



# **Healthy Eating Policy**

## **February 23**

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### Healthy Eating Policy

At Istead Rise Primary School we are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. We recognise that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We strongly believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

### Rationale

Our school is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

In our school we actively support healthy eating and drinking throughout the school day.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

### Why a healthy eating policy is needed

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

### Objectives

- To teach accurate factual information about food and nutrition through Topics, as part of the curriculum.
- The school kitchen will continuously provide healthy eating menus and food choices, these are shared with parents on our website
- The school kitchen will support classes with cooking classes to run alongside topic lessons
- Healthy lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit and milk as part of morning break.
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- To ensure that we are giving consistent and up to date messages about food and health to the children.
- To develop knowledge and understanding of a balanced diet.
- To encourage children to enjoy food and make informed choices to enable them to keep healthy

- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.

### **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers will be regularly reminded of our packed-lunch and snack policies. Food choices for breakfast club, after school club and lunchtimes will be shared regularly.

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information is available in the school office and passed to staff in the school kitchen. Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts.

### **Drinks**

- Children can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- Mid morning milk is ordered for children who require it.
- At dinner time children will be offered water.

### **Breakfast**

We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.

- The breakfast club operates on a daily basis in the school for all children. We particularly encourage children who we know have little or no time for breakfast in the mornings at home.
- The food offered is healthy and is consistent with a healthy diet.
- We provide toast, bread and cereal with a variety of fruit toppings. Children can choose from water, milk and fruit juice to drink.
- The menu is reviewed regularly.

### **Mid-Morning Snack**

- EYFS and KS1 have their morning snack provided for them free of charge and is a different fruit each day. Children are given milk during this time if their parents would like them to have it.
- KS2 children may bring their own snack to school providing it is a healthy option. They are encouraged to drink water throughout the day. Healthy options are shared with children and parents

### **School Meals**

- Our school works with the catering service to ensure that healthy choices are available and that national standards are met.
- Fruit and vegetables are included as part of the meal and salad is available for the children to help themselves. Where possible, meals have a reduced fat, salt and sugar content.
- Vegetarian and medical needs will be met in appropriate ways.
- The weekly menu is on display for the children and parents in the school and is changed daily. The termly menu is displayed on the school website for parents to access.
- No child is made to finish all of the food they are offered as appetites vary from person to person, however, we do encourage children to 'try a little bit more' if they can to ensure they are not hungry during the day
- Water is available for children during mealtimes
- Children are actively encouraged to use manners during the dining period and develop good eating skills
- The dining areas are well staffed with midday meal supervisors who assist the children in a variety of ways such as opening food packets when support is needed and ensuring the tables are kept clean and tidy

### **Packed Lunches**

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- We encourage parents and carers to provide healthy and nutritious lunches and these are monitored by staff during lunchtimes.
- To promote this we have sent out information on healthy choices, and will update this as necessary.

### **After School Club**

- The food offered is healthy and is consistent with a healthy diet.
- We offer a range of hot and cold food throughout the week with fruit, milk and water

### **Food across the Curriculum**

We regard healthy-eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics.

Children are given the opportunity to try different foods from around the world, closely linked to their topics.

Healthy-eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science and D.T. curriculum that the school follows.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

### **Food Hygiene**

- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home everyday to be washed.
- When handling food in lessons, both staff and children should have clean hands, hair tied back and a clean surface to work on.
- Staff in breakfast club and after school club have received Food Hygiene training.