



Jesus said 'I have come so that you might have life - life in all its fullness' St John's gospel Chapter 10, verse 10

Brill Church of England School Healthy Eating Policy

<u>Policy Reviewed</u>	<u>Sept '18</u>	<u>Sept 2019</u>			
<u>Policy Owner</u>	<u>L.White and D.Baker</u>	<u>L.White</u>			
<u>Signed Headteacher</u>					
<u>Review date</u>	<u>Sept '19</u>	<u>Sept 2020</u>			

Rationale

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being.

At Brill C of E School we take our healthy schools status very seriously and the staff are dedicated to helping each child understand the role of healthy eating in achieving good health.

Aims

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

Curriculum organisation and Delivery

Pupils are given the opportunity to use all their senses as appropriate to explore different foods as part of topic work. Whenever possible children are encouraged to prepare and taste traditional foods from their own culture and other cultures for example through the celebration of different festivals.

In KS1 and KS2, healthy eating is addressed through:

- A cross-curricular approach, involving PSHE, DT, science and other subjects where appropriate
- Explanation and modelling by all school staff
- Discussion between the teacher and pupils and between the pupils themselves
- Whole school projects such as Healthy Schools Week
- Cookery club

Key Stage 1

There is a free fruit scheme in operation for our children. Each child is given a piece of fruit each day. There is a different fruit or vegetable available each day such as apples,

pears, oranges, bananas, strawberries, cherry tomatoes and peeled carrots. This provides the children with a daily healthy snack and the social experience of eating together.

Breakfast Club

In collaboration with the Windmill Pre-School, we operate a breakfast club. A varied selection of healthy and nutritious food is made available such as fresh fruit, fruit juice, milk, cereal (low sugar and whole grain) toast.

Windmill Pre-School operate their own healthy eating policy and the breakfast club runs each and every school day between 7.30-8.30 for school pupils and until 9am for Pre School Children.

Playtime Children in KS2 may bring a healthy snack such as a piece of fruit or vegetables to school for morning break. Other items such as sweets, crisps, biscuits etc. are not allowed.

Lunch Time

The school refers to the contract specification issued by Whole School Meals and ensures that provision is met. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. Menus are displayed for the children and are available on the school website for parents.

Year 6 pupils adopt elder sibling role within school for all learners and sit with youngest children at lunch time. Any uneaten packed lunch is returned in the children's packed lunch boxes so the parents can be aware of what the child has eaten whilst at school. The children are encouraged not to have chocolate, cakes or biscuits in their lunch box. Sweets and fizzy drinks are not allowed.

Drinking Water

All children are encouraged to bring a water bottle to school daily, these are stored in their classrooms and are easily accessible at all times. Fresh drinking water is available throughout the day via water fountains. Water is provided at dinnertime for those children having school meals.

Monitoring and Evaluation

Monitoring of more general aspects of healthy eating that pervade school life such as healthy snacks, drinking water, will be carried out informally through observation, discussion and consultation with staff -both teaching and non-teaching - and the children - via the School Council.

Equal Opportunities

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

Cross Curricular Links

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHE, Science and Design & Technology schemes of work.

Health & Safety

All activities will be in line with school health and safety policy and Local Authority guidelines. External Links At Brill C of E Combined School, external agencies are occasionally used to promote healthy eating. For example, visits are made by dental nurses/dentists in order to teach children about healthy eating.

Staff Development

Relevant and up-to-date INSET will be provided in response to School/staff needs and national initiatives.

Resources

Resources are centrally stored and easily accessible to staff. The school aims to keep resources up-to-date, and in line with the current curriculum.

Notes

- This policy document was produced in consultation with the entire school community, including pupils, parents, school staff and governors.
- This school actively supports healthy eating and drinking throughout the school day.