

Healthy Eating Policy

‘The food standards agency defines a healthy diet as one that contains lots of fruit and vegetables: based on starchy foods such as wholegrain bread, pasta and rice: is low in fat (especially saturated fat), salt and sugar’.

Aims and Values

- To ensure healthier food and drink options are available and promoted at lunchtimes and in breakfast clubs.
- To provide easy access to free, clean and palatable drinking water.
- To reinforce appropriate messages relating to food and drink.
- To ensure a co-ordinated approach to food and drink through out the school / school day to increase the availability of healthier options.
- To ensure greater sustainability of healthier eating through planned action as part of schools improvement plan.
- To increase pupils knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- To make the provision and consumption of food an enjoyable experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.
- To ensure that the food provided in schools is in line with national and local guidelines.

Content

Organisation / Teaching approaches

- Our school has a welcoming eating environment that encourages social interaction of pupils. A separate dining area is used and packed lunches eat together in the large hall.
- The local authority ensure that all meals are balanced and healthy.

- No sweets in school are given as rewards.
- All children receive a piece of fruit / veg through the 'fruit and veg scheme' each day.

Outside agencies

- We have links between the catering staff, school management, teachers, pupils and parents.
- Participation in 'School Fruit and veg scheme, and National Healthy Schools Programme.

Inclusion / equal opportunities

- No child is excluded from any part of the curriculum.
- The school ensures that good provision in the school reflects the ethical and medical requirements of staff and pupils. A list is given to all staff showing if there are any religious, ethnic, vegetarian, medical or allergy needs of the pupils.

Assessment

Work in the PSHCE curriculum is scrutinised and assessed every term and a report written to ensure continual assessment.

Resources

Each year group will have their own resources plus general resources are kept in the PPA room.

Working with parents / wider community

- Parents are informed by letter if food tasting etc will take place in the curriculum. A signed reply slip will be required.

- Any foods brought into school by other pupils / parents for distribution to pupils will be sent home with the pupils for parents to supervise consumption.
- A termly letter is sent out by each year group listing the forthcoming topics to be covered. Parents are invited to comment or see staff if any problems occur.

Working with pupils

- The school council will be involved in guiding food policy and practice within the school.

Named Person

Fiona Goulding to oversee all aspects of food in schools.

Monitoring and evaluation

This policy will be monitored by Fiona Goulding on a regular basis and is responsible for the policy, its implementation and the monitoring of its effectiveness.

Oct 09