



HEALTHY EATING POLICY

March 2019

Rationale

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At St. Leonard's, the staff is dedicated to helping each child understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times.

Aims

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- To help the children understand that some foods should be eaten in moderation
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs

Curriculum Organisation and Delivery

In Foundation Stage, KS1 and KS2, healthy eating is addressed through:

- Cross-curricular links
- Discussion between the teacher and pupils and between the pupils themselves
- Whole school projects

Early Years Foundation Stage/Key Stage 1 and 2

Subsidised milk is available for children until the age of 5. There is a free fruit scheme in operation for our infant children. Each child is given a piece of fruit each day. There is a difference fruit each day e.g. apples, pears, oranges, bananas, cherry tomatoes and carrots. This provides the children with a daily healthy snack and the social experience of eating together.

Playtime

Children may bring a healthy snack, eg, fruit or vegetables, to school for morning break or buy healthy tuck and drinks from the 'tuck shop'. Other items such as sweets, crisps, biscuits etc, are not allowed.

Lunchtime

School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards. Termly theme days are linked to curriculum areas or calendar events.

The lunchtime meal offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. We currently use Chartwells catering services - who follow healthy schools' guidelines. There is a three-week cycle menu offering a choice of two main meals daily, one of which is suitable for vegetarians. The menu includes a range of freshly prepared salads from our salad bar and vegetables. Fruit and yoghurt are available daily. Children are encouraged to try vegetables even if it is a small portion. Guidelines are followed that ensure menus include:

- Reduced fat, sugar and salt
- Increased fibre
- A wide range of freshly prepared salads and vegetables available daily
- Tinned fruit in natural juices
- Fresh fruit and yoghurt

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Packed Lunches

The following guidelines are set out to parents regarding foods to be included/excluded in sandwich lunches:-

- To supplement sandwiches / rolls / wraps/ savoury lunchtime foods, children are encouraged to include fruit and vegetables in their lunchboxes.
- Eggs for sandwiches etc. should be very well cooked to avoid the possibility of salmonella and to cut down the risk of an allergic reaction.
- Cake, biscuits, mini biscuits or biscuit bars eg. Penguin bars are also permitted, but only as part of their packed lunch.
- 'Squeezy' yogurts are a good option especially if your child is able to open the packet themselves.
- Children should not bring actual sweets or bars of chocolate to school as part of their packed lunch.
- Packed lunches should be sent in a named, leak-proof lunch box.

Drinks should be in cartons or unbreakable bottles. They should be 'still' and cold.

It is school policy that food not eaten will remain in the lunchbox so that you can monitor what your child is eating unless it is a half-eaten yoghurt!

Drinking Water

Water is available throughout the day. All children are encouraged to bring a water bottle to school daily; these are stored in their classroom and are easily accessible at all times. As well as water, milk is provided every morning for children in Early Years.

Planning, Recording, Assessment and Reporting

Since many components of healthy eating are also subject linked, the school refers to policy and procedure in PSHE, Science, Design & Technology and Assessment.

Monitoring and Evaluation

Monitoring and reviews of more general aspects of healthy eating will be carried out through observation, and on-going discussion via staff meetings and the School Council.

Surveys for parents/carers are another means of seeking opinion about ways to improve this aspects of school life. More formal monitoring of policy and practice is carried out by PSHE subject leaders, the Senior Leadership Team.

Equal Opportunities

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and any new initiatives.

Cross Curricular Links

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHE, Science and Design and Technology schemes of work.

Health and Safety

All activities will be in line with school health and safety policy and DfE guidelines. Most importantly, in recognition of the danger of anaphylactic shock, guidance with regard to the type of snack the children should NOT bring to school has been issued.

External Links

External agencies are used to promote healthy eating. For example, visits are made by dental nurses in order to teach children about healthy eating. Promotional material is used to further promote good habits in this area.

Birthday Celebrations

We realise that children sometimes want to share their birthday celebrations by bringing something in for their class mates. However as part of our push on healthy eating we ask that rather than sweets and cakes that this could be stickers or fruit etc so that it can be given out during the day.