

<p style="text-align: center;">DALE HALL COMMUNITY PRIMARY SCHOOL HEALTHY EATING POLICY</p>

1. Introduction

1.1. We are committed to ensuring that the children in our care grow into healthy adults, ensuring that they:

- be healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic well-being

Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

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1.2. Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. We have achieved the National Healthy School Standard which is a vital element in our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

The policy was adopted at the Learning and Development Committee meeting held on **11 June 2019**.

2. Aims and objectives

- to help children know and understand the importance of food and drink in a healthy lifestyle
- to give children the skills they need to make the right choices with regard to food and drink
- to promote the physical and emotional well-being of all our children
- to improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet
- to ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day
- to ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs
- to introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them

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3. The Curriculum

- 3.1. We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PHSE curriculum. All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.
- 3.2. We will also promote healthy eating through the informal curriculum. We encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We sometimes organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully utilised in the interest of the children's physical and emotional development through playground activities.

4. The School Environment

- 4.1. We will ensure that our school environment promotes healthy eating. All classes have their own area in the school kitchen garden as well as a gardening club running after school. Any produce grown in the garden is used by the cooks in school lunches, whenever possible.
- 4.2. Pupils in Reception benefit from the free Fruit and Vegetables Scheme. These pupils are encouraged to eat their piece of fruit as part of their daily break time. To ensure consistency across the school all other children are encouraged to eat only fruit or vegetables at break time.
- 4.3. All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.
- 4.4. Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- 4.5. The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, are asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room, classroom medical boxes, on health plans in the medical room and in the school kitchen.
- 4.6. Milk is made available for every child who wants it. All pupils aged under 5 years and those who are eligible for Free School Meals are offered free milk. For all other children, parents pay per term at a subsidised rate.

5. School Lunches

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- 5.1. We will serve only healthy food and drink for our school lunches. The lunches are prepared by EATS (Suffolk County Council school catering), who have made a commitment to provide healthy food. They provide a vegetarian option each day, they always serve vegetables and fruit, and all lunches have a balanced nutritional value. No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can, to ensure that they are not hungry later on in the day.
- 5.2. The parents or carers of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch. Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the newsletter. Dale Hall Community Primary School cannot guarantee that all parents will comply with the request and for that reason the school does not purport to be a "nut free school".

6. Role of Parents and Carers

- 6.1. We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home.
- 6.2. We expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

7. Inclusion

We enable all pupils to have access to the full range of activities involved in learning about healthy eating. We strive to meet the needs of those pupils with special educational needs, those with disabilities, those with English as an additional language and we take all reasonable steps to achieve this.

8. Monitoring and review

The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on an annual basis and at any other time as may be necessary.

9. Document History

Date	Description
5 February 2013	Adopted at Curriculum Committee meeting
11 March 2014	Reference to Curriculum Committee updated to Learning and Achievement Committee 4.2 Fruit and Vegetable Scheme updated 4.6 removed
10 March 2015	4.6 Milk scheme added
23 February 2016	Readopted without amendment by the Learning and Achievement Committee
10 January 2017	Readopted without amendment by the Learning and Achievement Committee

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09 January 2018	Readopted without amendment by the Learning and Achievement Committee
11 June 2019	Readopted without amendment by the Learning and Development Committee