



St Stephen's School
Healthy Eating Policy

May 2019

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Statement of intent

“Aspire to Greatness”

“For we are the handiwork of God, born in Christ Jesus to do good things,”

Ephesians 2:10

St Stephen's School acknowledges the importance of helping children to develop healthy eating habits ensuring that during the school day they receive the energy and nutrition they need. The school understands the need to provide pupils with a varied balanced diet through a wide range of foods across the week and understand the importance of developing healthy food habits in children in order that they have better life chances. The beneficial effects of a healthy diet are increased concentration, increased overall school performance and prevention of obesity.

St Stephen's School meets the requirements of the DfE's statutory guidance on the school food standards and implements the standards by adhering to the guidelines in the School Food Plan.

1. Aims and objectives

1.1. While upholding this policy, St Stephen's School aims to:

- Increase the general knowledge and awareness of healthy eating and to improve the health of pupils, staff, and in turn, their families.
- Consistently promote healthy eating across the curriculum and provide an education that enables pupils to make informed decisions about what they choose to eat.
- Establish a sociable and enjoyable dining experience for pupils to enhance their social development.
- Work closely with our caterers to ensure compliance with nutritional standards and good practice in providing appealing, value for money meals that cater to specific dietary requirements.
- Liaise with parents and carers to ensure the school is knowledgeable of any specific dietary requirements.

2. Packed lunches

2.1. St Stephen's School distributes guidance to parents/carers detailing the essential food groups for a child's lunchbox. This is distributed to parents on entry to school and promoted at school parents' evenings.

3. Breakfast

3.1. St Stephen's School reinforces the message that breakfast is essential to maintain a healthy balanced diet and is of the utmost importance in preparing pupils for learning.

3.2. Cereal/toast and fruit juice/water are provided to pupils who attend the breakfast club.

3.3. Food at the breakfast club is provided by St Stephen's School.

4. Snacks

4.1. All four-to-six-year-olds will receive a free piece of fruit or vegetable every day, additional to their school lunch during the mid-morning break.

4.2. The school will implement a healthy snack rule at break time. Children may bring in their own choice of fruit or vegetables.

5. School meals

5.1. St Stephen's School understands that a child's healthy balanced diet should consist of the following food groups:

- Fruit and vegetables
- Unrefined starchy foods
- Meat, fish, eggs, beans, and other non-dairy alternative sources of protein
- Milk and other dairy goods
- A small amount of high fat/sugary/salty foods

5.2. When providing school meals, the school will observe the portion size for each of these food groups, as outlined in The School Food Plan and detailed in [Appendix 1](#).

5.3. Starchy food cooked in fat or oil is served no more than once a week.

5.4. No more than two portions of deep-fried, battered or bread-crumbed foods are served each week.

5.5. No more than two portions of food containing pastry are served per week.

5.6. St Stephen's School will not serve:

- Confectionary, or chocolate bars
- Cakes, biscuits, sweet pastries or desserts that do not comply with the food standards
- Snacks other than nuts, seeds, vegetables, and fruit with no added salt, sugar or fat.
- Salt after food has been cooked.

6. Drinks

6.1. St Stephen's School will make jugs of fresh tap water/milk and cups readily available at the serving counter.

6.2. The school will also have water coolers situated around the school.

6.3. St Stephen's School will not provide drinks containing preservatives, flavourings, colourings, sweeteners, or any other type of additives during the school day.

- 6.4. The school recognises its pupils' need to drink water when they are thirsty, hot, tired, or unwell, and accommodates this need.
- 6.5. St Stephen's School will not allow pupils to consume energy drinks on the school premises. Any energy drinks will be confiscated, and returned at the end of the school day if unopened.

7. Healthy eating in the curriculum

- 7.1. Healthy eating messages are conveyed and promoted across the curriculum at St Stephen's School, in lessons such as science, design and technology, and personal, social and health education (PSHE).
- 7.2. The school will convey healthy eating messages during assemblies and dedicated 'healthy eating awareness' weeks.

8. Food hygiene

- 8.1. St Stephen's School will conduct regular inspections of its kitchen facilities.
- 8.2. All staff involved with the preparation and cooking of food in the school will have successfully completed a food safety and hygiene course.
- 8.3. Children are reminded on a regular basis of the importance of washing their hands before eating.
- 8.4. Reminders to wash hands after using the toilet, and before and during the preparation of food, are posted around school.

9. Exemptions

- 9.1. St Stephen's School recognises that The School Food Regulations do not apply to food provided:
 - At parties or celebrations marking religious or cultural occasions.
 - At fund-raising events.
 - As rewards for achievement, good behaviour, or effort.
 - For use in teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch.
 - On an occasional basis by parents/carers or pupils.

- St Stephen's School makes exceptions to the Healthy Eating Policy in these instances, for reasons such as pupils with diabetes.

10. Monitoring and review

10.1. The Science and PSHE subject leaders will review this policy annually, ensuring that all procedures are up-to date.

10.2. Any changes made to this policy will be communicated to all members of staff.

