healthy snack from home for their mid-morning snack.

Such as:

- Fresh or dried fruit
- Vegetables (e.g. cherry tomato, carrot, pepper, cucumber)

Other such items such as sweets, crisps, biscuits are not permitted. Please check sugar and salt content of packaged 'healthy' snacks.

Please note that fizzy drinks, chocolate bars and sweets of any kind are not permitted in school during break or lunchtime.

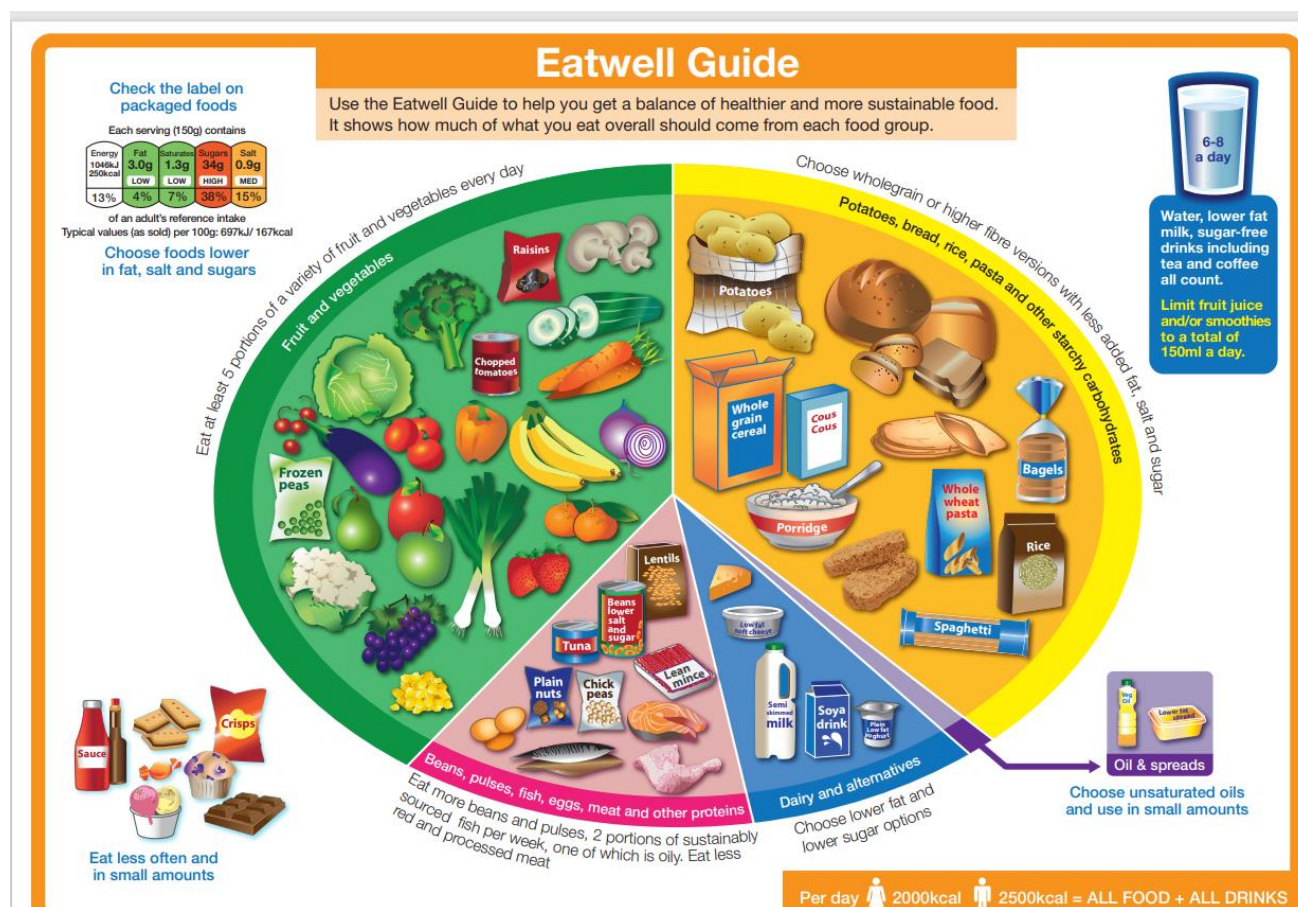
A healthy lunch

The Bliss Charity School aims to provide pupils with the opportunity to eat a healthy, balanced meal. Pupils are encouraged to have a school meal and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime. Our meals are freshly prepared off site using the best locally sourced seasonal ingredients. Additives and processed food are avoided, fried foods, high quantity sugar products and confectionery in puddings are also strictly restricted.

Vegetarian and Vegans: The catering services offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy and intolerance: All food allergy and intolerance information is recorded and shared with all members of staff. School catering staff are made aware of any food allergies/food intolerance too.

[The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Packed lunches

If your child is bringing in a packed lunch from home then please see our recommendations which have been taken from national healthy school guidance and NHS England.

According to NHS choices a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta.
- Protein foods like meat, fish, eggs or beans.
- A dairy item, like cheese or yogurt.
- Vegetables or salad and a portion of fruit.

Fruit and vegetable food group	Choose at least one portion from this food group. <ul style="list-style-type: none">• One portion of vegetables e.g. vegetable sticks such as carrots, peppers or cucumbers or lettuce.• One portion of fruit e.g. fresh fruit such as bananas, apples or canned fruits in fruit juice or dried fruits such as raisins or apricots.
Bread, rice, potatoes, pasta and other starchy food	Your child's packed lunch should include at least one portion from this food group <ul style="list-style-type: none">• Sandwiches made with a variety of breads such as pitta, bagels, wraps, chapatti, rolls (offer a variety of wholegrain, brown and white varieties).• Salads made with pasta, rice, couscous, bulgar wheat, noodles or potatoes.
Milk and dairy foods	It is recommended that you include at least one portion from this food group e.g. <ul style="list-style-type: none">• Low fat and sugar free yoghurt, custard or fromage frais, cheese, semi skimmed milk.• Soya products that have added calcium.
Meat, fish, eggs, beans and other non-dairy sources of protein	It is recommended that you include at least one portion from this food group for example: <ul style="list-style-type: none">• Meat chicken, fish and eggs.• Tofu or vegetarian / vegan meat substitute.• Beans such as chickpeas, kidney, haricot or lentils.
A healthy drink	A healthy drink should be included: water or semi-skimmed milk.
Please support the school by NOT PROVIDING the following in your child's packed lunch:	
<ul style="list-style-type: none">• Foods which are high in fats and or sugar e.g. sweets, confectionary, chewing gum• Fizzy or sugary drinks in cartons, bottles or cans,• Any products containing nuts (because of the danger to other children with nut allergies) e.g. items such as Nutella, cereal bars,• Energy drinks• Sugared toffee or salted popcorn.	

Drinking Water

Water is available throughout the school day. All children should bring in a water bottle to school daily; these will be stored in their classrooms and will be easily accessible at all times.

The Healthy Eating Curriculum

Food and nutrition are taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The school follows the National Curriculum which states that Healthy Eating must be taught in Science, Design and Technology (D&T) and PSHE. This includes the teaching of cooking skills in D&T.

Design and Technology (D&T)

Pupils learn by preparing and cooking a variety of dishes, including hot and cold meals, and using a variety of cooking equipment: scales, knives, utensils, etc. They are encouraged to engage in taste-testing different foods and learn about food hygiene and safety.

Physical Education (PE)

Within PE, pupils are made aware of the importance of a healthy active lifestyle and are taught to recognise the links between healthy diet and physical activity for both their short-term and long-term wellbeing.

PSHE - Children are encouraged to respond to different stimuli about what it means to be healthy. They are taught the knowledge and encouraged to develop the skills to identify foods they like and dislike to eat; those foods which can be enjoyed frequently, as well as those which should only be eaten once in a while.

Over their time in primary education, children grow in confidence in their ability to explain why some foods are better for their health than others and why it's necessary to eat a broad, balanced diet. They are encouraged to be able to give examples of occasions when we can make choices about the foods we like to eat and through increasing knowledge of health conditions, understand why for some people, it is necessary to avoid certain food groups e.g. dairy products due to food intolerances.

Children learn the correlation between intake and physical exercise. They also learn about how eating too much of the food which should only be eaten occasionally, has an adverse effect on our physical *and mental health*. By the end of KS2, pupils can explain why it's important to take care of our bodies now and in the future.

Through the economic aspects of the PSHE curriculum, children learn about food poverty and collective responsibility for further improving food equality.

Religious Education (RE)

Pupils learn about the role food can play in religious observance and celebrations.

Food safety and hygiene

We recognise that food safety and hygiene is of paramount importance for the health of the whole school community. Children and young people and members of staff are encouraged to follow appropriate hygiene procedures. In particular, washing their hands properly after using the toilet and before handling food (e.g. at snack breaks and before lunch).

Lunchboxes are stored in a safe and hygienic manner, in particular away from sources of heat, e.g. pipes, radiators and direct sunlight and in a cool, well-ventilated place.

Birthday Celebrations

The school recognises the importance of celebrating birthdays and special occasions. On these occasions care is also taken to adhere to dietary requirements of the students within the class (vegetarianism, nut/other allergies, Halal/Kosher foods etc.).

Monitoring and Evaluation

Monitoring and reviews of the impact of this policy on healthy eating will be carried out through observations, and on-going discussion with staff, parents and children. The PSHE Lead and SLT will monitor and review this policy every 3 years.

Signature: **(Chair of Governors)**

Print Name: Mrs. S. Hornagold-Prosser **Date:** 01/2024

Signature: **(Headteacher)**

Print Name: Mrs. L. White **Date:** 01/2024