

Healthy Eating Policy

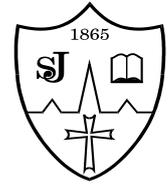
St James' C of E Primary School

Healthy Eating Policy

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Introduction

At St James' C of E Primary School we recognise that, as educators, we can play an important role in encouraging children to develop the skills and knowledge to lead a healthy lifestyle. It has, therefore, been decided to implement a policy to facilitate this.

Rationale

Our educational mission is to improve the health of the school community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. As such, we recognise the important connection between a healthy diet and children's ability to learn effectively at school.

Aims

- To improve the health of pupils and staff by helping to influence their eating habits by increasing their knowledge and awareness of food issues.
- To make pupils aware of the benefits of a healthy and well-balanced diet.
- To make pupils aware of the wider environmental issues surrounding food consumption and production.
- To ensure pupils are well nourished at school, that every pupil has access to safe, tasty and nutritious food.
- To ensure pupils are given access to fresh drinking water during the school day.
- To ensure that lessons and teaching as part of P.S.H.C.E are embedded within the class themes/ class assembly/ whole school assemblies.
- To make the provision and consumption of food an enjoyable and safe experience
- To introduce and promote practises within the school to reinforce these aims and to begin to remove or discourage practises that negate them

Objectives

To work towards ensuring that this policy is accepted and embraced by

- Governors
- School management
- All staff

- Pupils
- Parents
- Food providers
- Wider community

To integrate aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities
- Fair Trade and the impact of where we purchase our foods from

Methods

- Establish an effective structure to oversee the development, implementation and monitoring of this policy. To encourage participation by all to meet the aims and objectives
- Develop an understanding and ethos within the school of tasty, nutritious food, through education and example
- Encourage the consumption of healthier snacks and water in the school day
- Encourage visits from outside agencies (school nurse) and interested parties (environmental/agricultural groups) to work with the children on related issues
- Have a healthy snack policy at break times (Monday to Thursday – Fruit and Vegetables only and Fridays – a healthy alternative – sandwich, brioche, health bar, cereal bar, breadsticks, crisps, rice cakes) this allows them to recognise that alternatives can be eaten.
- Improve and promote healthy school dinners through working with caterers
- Encourage healthy lunch boxes from home
- Encourage good manners - see behaviour policy, PSHCE Policy and rights and responsibilities
- Staff tea/coffee to be Fair trade and purchase fair trade goods where practical

Monitoring and Evaluation

The following will help to ensure that the above aims and objectives are being met

- Liaise with PSHE Coordinator to look for evidence within whole school planning
- Promotion through themed weeks / campaigns /assemblies based on healthy living and Fair Trade during the year
- Evaluate its effectiveness through annual parent questionnaire, pupil conferencing and staff evaluation.

APPENDIX

Guidelines for Parents

We recognise that the co-operation of parents and carers is essential if these aims and ideals are to succeed.

In order to encourage as much parental support and co-operation as possible, we send out reminder notes and ideas for healthy lunch boxes. Children are praised for having healthy lunchboxes and encouraged to choose healthy options.

Water during the Day

Children are actively encouraged to drink throughout the day. This is especially important during the summer term and after any exercise, when the risk of dehydration is greater.

All children are provided opportunities to fill a water bottle and staff ensure that these are available throughout lessons. These bottles can be refilled at water stations in classrooms. Water is supplied at lunchtime too, to ensure that all children have access to water at break and lunchtime.

Parents and carers are encouraged to provide a suitable drink (non-carbonated) for the children at lunchtimes if eating a packed lunch.

Special Occasions

The purpose of this policy is not to teach children that any food or drink is 'wrong' or permanently 'off-limits', but that any food or drink should be enjoyed in moderation, this is supported through our different approach to snacks on 'Freedom Friday'.

Therefore for both staff and pupils, on certain occasions, such as a child returning from holiday, celebrating Divali, the giving of sweets/cakes is still considered acceptable as an act of friendship towards others. Similarly, the Christmas Parties are to be seen as a time for children to enjoy themselves and indulge in traditional 'party-esque' foods and drinks. The pupils are requested that they donate a book to the class library rather than bring in sweets or cakes as this would significantly increase unhealthy snacks through the year if all pupils did this.

This policy should be read in conjunction with: PSHCE policy, Behaviour Policy, Safeguarding Policy, First Aid Policy.