Review date – December 2027

God shines within our hearts.
Jesus walks by our side.
The Holy Spirit Gives us strength.

Healthy Eating Policy

We recognise the importance of a healthy, balanced diet as central to a healthy lifestyle and fundamental to a child's concentration, energy levels and self-image.
Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle. We regard healthy eating as a whole- school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

We have four pupils who are trained to be Health Champions and they ensure all new adaptations in keeping healthy are cascaded to all pupils.

Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- 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 encourage all pupils to make healthy food choices and take part in the 5-aday campaign.
- To contribute to the healthy physical development of all members of the school community.
- To ensure that all pupils are given consistent information regarding food to enable them to make healthy choices

Objectives

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To use the School Council as a means of consulting with pupils about aspects of the healthy eating policy.

Snacks

We encourage children to have a healthy snack at break time to support concentration and as a way of eating 5 portions of fruit and vegetables per day. (Refer to Change4life 5 a day NHS) All foundation and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 children are encouraged to bring fresh or dried fruit or vegetables for consumption during playtimes, along with a bottle of water. Water bottles should be no larger than 500ml. No other snack or drink are allowed during break time. This means we have a whole school approach about fruit, vegetables and water during break times. There will be exceptions throughout the academic year e.g. Fairtrade tuck shop and Santa Claus selection boxes.

Partnership with Parents and Carers

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example.

We will:

• Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
• Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events
• Remind parents regularly about the desirability of their children having a bottle of fresh water every day (y2-y6), and those children in Key stage 2 having a healthy snack of fresh/dried fruit or vegetables.
• Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.

Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and wellbeing while educating the children to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their life.