

# WHOLE SCHOOL HEALTHY EATING POLICY



## Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors on the premises. (Taken from 'Food in School').

### **1. Formal Curriculum**

The school should provide educational opportunities to address healthy eating issues within the formal curriculum. This requires an audit of what is being taught at all key stages through various subject areas such as: PSHE, science, humanities, PE, etc. Curriculum work will reinforce the importance of a balanced diet and healthy lifestyle to pupils and give them the skills and knowledge to select a healthy balanced diet.

### **2. Extra-curricular Activities**

By offering extra-curricular activities such as: cookery clubs, Forest clubs, etc. the school is showing its commitment to healthy eating through the development of practical skills and knowledge. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.

### **3. Break time Snacks and Tuck Shops**

Pupils should bring/buy healthier foods that are sugar free and lower in fat and salt. Curriculum work will support pupils to understand the need for a balanced diet.

### **4. Dining Room**

The school is aware of the importance that the physical environment of the school dining room can have on the eating of a healthy diet. Pupils and staff are encouraged to eat at school and interact with one another. In order to do this the school will endeavour to ensure that: only high quality food and drink are available and that the dining room is inviting and fun to be in.

### **5. School Meals**

School meals will offer a nutritionally balanced healthy lunch to pupils, served by professional trained staff. All school food will meet government school food standards. The school will actively promote the take up of school meals.

### **6. Lunch Boxes**

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school will encourage children to bring a healthy lunchbox from home.

### **7. Water Provision**

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided.

### **8. Afterhours Events**

Events are an important aspect of school life and must fit in line with the School's Healthy Eating Policy. This is to encourage clear and consistent healthy eating messages on the school premises.

School Food Trust standards apply up to 6pm, thereafter, schools should make it clear what their expectations are and how they are covered by the policy.

### **9. Sweets, Rewards, Treats and Celebrations**

The school does not encourage sweets to be used as rewards or treats. Pupils and parents are also encouraged not to send sweets into school for snacks. Special celebrations (birthdays, Easter, etc.) and events during the school year will be celebrated with non-edible alternatives. Pupils, parents and the wider school community will be consulted on this issue.

Signed

Date

Review Date

*Ambition for Excellence!*