



Healthy Body, Healthy Mind & Drink to Think

(also see CATERING POLICY for Both Schools)

**COVERING FELSTED PREP SCHOOL
INCLUDING EYFS AND BOARDING**

Governors' Committee normally reviewing:	FPS Leadership Team
Date last formally approved by LT:	March 2018 <i>Drink to Think Policy merged with Healthy Body, Healthy Mind Policy</i>
Date policy became effective:	September 2005

Period of Review:	2 Yearly
Next Review Date:	March 2020

Person responsible for implementation and monitoring:	The Head, Head of PSHE
Other relevant policies:	PSHE schemes of work, Safeguarding (Child Protection and Staff Behaviour Policy), Catering Policy

The following Policy covers the Aims and Ethos of the Prep School

Mr Simon James
Head, Felsted Prep School

[Aims and Ethos](#)

SAFEGUARDING STATEMENT

Felsted is committed to maintaining a safe and secure environment for all pupils and a 'culture of vigilance' to safeguard and protect all in its care, and to all aspects of its 'Safeguarding (Child Protection and Staff Behaviour) Policy'.

EQUAL OPPORTUNITIES STATEMENT

The aims of the School and the principles of excellent pastoral care will be applied to all children irrespective of their race, sex, disability, religion or belief, sexual orientation, gender reassignment or pregnancy or maternity; equally these characteristics will be recognised and respected, and the School will aim to provide a positive culture of tolerance, equality and mutual respect.

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1. Policy Aim

Recognising the important influence of a healthy diet on a pupil's ability to learn effectively and achieve their potential at school, we are committed to ensuring that pupils are well nourished at school and to promoting life-long healthy attitudes to eating and drinking. The School intends to achieve these aims by providing a healthy, balanced diet and by means of an ongoing food education programme explaining the health benefits of a balanced whole food diet and adequate water consumption designed to influence pupils to make informed dietary choices suited to their individual requirements.

To ensure that fresh, palatable water is available to pupils throughout the school day from modern, hygienic facilities and to promote water consumption by means of an ongoing education programme explaining the health and learning benefits of drinking enough water.

2. Policy Objectives

What do we want to achieve?

Drink to Think

- To enable and encourage children to drink at least 3-4 glasses of water per day at school - and plenty more when exercising and/or in warm weather.
- To continue to provide modern, attractive, hygienic facilities which deliver fresh water that is palatable both in taste and temperature, in order to encourage pupils to drink water regularly.
- To ensure that water is freely accessible to pupils throughout the day.
- To provide ongoing knowledge about and attitudes towards water consumption among pupils by means of a co-ordinated education programme to promote the health and learning benefits of regular and sufficient water intake.
- To regularly evaluate water consumption and attitudes towards and knowledge about water consumption among pupils. To use these results to inform further improvement.

Healthy Body, Healthy Mind

- To ensure pupils are well nourished at school and encourage healthy eating by providing a healthy, balanced diet rich in fruit and vegetables and consisting of fresh, tasty and nutritious foods made on the premises. To continue to work towards increasing the

availability of healthier options and minimizing processed, chemically treated foods and additives.

- To produce improvements in attitudes towards and knowledge about food types and functions in order to enable pupils to make informed choices to achieve a varied food intake that is suited to their age, size, gender, level of activity and individual basal metabolism.
- To encourage healthy attitudes to eating by encouraging children to enjoy foods in moderation and to be willing to try new tastes.
- To ensure pupils' regular consumption of fresh fruit and vegetables.
- To encourage pupils to be grateful for what they eat and to demonstrate accepted good manners at meal times, not least towards catering staff and other diners.
- To eat mindfully, really taste/enjoy their food as well as appreciate it.
- To provide the same tasty and nutritious foods that meet the allergic, medical, religious and vegetarian needs of pupils with special dietary requirements.
- To elicit the support of parents in these objectives in order that they be reinforced in the home.
- To develop and maintain shared values on all aspects of healthy food and drink and to integrate these into all aspects of school life. To this end, the Food Policy document establishes a framework for all food related activities in school to ensure that the aims and outcomes are consistent with and supportive of the overall goal of promoting health and wellbeing.
- To adopt an integrated approach to the Food and Hydration policies and ensure the compatibility and coordination of all measures undertaken in pursuit of these closely related objectives.
- Within the EYFS, morning and afternoon snacks are provided and eaten in the classrooms. A variety of healthy food options are provided and children are encouraged to try foods. Staff hold Food Hygiene certificates.

How do we meet our objectives?

Guidelines

- To continue to recruit well-qualified catering staff and cookery teachers who share these important aims and to offer them ongoing professional training to enable them to play a central role in fulfilling these objectives.
- Create a partnership between pupils, parents and staff by sharing information and building good eating behaviour at home and school through literature, the healthy living questionnaires and the Healthy School Committee.
- To offer an appetising and nutritionally balanced menu (in three week rotation), and continually expand the range and improve the quality of the dishes on offer. To promote new foods via tastings.
- To ensure compliance with allergen requirements

- To ensure specific diets for specific children.
- To work constantly towards maximising whole, fresh foods prepared on the premises and minimizing processed, chemically-treated and additive-laden foods. To continue to offer a variety of vegetables in the menus with a vegetable of the week that will become a 'familiar face' to the children. The vegetable will be served first on the plate.
- To ensure that all Government and European standards appertaining to nutritional content and food hygiene are met or exceeded.
- To continue to meet the criteria of the National Healthy Schools Award and begin to meet the criteria of the Food for Life award.
- To understand the cycle of planting, growing, picking and cooking fruit and vegetables from our own eco garden to promote understanding of the food chain.
- We offer food from around the world, introducing children to new vegetables and flavours.
- At break/snack times staff are always present to ensure that all children have something and water.
- Healthy Week - Tutors discuss healthy eating and effects of poor diet.

Facilities:

- The value of the cold water dispenser for use in conjunction with personal water bottles is highlighted in PSHE and termly in assemblies. Children are reminded by Tutors weekly as well.
- Pupils are reminded of procedures and personal responsibility for cleaning, refilling and maintenance of water bottles in PSHE and frequently in assembly.
- Pupils have access to water throughout the day and understand the code of conduct expected at the water fountains and with water bottles for practical and safety purposes.

Access:

- Pupils have access to water throughout the day and understand the code of conduct expected at the water fountains and with water bottles for practical and safety purposes.

3. Promotion:

- Formal Curriculum: Relevant materials in the formal curriculum are used to promote the drinking of water.
- Informal Curriculum: Water is promoted in a variety of informal ways - in health checks, informal surveys etc,).
- Communication: Availability of well-researched, well written, relevant literature for staff, parents and pupils is used to promote the value of drinking water and is highlighted to parents at least annually.
- For wider audiences: The water scheme is promoted as widely as possible through the School's Health Schools' publicity and information. The whole School water project has an intended reach

and provides understanding of water issues. Fund-raising is also key to understanding wide water issues of sustainability and delivery.

- Within Stewart House: Periodic checks occur to find out whether the children have a water bottle in class.

Preparatory School EYFS children are encouraged to keep their water bottles with them in the classroom. Fresh water is available if children do not have their water bottles in school. The children are reminded to drink at regular intervals, and are taught about the benefits of drinking water

4. Monitoring and Evaluation

- Outcome evaluation: Measure progress over a pre-determined period in terms of :
 - a) Continued improved consumption of a wider range of fresh whole foods as reported in pupil diaries and through catering order records.
 - b) Continued and further improved attitudes towards and knowledge about health benefits of a balanced whole-food diet. (Examine evidence of healthy eating initiative through individual cases, monitoring of pupil choices, absentee rates.
 - c) Improved water consumption as surveyed by pupils themselves in class projects (e.g. class consumption surveys, water diaries)
 - d) Attitudes towards, and knowledge about the health benefits of water consumption among pupils (e.g. questionnaires in the guise of class quiz competitions before and after lunch). Examine evidence of effects of water scheme on indirect or anecdotal indicators of health and wellbeing, e.g. absentee rates, attention spans.

Process Evaluation: Elicit feedback from pupils, staff and parents to ascertain what worked for whom and in what circumstances.

Report on progress periodically to relevant parties, capture lessons learnt and review policy in light of improvements and changes.