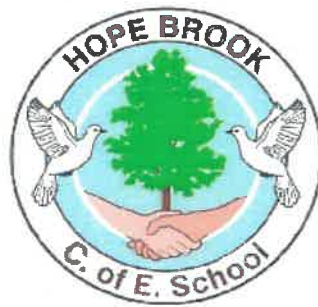


Hope Brook C of E Primary School



Healthy Eating Policy

The staff and governors are committed to the development of each child in the best possible learning environment to encourage all children to achieve their fullest potential.

We want the children to achieve success through their own efforts, teamwork, self-discipline and motivation, and through links with the Church and community, work towards a better future for themselves and the world in which they live.

Introduction

We believe that healthy eating and healthy attitudes to food are vital to the physical and mental wellbeing of both our children and the adults at Hope Brook C of E Primary School. For this reason, we believe food education has a key role in our curriculum and the daily life of the school.

Aims:

- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To ensure that our children understand that good, nutritious food is essential to their ability to learn as well as their long term health.
- To foster an enjoyment of cooking and for children to learn certain core skills by the time they leave the school
- To cultivate the role that food has in developing social skills.
- To support the principle of the '5 a day campaign'.

Why a policy is needed?

We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

What are the values that inform this policy?

- We believe that every adult and parent at Hope Brook C of E Primary School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.

Definition of Healthy Eating/Nutrition

A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Curriculum

- 'Healthy Eating' is explicitly addressed within the Science, SMSC (spiritual, moral, social and cultural development), PE and Design and Technology curriculum.
- Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.
- There are also opportunities for cross curricular coverage of healthy lifestyles.

Fluid/Hydration

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunch have access to jugs of fresh water.
- Children are encouraged to drink water during the day as children are able to concentrate better if they are having the recommended fluid intake per day. The guide would be 6-8 cups of fluid per day per child:

Age 5-8yrs 160-180ml cups

Age 10-12 200-220ml cups.

Food throughout the school day/year:

- Sweets should not be used as a regular reward by adults working in the school.
- Special events such as Christmas parties and fund raising events are times when food contributes to a sense of celebration. On these occasions foods other than fruit and vegetables may be offered, but staff will remind children that it is an occasional treat for a special occasion.
- Children are encouraged to eat a healthy snack before after school club to keep energy levels up.

Before and After School

We discourage parents from providing children with sweets, chocolates and fizzy drinks.

Breakfast

We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.

Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.
- Only fresh fruit or vegetable snacks are allowed at break times for Key Stage 2 children.

Lunch Time – hot lunch in the dinner hall

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- The daily menu is online for the children and parents to view.

Lunch Time – packed lunches

Below is the guidance we display to all parents for packed lunches.

What to bring in your packed lunch

For a balanced packed lunch select these healthier foods and drinks.

- Fruit and vegetables - include at least one portion of fruit and one portion of vegetables or salad every day.
- Meat, fish or another source of non-dairy (e.g. lentils, kidney beans, and hummus) protein should be included every day.
- A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- Include dairy food such as milk, cheese, yoghurt, fromage fraise or custard every day.
- Include only still fruit juices, water, milk or smoothies to drink.

Confectionery such as chocolate bars and sweets are discouraged. Cakes and biscuits are allowed but only as part of a balanced diet.

Lunch Time – the dinner hall environment

- We aim to make sure children have time to eat their lunch and do not need to rush.
- We reward good behaviour with stickers and certificates.

Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricular work.
- Staff receive training to make sure they are confident when working with food and their class.
- Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the SMSC and Science curriculum.

Links to other policies

- This policy has links to the behaviour, SMSC, Equal Opportunities and Design and Technology policies.

How is this policy monitored and evaluated?

- We will review this policy every five years.

Date of policy: June 2019

Date of review: June 2024

This policy was formulated in consultation with the Headteacher and teaching staff.

This policy was accepted by the Governing Body at their meeting on Wednesday 26th June 2019, and will be reviewed every five years.

Signed 

Chair of Governors

Signed 

Headteacher