



Food and Healthy Eating Policy

Introduction

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development.

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school, as well as to help pupils establish a healthy lifestyle that we hope will continue into adulthood.

Rationale

Our school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. We also recognise the role the school can play, as part of a larger community, to promote family health and well-being. The ethos of our school, as a health promoting environment, encourages children to make informed healthy choices relating to a healthy diet.

Benefits of Healthy Eating

- Helps young people develop, grow and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent health problems later in life, including heart disease and cancer.
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult.
- Sitting down to a meal with other children is an important part of a child's social education.
- A good school meals service can enhance a school's reputation.

The school curriculum

At St Anne's C of E Primary School we teach the children about the positive benefits of healthy eating in order to equip them with the skills, knowledge and understanding to enable them to live positive,

successful and healthy lives. Teachers take every opportunity to educate children in this regard in the normal school Food Policy curriculum. We teach children respect for their bodies, and how to look after themselves. Healthy eating is discussed in Science, Design Technology, PSHCE and cross-curricular theme work, as well as by visitors who come into school such as Health Advisors and the School Nurse.

Objectives

- To improve the health of pupils, staff and their families by helping influence their eating habits through increasing their knowledge and 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 and nutritious food, and a safe, easily available water supply during the school day
- To ensure packed lunches are healthy and nutritious
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them

Breakfast Club

A breakfast club is operated on a daily basis which all children are able to attend. Children are able to choose from a wide variety of healthy foods, including fruit, cereals, toast and low fat yogurts.

Packed lunches

Our packed lunch guidance has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day. School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. We ask for all packed lunches to be healthy and nutritious.

They should include the following:

- At least one portion of fruit or vegetables (for example, grapes*, strawberries, apple, carrot or cucumber sticks) *grapes should be cut up
- Dairy products such as low fat milk, cheese or yoghurt
- A healthy sandwich, wrap or pasta salad which might include proteins such as meat, oily fish or egg
- Healthy drinks such as water, diluted juice (no added sugar) or semi-skimmed or skimmed milk

Packed lunches may include one small treat such as;

- Popcorn, a small packet of baked crisps or crackers or rice cakes
- A small treat-size chocolate bar, cake or biscuit

Fizzy drinks are not permitted. Sandwiches must not include chocolate spread or jam. There must be no nut products brought in to school, including chocolate spreads.

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

Initiatives in place

- Each child is encouraged to bring in a water bottle from home which must contain only water. Children are able to refill these bottles as needed throughout the day.
- As part of the free 'Fruit for Schools' scheme every child in KS1 is offered a choice of free fruit on a daily basis.
- Milk is made available to every child in school who is entitled to free school meals or under the age of 5. All other children can receive milk but the cost of this will have to be met by parents/carers.

Monitoring and review

It is the role of the headteacher and staff to ensure that this policy is fully implemented. The governors review this policy as part of their curriculum committee's monitoring of the effectiveness of the school's PSHE programme. It is to be reviewed on a regular basis.

October 2022

Due for review October 2024

Reviewed September 2024