



Healthy Eating Policy

Version 2

Revised January 14, Nov 17
Author / Owner Senior leadership team
Review date October 2020

1. Context

Eldwick Primary School is committed to being a healthy school and to promote the health and wellbeing of the school community. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.

2. Policy Statement & Aims

- To ensure that all aspects of food and nutrition in the school help promote the health and well-being of the whole school community
- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards, covering all school food.
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy.
- To ensure that all staff involved in food preparation in school have undertaken relevant health and hygiene training.

3. Equal Opportunities / Cultural Diversity

Eldwick Primary School ensure the awareness and accommodation of children with particular dietary needs through a specific register which is regularly updated by admin staff and is distributed to all staff. Each year staff are encouraged to attend Epipen Training and we have a whole school policy banning 'nuts'. In addition we are sensitive to issues such as overweight children and actively promote alongside healthy food a healthy lifestyle. We have a wide range of extra curricular activities open to all. School lunches include a vegetarian or Halal option and as requested by the school council, there is always a salad bar available.

4. School Governors, Leaders And Staff Responsibilities

It is the responsibility of the staff in each group to be aware of any children with specific food allergies and to take this into consideration when any food is prepared. Staff are to make children aware of how to make healthy choices in their eating including the importance of healthy breakfast.

5. Specific Procedures To Implement Policy Aims

- **Break time**
- Pupils are encouraged to bring fresh or dried fruit or vegetables as their snacks from home.
- Early Years and KS1 Participation in School Fruit and Vegetable Scheme. Free milk is available in Early Years.
- **School lunches** exceed the required standards and staff work

closely with the school to promote, reinforce and enrich the curriculum.

Packed lunches

- Working on healthier packed lunches is part of our food curriculum and formed part of our Health Week. Packed lunches should form part of a child's well-balanced diet. To support parents we regularly include information and ideas about the contents of these in newsletters, leaflets, parent workshops and invitations to attend a school lunch. We do not allow children to have fizzy drinks and encourage every child to have at least 1 portion of fruit and 1 portion of vegetable each day at school.

- **Water Provision**

Pupils are encouraged to drink water throughout the day and teachers act as role models. All pupils on entering Eldwick Primary are given a free drinks bottle (additional bottles can be purchased for £1.30) which are named. Pupils are encouraged to take them home daily and wash in hot soapy water returning them full to school the next day. Two points of use water (Aqua Aid) allow the Y5 Water Monitors to replenish water bottles at lunch time each day.

- **Consistent messages**

Healthy Food is consistently promoted throughout the school within the curriculum, assemblies and events e.g within Tudor, Roman and Evacuation Day pupils not only experience traditional food but are alerted to its nutritional value.

Within the formal curriculum-

- o FKS, KS1 + KS2 Science
- o Design Technology
- o Cross curricular work

Extra-curricular activities

- Gardening club
- Special events, such as Health Week and visits from the Life Caravan
- Taking part in local and national initiatives eg Eldwick Horticultural Show.

6. Dissemination of the Policy

All staff will read the policy and it will be saved in Teacher drive on the school network and will be accessible at all times. Parents/carers will access this policy via the school website.

7. Monitoring, Evaluation and Review

The School Council will monitor and evaluate the effectiveness of this policy, in partnership with the Governors Pastoral Committee, the Healthy Foods Governor and the School Kitchen. They will ensure that all stakeholders have an input into the monitoring and evaluation through the school website, surveys etc.

8. Document History

Policy written by J. Franz and L.Mooney October 2013. Reviewed by S. Jessup November 2017

To be seen in conjunction with:-

PSMC , Drug Education, Sex and Relationship Education, Physical Education, Science.