

Healthy Eating: Food in School



St Mary's Church of England Primary School
Established 1845

AIM OF THE POLICY:

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet.
- Help children to understand that some foods should be eaten in moderation.

INTRODUCTION:

We believe that educating children about healthy eating is important, as what they eat will affect their growth, resistance to illness, energy levels, ability to learn as well as their behaviour. Young children are dependent on their parents to provide food and therefore we see partnership with parents as an important factor in the work that we do.

OBJECTIVES:

- To review the curriculum and maximise opportunities where teachers can promote healthy eating in different lessons, so that children are able to make informed choices.
- To raise awareness with children, parents and carers in order to develop a positive approach to food, nutrition and healthy eating.
- To support parents in providing healthy lunch boxes.
- To ensure that children understand the importance of a healthy lunch box.
- To ensure any food providers on the premises are aware of our policy.
- To continue to participate in the fruit and vegetables and milk schemes.
- To continue to encourage children to drink water regularly throughout the day.

GUIDELINES TO MEET OBJECTIVES:

- Allow time to review subjects in planning meetings where healthy food is discussed and identify where healthy eating and basic food safety practices can be included in the curriculum (see **Curriculum**).
- Incorporate external providers into the curriculum to add variety and interest and to support and develop learning (Visitors, tasting seminars & multicultural projects).
- Distribute leaflets regarding healthy lunch boxes and make parents/carers aware of workshops available to them.
- Pupils will be taught to evaluate their own lunch boxes, showing an awareness of the items (sweets, chocolate bars, crisps and fizzy drinks) which are not allowed and why?
- Staff will continue to promote the drinking of water. Staff will encourage children to eat the fruit and vegetables, some of which will be grown in the school garden.
- Staff will consider themselves as "role models" in school throughout the school day and will take the opportunity to eat with the children on occasions, encouraging and supporting healthy food choices and social interaction.
- Staff will try to ensure the atmosphere and appearance of the eating area is pleasant, calm and relaxed.

SCHOOL MEALS

The School has an arrangement with the Crown Inn, Dilwyn to provide hot meals daily. Orders are placed the week earlier and delivered to the School, where they are served by a school-based supervisor.

PACKED LUNCHES

Parents are encouraged to provide children with a healthy packed lunch containing a variety of foods. A healthy packed lunch should contain a mix of foods from the Eat Well plate. The Eat Well Plate shows how much should be eaten from each of the five food groups.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These are good to fill children up.
- A good source of protein, iron, and zinc such as meat, fish, beans, nuts and eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- One portion of fruit and one portion of vegetable or salad to provide other essential vitamins and minerals.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently, so it is important that the content of a packed lunch is varied.

DINING ENVIRONMENT

Lunch is served in the eating area.

The children enter the area in an orderly manner and queue to collect their lunch.

School dinners and packed lunches sit together and enjoy the time to socialise.

CURRICULUM

In Foundation stage, KS1 and KS2, healthy eating is addressed through:

- Science objectives
- PSHE objectives (Personal, Social, Health Education)
- Design and Technology
- RE (Religious Education)
- Discrete teaching sessions
- Discussion between teacher and pupils
- Assembly: teacher led or outside visitor
- Whole school projects
- Special days and events

MONITORING AND EVALUATION:

- Children will have healthier lunchboxes/school meal choice and parents/carers and children will have greater knowledge on the importance of healthy food.
- The atmosphere and behaviour in the dining hall will be improved with staff members choosing to eat with the children as good role models.
- This policy will be monitored annually and reviewed every 2 years to ensure it continues to meet the aims.
- The Healthy Schools co-ordinators (Sally Kyles & Jane Clarke) will have responsibility for this.

Date Implemented: 1st January 2013

Approved by: Madeleine Spinks Chair of Governors

Person Responsible: Peter Kyles Principal

Review Date: 1st September 2015