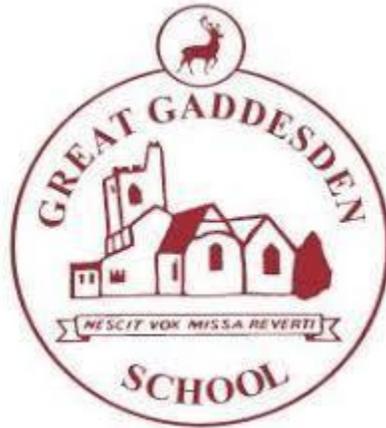

Great Gaddesden C of E Primary School (VA)



*'Treat others exactly as you would want to be treated yourself.'
(Luke 6:31)*

Healthy Eating Policy

Reviewed September '20

Great Gaddesden C of E Policy : Healthy Eating Policy

Aim

At Great Gaddesden C of E Primary School, we aim to develop the full potential of every individual pupil in our care. We recognise the vital role that a balance diet and nutrition plays in contributing to the health and wellbeing of all members of our school community.

*We aim to provide a **nut-free environment at all times** to ensure a safe environment for all our pupils.*

Objectives

- To ensure that the Great Gaddesden curriculum gives pupils up-to-date and consistent information about food and nutrition, enabling our pupils to make healthy eating choices.*
- To ensure that menus and food choices are in line with Government and Public Health guidance*
- To identify opportunities to develop and improve the eating environment*
- To ensure we promote healthy foods throughout the whole school day, including Breakfast Cub and snack times.*
- To link health awareness and opportunities for healthy living.*

Definition of Healthy Eating/Nutrition

A healthy diet is one which allows a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy,

balanced diet may vary for individuals from different cultural, ethnic and social backgrounds.

Drinking water

- All children are required to bring a refillable drinking bottle to school daily*
- Children have continual access free and fresh drinking water throughout the school day.*

Snack time

- Children in EYFS and KS1 benefit from the National School Fruit Scheme, which entitles them to one free piece of fruit or vegetable a day. Any food waste is composted for use in the school gardens.*
- KS2 pupils are encouraged to bring in a piece of fruit or fresh vegetable to be consumed during break time.*

School lunches

- The weekly menu is on display for the children and parents in the dinner hall and corridor respectively. It is also sent home to parents.*
- All meals are provided by Herts Catering, who have a Healthy Food policy as part of their tender. They provide a choice of a hot or cold meal, including a vegetarian option, meat option, jacket potato with a choice of fillings and a filled roll. All choices included fresh fruit and vegetables.*
- Pupils who chose to bring a packed lunch to school are expected to bring a balance meal, including fruit and vegetable.*
- No crisps, chocolate or sweets are to be included in pupils' packed lunches.*
- No nuts or nut based foods are allowed under any circumstances*

Monitoring and Reviewing

- *Regular pupil voice surveys are carried out to ensure the pupils have clear understanding of the need to make healthy choices.*
- *Policy and practice is regularly revised and reviewed, involving staff, governors and the pupils.*
- *The LEA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.*