



Health Eating Policy

Introduction

As part of our commitment to the healthy growth and the development of our learners we will promote healthy eating in school. We will educate learners in science and in personal and social education about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the Local Authority, and other agencies, to extend healthy eating patterns into the wider lives of our learners.

Objectives

- To educate children about healthy eating and drinking.
- To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
- To alert learners to the dangers of an unhealthy diet.
- To provide learners with healthy food and drinks in school.
- To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.
- To encourage learners to adopt healthy life-styles and healthy eating and drinking habits.

Strategies

1. To use the curriculum in physical education, science, personal and social education and health education to educate learners about healthy eating and drinking.
2. To give learners a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To provide healthy and balanced school meals that encourage children to eat a balanced plate.
5. Demonstrate that some foods are for use as occasionally treats and not daily consumption, for example chocolate, by sharing these as prizes in end of term celebration assemblies.
6. To make strong links in physical education and play, between healthy eating and regular exercise.
7. To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the learners.
8. To make good use of the external agencies for healthy eating to support our work.

Collaboration with other agencies

The school works closely with partner agencies to promote healthy eating. This includes the providers of our school lunches. We also work with the school nursing team to promote all aspect of a healthy lifestyle. For example children have worked with the school nurses to promote hand washing. There are ample opportunities for hand washing before eating, including a hand wash gel in the dining room.

Packed Lunches

At Kingswood Parks Primary School we facilitate the option of a packed lunch for children. Those children eating paced lunch are able to sit with friends having packed lunches, or school dinners. We recognise the need to promote healthy choices in packed lunches and therefore caffeine based or other energy drinks, fizzy or sugary drinks will not be permitted. Water, fruit juice, milk and water based drinks are permitted. Whilst pre-prepared options like Dunkers, Cheese Strings etc can be attractive options, they do not offer

the best options nutritionally for children and we strongly urge that these do not form part of a child's packed lunch.

We positively encourage packed lunches that offer a balance of nutrition, this might include:

- A sandwich with a protein based filling e.g. cheese, tuna, chicken, turkey
- A piece of fruit
- A carton of fruit juice or water
- Limited amounts of snacks that include salt (e.g. crisps, sausage rolls, cheese straws).
- Biscuit or small cake

Healthy eating choices will be rewarded for example through verbal praise or a sticker. Children are asked to keep any uneaten food in their packed lunch to take home, so that their parent/ carer can monitor their eating.

Water

We encourage every child to have fresh drinking water in school day. Water effectively hydrates the body, it is healthy and quenches our thirst. Public Health England advise us that children should only be offered water as unsweetened fruit juice contains sugar and flavoured water contains a variety of colourings and sugar substitutes. The children are encouraged to drink water throughout the school day. School water bottles can be purchased from reception.

School Lunches

Healthy Plates:

We will work in collaboration with our catering provider to provide children with a dining experience that promotes healthy choices and a positive approach to eating. Children are offered a choice of meals, including a salad bar. Children will be made aware of meal options that would provide them with a balanced plate of carbohydrate, protein and vegetables. Whilst children will not be forced to eat anything they don't wish to, they will receive positive encouragement to make healthy choices and try a range of foods. We will also positively encourage children to choose and eat an appropriate amount of food (to be aware of the impact of food waste upon sustainability).

The eating environment:

Good manners, including the correct use of knives and forks are a key life skill. The eating environment has been developed to encourage children to eat sociably, develop good manners e.g. appropriate use of a knife and fork and develop a positive attitude towards food. Accordingly children sit in small groups at circular tables and use knives and forks and plates. We will encourage staff to eat with their class (where possible) to promote good table manners and act as role models by making healthy lunch choice.

Sweets, Chocolate and other 'treat foods' in school

We will also promote the understanding that certain foods, high in fat and sugar, are to be eaten less frequently than other foods. Children should not bring sweets or chocolate into school. Teachers (and other staff) will not provide children with sweets, biscuits (or other foods high in fat or sugar) for incentives or rewards on a regular basis. This includes in class, out of school learning and one to one tuition.

Children will be permitted to bring cakes for sharing (of an appropriate portion size) to celebrate their birthdays in class. In this way, we will demonstrate the consumption of these foods in appropriate ways.

Outcomes

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.