

Healthy Eating Guidelines

Including Nut Allergy Awareness



ALLINGTON PRIMARY SCHOOL

At Allington Primary School we recognise that good health is vital and healthy eating is one of many contributors to this. It can influence physical, mental and social wellbeing. We are dedicated to helping each child understand the role of healthy eating in achieving good health.

Aims:

The school aims to:

- Provide opportunities for each to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet.
- Help children to understand that some foods should be eaten in moderation.

The importance of Nutrition for Children

A nutritionally balanced diet is important in childhood to ensure optimum development at a time of rapid growth. A balanced diet in childhood is not only important for growth but for learning and promoting positive habits towards healthy eating. An inadequate or unbalanced nutritional intake may not only affect growth and development in childhood but may also impact on health problems, such as heart disease and obesity in later life. It is the types and varieties of food eaten at this time that ensure nutrient requirements are met and that the diet is nutritionally balanced. Children's diet must include an appropriate intake of foods from the four main food groups:

Bread, other cereals and potatoes

Fruit and vegetables

Milk and dairy foods

Meat, fish and alternatives

Success Criteria

Through the successful implementation of these guidelines, the intended outcomes are:

- Children are physically, mentally and emotionally healthy.
- Children are making informed choices about their lunches: both school dinners and packed lunches.
- Children understand the need for a balanced diet and understand the term 'in moderation'.
- For staff to be good role models and have access to information which will help them to provide and develop positive attitudes to healthy eating in young children.

Being healthy

- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose snacks that will provide nutrients to complement meals
- Avoid snacks and drinks with a high sugar content between meals
- Drink plenty of fluids to avoid becoming dehydrated
- Be physically active every day
- Brush teeth twice a day and visit the dentist regularly

Supporting children with allergies or specific dietary needs

Individual care plans are created for pupils with special dietary needs/ requirements. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/ food intolerances/ medical diet and requests for these diets are submitted according to an agreed process. The school ensures that children with a vegetarian diet are catered for when choosing a hot dinner by insisting that vegetarian options are available on the school menu.

Curriculum

In the Foundation Stage, KS1 and KS2, healthy eating is addressed through:

Understanding of the world/ Physical development- Health and Self Care

Science units

PSHE units

Design and Technology

RE

Discrete teaching sessions

Discussion between teacher and pupils

Assemblies: teacher led or outside visitor

Whole school projects

Special days and events

Cooking/ food tasting in lessons

On occasion, as part of their learning, the children participate in cooking and food tasting.

Permission is sought from the parents prior to this, noting food allergies where applicable. We celebrate different festivals and celebrations. We recognise that festivals can provide a valuable opportunity for children to experience diversity from a wide range of cultures and nationalities and the contribution they make to the variety of foods eaten in Britain today.

Free fruit and vegetable scheme

There is a free fruit scheme in operation for our Foundation Stage and KS1 children. Each child is given a piece of fruit/ vegetable each day. There is a different fruit each day e.g. apples, pears, carrots, oranges and bananas. This provides children with one of their recommended five portions of fresh fruit/ vegetables a day.

Snacks and tuck shop

Children in KS2 are able to purchase a piece of fresh fruit at playtime from the tuck shop. In addition to this, children are allowed to bring in a morning snack. This snack should be a piece of 'naked' fruit (those without preservatives or added sugar/ sweetener). Please note that cereal bars and processed fruit snacks (e.g. fruit winders etc) may not be eaten at playtime.

Water

Children are encouraged to drink water throughout the day and will be given opportunities to do so. The school has drinking water available in taps throughout the school. Children can bring in suitable water bottles from home and these can be refilled as necessary during the school day. During lunchtime, water is available at each table. Children are encouraged to take water bottles home daily and wash and refill them. Children will have easy access to water bottles as these are stored in the classroom.

Special events

The school endeavours to ensure that healthy options are available at a special events, for example Christmas parties.

If a child brings a birthday cake to school or a bag of sweets to share with their peers as a birthday treat, these are divided up for distribution at home time- the children are not permitted to consume the treat during school time. However we encourage parents to support the school with a healthier option to birthday treats by the purchase of a bookplate for a library book as a permanent celebration of the child's special day!

On occasion cake or ice-cream sales occur to raise money for school funds or charity events.

School meals

The school refers to Contract Dining Company to ensure that provision is met. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. New menus are sent out termly to all families promoting and encouraging children to eat school dinners. Copies of the lunch menu can be obtained from the school office. Theme days are also promoted throughout the year through advertising on posters and fliers e.g. Easter menu.

The food complies with the School Food Trust nutrient based standards.

The contracted caterers endeavour to supply hot and cold lunches that are free from nuts. They are prepared with nut-free ingredients and in a nut-free environment but they cannot guarantee they are free from nut traces.

Packed lunches

Packed lunches are placed on trollies each morning. In KS2 these are stored near to the KS2 hall or outside classrooms. Foundation Stage and KS1 lunch boxes are stored outside classrooms. Any uneaten food is returned in the child's lunch box so that parents can be aware of what the child has eaten whilst at school.

A healthy packed lunch should contain a mix of foods from the 'Eat Well Plate' (this shows how much should be eaten from each of the five food groups).

A good packed lunch includes:

- A starchy food such as bread, rolls, pitta bread, potatoes, rice or noodles- these are good to fill the children up
- A good source of protein, iron, zinc such as meat, fish, beans and eggs
- A good source of calcium such as milk, cheese, yoghurt or fromage-frais
- A portion of fruit and a portion of vegetables or salad to provide other vitamins and minerals

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied.

Although we are not a 'nut free' school, we are mindful that some of our children are still learning how to manage their allergies. We support children with allergies by asking that children do not bring foodstuffs into school that contain nuts. This includes, but is not limited to: all types of nuts, peanut butter, Nutella, muesli bars, cakes with nuts in them cereal and any other food containing nuts.

Please see our nut awareness guidance (Appendix 1) for further information about how we support children and families in managing allergies related to nuts.

This guidance will be promoted by:

- A copy being made available to all parents and carers.
- Staff being informed and provided with training opportunities.
- Children being informed via teachers and support staff.
- Publication of this document on the school website.
- Inclusion of the document in the new admission packs.

Nut Allergy Awareness at Allington Primary School

Purpose

The purpose of this document is to:

- Raise awareness about allergies to all our school community
- Ensure we provide a safe learning environment for all
- Give assurance to those children/families with severe allergies that we take the management of these seriously.

Aim

We are not a nut-free school but we aim to create an environment where all stakeholders are mindful of nut allergies and where those with nut allergies are supported to manage their allergy. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimise this as much as we can.

Management

We ask that all members of the school community manage the day to day application of this guidance in the following ways:

- Parents and carers are requested NOT to send food to school that contains nuts. This includes all types of nuts, peanut butter, Nutella, muesli bars, cakes with nuts in them cereal and any other food containing nuts
- Staff will be alert to any obvious signs of nuts being brought in, **but they will not inspect all food brought into school.**
- Children that DO bring in food that does contain nuts or nut products will be asked to eat that food away from any child with a nut allergy and to wash their hands before going to play.
- If any actual nuts are found, they will be bagged up and sent home and this child will be asked to eat lunch away from other children and wash their hands before going out to play.
- Children will be asked NOT to share food.
- Children will be encouraged to wash hands before and after eating.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- The school dinner providers will ensure all cooked food is nut-free.