

**Sparsholt Primary School**  
**Healthy Eating Policy**

This policy has been developed in consultation with pupils, parents, staff and governors.

**Rationale.**

At Sparsholt Primary School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. In order for us all to meet our full potential we need to be healthy and fit-physically, mentally and socially. This policy states the ways in which our school community supports pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

We recognise that it is important for the whole school to use consistent messages around healthy eating. Therefore our message is:

**Healthy eating does not mean NO treats but it does mean having them at appropriate times and not too often.**

**Aims**

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.

We aim to encourage our pupils to develop positive attitudes to becoming healthy, happy members of the community by:

- Only providing snacks that are nutritious and healthy.
- Encouraging enjoyment of exercise and fresh air
- Teaching about healthy foods, keeping safe, British Values, respecting others, their faiths and cultures
- Organising visits from other agencies e.g. school nurse to talk to parents and children on a range of health related issues.

**Objectives**

- To work towards ensuring that this policy is both accepted and embraced by governors, teachers, support staff, pupils, parents and the wider school community
- To integrate these aims into all aspects of school life, in particular food provision within school, the curriculum and social activities.

**Links to other school policies.**

- Curriculum policies through which healthy eating messages are to be delivered include Personal, Social and Emotional Development, Knowledge and understanding of the World and Communication, Language and Literacy, Speaking and Listening, and Science.
- Behaviour management policy-this school does not use food as a reward.
- Health and safety policy.

**Provision of food and drink across the school day.**

**Water**

Children have free, easy access to water during the school day. The school will encourage pupils to drink at frequent intervals during the day

### **Healthy Mid Morning Snack**

Our school provides fresh fruit at morning break for Reception and Key Stage 1 pupils. We encourage those who bring their own snack to make it a healthy one, preferably fruit or vegetables.

### **Milk**

Milk is available, free of charge, for the under fives and pupil premium pupils. Milk can also be ordered by parents for a small charge for all other pupils attending the school.

### **Packed Lunches**

Parents who choose not to buy a school lunch are encouraged to support the school's healthy eating policy by providing a healthy, balanced packed lunch. Ideas and suggestions for this were made during the introductory parents meeting. The school will work with parents to ensure that packed lunches contain healthy options. Children's school lunches are monitored on an on-going basis. The teachers and lunchtime supervisors work together to create a happy, sociable lunchtime environment whilst encouraging the development of appropriate table manners.

### **School Meals**

School meals are prepared on site by Hampshire County Council Catering Services (HC3S).

### **Sponsorship/Incentive Schemes**

The school will not take part in any incentive schemes that encourage children to collect tokens from foods that should only be eaten in moderation e.g. collecting chocolate wrappers or crisp bags.

### **Curriculum, Teaching and Learning**

Pupils are given the opportunity to explore different foods as part of the curriculum. Whenever possible children are encouraged to prepare and taste traditional foods from other cultures for example through the celebration of different festivals.

### **Children with Special Education Needs**

All staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the classroom. Information relating to individual needs is discussed with all parents before their child's admission to Reception and as required after that.

### **Parental Involvement.**

The healthy eating policy is displayed on the school website. This will be discussed with all parents at the new entrants meeting.

### **Food Hygiene**

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; wearing a food preparation apron (provided by the school), using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

### **Monitoring and Assessing the Policy**

The school food and healthy eating policy is to be monitored by the Head teacher. It will be reviewed on a planned three yearly cycle.

Teacher Responsible: Mrs L. Laver

Date approved by staff: 02.03.2010

Date approved by CC governors: May 2012

Review Date: Spring 2018 (3 years)  
Next Review Date: Spring 2021