



Date of this review: Autumn 2018

Date of next review: Autumn 2021

1. Introduction

We believe that every child deserves a healthy start in life and that a balanced diet is central to their health. This policy aims to ensure that children develop a good understanding about healthy eating and make good choices about the food they eat.

2. Objectives

- Provide an overview of how children learn about healthy eating
- Provide clear expectations regarding food eaten in school

3. Learning about Healthy Eating

- Children learn about healthy eating through the PSHE, science and PE curriculum; this is reinforced as appropriate across the curriculum.
- Assemblies reinforce the message of healthy eating, alongside enrichment activities such as visitors and theme days.
- The Gardening Club provides opportunities for children to grow produce and process this, eg apple juice.
- Staff regularly reinforce the message about healthy eating.
- We participate in the NHS scheme to monitor child obesity levels.

4. Healthy Eating Provision

- The school ensures that the provider of hot meals complies with relevant government guidelines regarding nutrition.
- The school regularly monitors the quality and choice of food provided.
- Menus are shared with children and parents; children are encouraged to try new things.
- Parents are given clear expectations regarding packed lunches and break-time snacks.
- Staff monitor eating habits and liaise with class teachers, leaders and parents where there are concerns.
- Drinking water is made readily available for all children through water fountains, water with a hot meal and water bottles in classrooms. Fizzy drinks are not permitted in school.

5. Packed Lunches and Snacks

- Children are encouraged to bring in a healthy snack of fresh fruit or vegetables for morning break-time.
- Parents are asked to provide their child with a well-balanced and nutritionally sound packed lunch. It should contain fruit and/or vegetables, a good helping of starchy carbohydrates (sandwich or similar) and dairy products (cheese, yogurt etc). Adding a treat every now and then is fine, such as a small portion of cake or pastry.
- Fizzy drinks, sweets or chocolate bars are not permitted in school.

6. Rewards and Treats

- Sweets and chocolate will not be given as a reward or treat in school.
- Parents must not send children into school with sweets, either for their own use or to give to others, eg birthday treats.

7. Monitoring & Review

- We regularly monitor this policy through discussion with staff and pupils.
- The policy will be reviewed on a three year cycle or sooner as required.