



Olga Primary School

Healthy Eating Policy

Policy Date: January 2025
Review Date: January 2026



Introduction

The guidance for this Policy has been developed in line with the School Food Trust statutory food standards and their guidance and recommendations around packed lunches. The School Food Trust is a national charity and specialist advisor to the government on School meals, children's food and related skills. They outline the statutory Nutrient Standards for Schools meals and the statutory Food Standards which apply to food in School throughout the School day.

Olga School holds the Silver Healthy Schools Award 2019 & EYFS holds the Bronze Award.

This Policy supports the UN Rights of the Child Article 24:

- You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Person(s) Responsible for overseeing Healthy Eating: Lisa Bradley-Jones

1. Aims

The aim of this Policy is:

- To ensure all aspects of food & nutrition in School promote the health & well-being of pupils, staff & visitors to the School.
- To promote healthy eating habits that lead to lifelong health & well-being.

2. Rationale

- A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills

3. Objectives

- To improve the health of pupils, staff & families by helping to influence their eating habits through increasing knowledge & awareness of food issues, including what constitutes healthy eating.
- To ensure pupils are well nourished at School, and that every pupil has access to safe, tasty, nutritious food, and safe, easily available water supply during the School day.
- To ensure the food provision in the School reflects the ethical, cultural & medical requirements of staff & pupils, e.g. religious, vegetarian & allergenic needs.
- To make the provision & consumption of food an enjoyable & safe experience in a pleasurable and comfortable environment.
- To monitor menus and food choices to inform Policy development and provision.

4. Provision

a) Snacks (including Tuck Shop & Vending)

- We do not serve Crisps, Sweets or Chocolates.
- Foundation Stage and Key Stage 1 take part in the Fruit for School's programme.
- Children are asked to only bring in Fruit or other healthy snacks to share on their birthday.

b) School Meals

- The Head Teacher and Chef Manager hold termly meetings to discuss menus and uptake of different foods.
- All children, unless there are particular special needs, have to take at least one portion of Vegetables or Salad. They are encouraged to try a variety of different foods.
- During lunchtimes all children are free to sit where they want to in order encourage social interaction.

c) Packed Lunches

We encourage the content of packed lunches to be based on the following list, taken from the School Food Trust;

- Some starchy foods such as Bread (Sliced Bread, Pitta Bread, Wraps, Bagels), Pasta, Rice, Potatoes, Couscous; choose Wholegrain where possible (at least once a week)
- 1 portion of Fruit and 1 portion of Vegetable or Salad
- Dairy food such as Cheese, Yoghurt, Semi-skimmed Milk
- Meat, Fish, or another source of non-dairy protein such as Eggs, Beans and Pulses, Hummus, Falafel
- Oily Fish once every 3 weeks
- Water is the only drink to be included in the packed lunch.

The following list suggests alternatives to Sweets, Cakes and Crisps;

- Fruit
- Vegetables
- Plain Rice Cakes
- Hot Cross Bun
- Plain Breadsticks
- Malt Loaf
- Fruit Scone
- Rice Pudding

Children are aware of the packed lunch requirements through whole School assemblies, work and discussion through the P.S.H.E curriculum and child friendly leaflets.

Parents are informed through information leaflets, new parent meetings in the early years and the School website.

Packed lunches are monitored by the lunchtime staff on a daily basis. If a packed lunch does not meet the required standard, the class teacher is informed and the parent is spoken to.

The Policy is to be followed with all packed lunches, including those taken on School trips.

d) After Schools Clubs

- Children are offered a meal for Childcare Clubs.

e) Water Provision

- Children have access to drinking water in the classrooms. There are cups available for children to use.
- Each playground has an accessible drinking fountain available to all children.
- Since Covid, children have been encouraged to bring in their own water bottle.

f) Early Years (based on recommendations from the Children's Food Trust Guidance 2012)

- Early Years take part in the Nursery Milk Scheme.
- Fruit and Milk are available to all the children between 10.00-11.00 am and 2.00-3.00 pm.
- Water is available throughout the day both inside and outside.
- Nursery children eat in the Activity Room and the Reception children eat in the Hall, along with the EYFS staff and Midday Meals Supervisors. All actively encourage the children to eat a range of healthy foods and to try new things.
- Catering staff are informed of which foods the children enjoy.

g) Specialist Dietary Requirements

- Special dietary requirements are recorded and shared with all relevant staff. Information is recorded on the School data base and there is a clear list in the School kitchen.
- Children wear red lanyards to indicate allergies and/or dietary preferences.
- Nuts are not allowed on the School premises.

5. Curriculum

- Food and nutrition are covered in science, the wider curriculum and the Edible Playground.
- We use the Eatwell plate as a model for teaching healthy eating throughout the School.

6. Rewards & Special Occasions

- Rewards: We do not use Sweets, Chocolates or any other unhealthy food as a reward, treat or a prize.

- Special Events, Celebrations & Birthdays: Children are not allowed to bring in cakes/sweets for birthdays however they can bring in fruit or a healthy snack to share with the class if they wish.
- Friends of Olga are encouraged to avoid unhealthy foods at School events.

7. Consultation & Partnerships

- Children: We will provide the children with an appropriate format of this Policy and share with them in appropriate assemblies.
- Parents: The Policy will be shared in an appropriate format and will be put onto the School website. We will consult with parents about School food.
- Staff: All School staff monitor the Healthy Eating Policy at all times both on and off site. Any food eaten by staff that doesn't follow the Policy guidelines will be kept in the Staffroom away from the children.
- Governors: Governors have been consulted in the writing of this Policy.
- External Agencies: We have strong links with the Tower Hamlets Healthy Schools team.

8. Monitoring of Policy

- This Policy will be monitored by Senior Leadership Team. The information will be shared with all School staff.

Appendix 1 - Eatwell Plate

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



© Crown copyright 2011

Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland