



## Ellwood Primary School Healthy Eating Policy

### **Aim**

It is the aim of the school to help pupils to make informed choices about what they eat and drink, and help them to improve their health and fitness, by adopting a healthy diet.

### **The objectives of the policy are:**

- To increase students' knowledge of healthy eating and nutrition.
- To ensure that healthy eating options are available for all pupils.
- To ensure that menus provide for the medical and ethical requirements of staff and students (eg vegetarian and allergies).
- To involve students and staff, where possible, in decisions which affect the quality and variety of food provided at the school.
- To make meal times and snack times an enjoyable, safe and socialising experience.
- To discourage the consumption of food and drink that are viewed by nutritionists as unhealthy or only encourage as part of a balanced diet.

### **Guidelines for implementation**

#### **The taught curriculum:**

Science and DT lessons include topics on nutrition and the benefits of healthy eating options. Geography and History lessons can introduce pupils to the part played by food globally and historically. We provide pupils the opportunity to make at least 3 healthy meals/snacks during the school year. Where appropriate in the curriculum students' attention is drawn to the benefits of a varied, fresh and nutritious diet.

#### **Whole school opportunities**

Healthy eating opportunities throughout the school include; healthy break-time fruit and vegetables, which are provided for free, in KS 1 and encouraged in KS2, lunchtime menus, which are monitored to ensure good nutritional standards and variety (including food from different cultures). Our annual

healthy breakfast club gives pupils and their families the opportunity to come into school and try different healthy breakfast choices. Pupils also play a role in creating smoothie recipes, serving food and designing healthy eating place mats. We encourage students to eat a balanced diet at each meal (eg including vegetables as part of the main dish rather than as a side option). Pupils have access to water throughout the day.

In the warmer months pupils are encouraged to eat their sandwiches in the open air, which encourages students to combine healthy food, fresh air and socialising.

### **Whole school - information**

The three weekly menus are posted on our website and pupils can choose their lunches on a daily basis. Staff encourage students to drink water between lessons and promote the benefits of this to concentration, stamina and effort. Students who conduct themselves in a sociable, considerate manner while eating lunch are appreciated and praised.

### **Management and Leadership, including monitoring and review:**

Lead responsibility for this policy is taken by the PSHE co-ordinator and the Headteacher. Regular informal reviews are held by key staff (mid-day supervisors and admin staff) to assess the level of meal uptake, quality and variety of food, and satisfaction with serving arrangements.

Our Caterers are encouraged to and strive to use locally grown food wherever possible, and to link menu planning to seasonal produce.

The Governing Body and all staff of the school endorse the Healthy Eating Policy.

Signed	<i>D.Milford</i>
Reviewed	February 2020 (Miss Peart)
To be reviewed:	February 2021