

Park Road C.P.School

Whole School Healthy Eating Policy

1 Aims and objectives

- 1.1 Park Road Primary School recognises its obligation under The Government's 'Standards For Food In Schools legislation', to promote healthy food and drink options during lunch and snack time as well as teaching children how to make healthy choices for themselves through the curriculum.

When a child first starts school, he or she will suddenly start growing fast and become more active. Children's energy and nutrient needs are high in relation to their body size compared to adults. Children need a healthy, balanced diet, which is rich in fruit, vegetables and starchy foods.

Why the standards were introduced;

'The British Medical Association predicts that by 2020 over one quarter of children will be obese and that children will have a shorter life expectancy than their parents. Already, over 18 per cent of 2-15 year olds are estimated to be obese.'

Health risks

Many of the foods no longer allowed under the food based standards are associated with a growing range of child health issues, including obesity, anaemia, tooth decay and erosion, and some forms of diabetes. Childhood obesity is now recognised as a major threat to long-term health and the statistics are alarming.

2 Introduction

- 2.1 At Park Road we encourage children to choose a variety of foods to help ensure that they obtain the wide range of nutrients they need to stay healthy.

These are the elements of our policy

- a) To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.
- b) To provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choice.
- c) To work in partnership with the catering staff to ensure that nutritional standards are implemented by providing a choice of meals and snacks daily that are appropriate to local needs by involving pupils and parents in decision making.
In September 2007 our school adopted a healthy snacks policy at morning break time.
- d) Establish a healthy eating event annually in school to promote healthy eating and drinking messages.

- e). Ensure staff members handling food have access to the basic food and hygiene course through their professional development program. Children are reminded about the importance of hand washing prior to eating and also when handling food in the classroom.
- f) All school events in and out of school will reflect our healthy eating ethos e.g. day and residential trips, school fairs, discos and fundraising events.
- g) Children will still be able to bring sweets into school for special occasions such as birthdays as long as they are given out at the end of the day to be taken home.
- h) The school recognises that some children require specialist diets, including nut allergies, diabetes and coeliacs. The scheme of work are sensitive to this and the teachers will be aware of any pupils within their class who this may apply to. This information is requested on admission to school and parents/carers are informed about any healthy eating events when food may be sampled.
Prior to residential trips, a form is sent home which includes information on dietary needs.

Monitoring and Evaluation

The whole school Healthy Eating Policy is monitored by the Senior Leadership team, the PSHE Subject Lead and Governors annually with the views of the wider school community taken into consideration;

The uptake of healthier options at lunchtime will be monitored and reviewed. Work will also include the monitoring of lunch boxes on a regular basis.

Snack during first break must be healthy. If a child does bring in an unhealthy snack or drink a member of staff will ask them to put it in their book bag until home time.

Children will be able to feed back to school through their class and school council members as well as using the school council worry boxes.

