

**Grange First School.**  
**Food and Healthy Eating Policy.**



**Aim**

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to the school.

**Rationale**

At Grange First school the ethos is that of a health promoting environment. There are many aspects of food and nutrition that are addressed on a regular basis. The fact that every classroom at Grange has a water tank for children to access at any time and fruit given to all children on a daily basis cements the idea that we feel strongly about food and drink affecting the ability of children to learn effectively. Our school also tries to take on a role in contributing to family well-being. We also feel that we are continually developing our ability to reflect on the taught curriculum in all aspects including food and health. Teaching about diet and healthy living are key parts of our science, DT and PSHE policies.

**Purpose of the School Food Policy.**

The purpose of this school policy is to;

- provide consistent messages in school about food both within and outside the curriculum.
- Influence pupils' food and drink choices.
- Contribute to improved pupil behaviour and health, assisting them to reach their full learning potential.
- Implement the Food In Schools programme.
- Increase pupils' knowledge and experience of food and nutritional issues.
- Ensure food provision in school reflects the ethical, cultural and medical needs of staff and pupils.

**Guidelines.**

- Food issues at Grange First school are taught in a number of ways, food issues may be taught in PSHE or cross-curricular.
- The new 2014 curriculum is followed in full with guidance on a healthy diet and on the preparation of food (Science and DT)
- All children at Grange have water available to them throughout the day as every classroom has a water tank fitted; the children are encouraged to drink the water frequently throughout the day.
- Where children are viewed as being in danger of becoming overweight we work with parents through hour PSA and school nurse and seek to develop personalised programmes of physical activity.
- A yearly audit of children ensures every child takes part in regular out of class extra-curricular physical activity
- All children in Foundation stage and KS1 receive a piece of fruit every day through the Fruit For Schools Scheme.

- Children are encouraged to bring healthy food in their packed lunch and school dinners have a large selection of salad, vegetables and fruit on a daily basis.
- Grange also teaches cookery through an enrichment afternoon which incorporates planning, preparing and cooking healthy foods.
- At Grange staff, parents and governors are involved in decisions made about food in school.
- At Grange, where possible, we prefer to offer advice and guidance rather than blanket bans of food types
- Parent workshops are held to encourage healthy eating
- We actively encourage children to take up the offer of Universal Free School Meals in Reception and Key Stage 1.

### **Implementation and Monitoring.**

This policy is to be implemented throughout the whole school. It will be addressed through PSHE Family Group time, through various lessons e.g. Science and through whole school topics such as Healthy week and Physical week.

The monitoring of the resources, teaching and training will be the responsibility of the Head Teacher and Health School Co-ordinator. Class teachers will evaluate their work and modify if required.

- The process will involve meetings between teachers, co-ordinator and Head teacher as well as looking at planning and talking with children.
- Parents may be involved through questionnaires, meetings and PTFA.
- Any recommendations for change will be discussed at a full governors meeting and implemented as soon as possible there after.
- The LA PSHE consultant will be consulted where appropriate.

### **Conclusion.**

Through a carefully planned and informed PSHE programme and work through other subjects related to healthy eating we endeavour to promote a healthy lifestyle for all children in our school.