

St Mary's Catholic Primary

Healthy Eating Policy



OVERVIEW

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science and in personal and social education about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the Local Authority and other agencies, to extend healthy eating patterns into the wider lives of our learners. This policy reflects our mission statement aim of helping children grow.

OBJECTIVES

1. To educate children about healthy eating and drinking.
2. Increase knowledge and awareness of a healthy diet through workshops, our DT, RSHE and science curriculum.
3. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
4. To inform learners about the dangers of an unhealthy diet.
5. To provide learners with healthy food and drinks in school.
6. To promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
7. To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.
8. Monitor healthy choices, including packed lunches
9. Use a range of opportunities to promote healthy eating and ensure consistent messages regarding healthy eating are reinforced throughout the school day
10. To encourage learners to adopt healthy life-styles and healthy eating and drinking habits.

STRATEGIES

1. To use the curriculum in physical education, science, design technology, personal and social education and health education to educate learners about healthy eating and drinking.
2. To give learners a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To ban fizzy drinks, bag or packets of sweets in lunch bags and at break times.
5. To provide healthy and balanced school meals.
6. To provide access in each class to drinking water and encourage children to bring in a drinking bottle to be refilled during the day as appropriate.
7. To make links in physical education and play, between healthy eating and regular exercise.
8. To communicate with parents in order to carry the education about healthy eating and drinking into the homes and wider lives of the learners.
9. To make good use of the external agencies for healthy eating to support our work.

EARLY YEARS

All EYFS children have snack twice a day. This includes a snack of fruit or vegetables and toast or breadsticks or a biscuit. Milk is provided free for under-fives. Healthy Eating snacks are encouraged at break time. Fizzy drinks, chewing gum, nuts, lollipops and sweets are not allowed in school.

KS1

Year 1 and Year 2 classes are provided with fruit and vegetables. Healthy eating snacks are encouraged at break time. Fizzy drinks, chewing gum, nuts, lollipops and sweets are not allowed in school.

KS2

Years 3-6 are encouraged to set an example for the younger children. Healthy eating snacks are encouraged at break time. Fizzy drinks, chewing gum, nuts, lollipops and sweets are not allowed in school.

As part of promoting healthy eating all children are encouraged to eat fruit and vegetables and avoid unhealthy snacks.

BREAKFAST AND AFTER SCHOOL CLUB

- To provide food for children of families that have an early start to their day and a nutritious snack at the end of the day.
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- A good portion of starchy food, e.g. lower salt/sugar breakfast cereals, bread, breadsticks, toast, fruit bun or bagel
- Fruit and vegetable choices such as orange juice, fresh or dried fruit
- A portion of milk or dairy food e.g. semi skimmed milk on cereals or low fat yogurt or cheese spread
- A choice of drinks e.g. water, juice, and semi skimmed milk

The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast or snack and to socialise with other children and adults.

NUT ALLERGIES

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school. Whole nuts and peanut butter including Nutella spreads are not permitted. Children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

REWARDS AND BIRTHDAYS

As part of promoting health eating, the rewards the children receive in school for things such as Star of the week, attendance and general class awards will not consist of sweets. The rewards will be certificates, small prizes and stickers.

When it is your child's birthday, school will allow small individual cakes to be brought in for the class which can be given out at an appropriate time. You are also allowed to bring in small packets of sweets for the class but these will be given out at home time.

OUTCOMES

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.