

Burton Agnes C of E Primary School



Healthy Eating Policy

Date of last Review: February 2010

Review in: February 2013

Signed: _____ (Chair of Governors)
 _____ (Headteacher)

Burton Agnes C. E. School

Healthy Eating Policy

Burton Agnes C. E. School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also recognise the role our school can play, as part of the larger community, to promote family health and sustainable food and farming practices.

We have achieved Level 3 of the Healthy School Award and are working towards The Healthy School Standard.

Mission

Burton Agnes C. E. School recognises that sharing food is a fundamental experience for all people, a primary way to nurture and celebrate our cultural diversity, and an excellent bridge for building friendships and inter-generational bonds. Our mission will be accomplished through food education and skills, e.g. cooking and growing food, the food served in school, and through curriculum activities. We want to ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

Aims and Objectives

- To improve the health of pupils, staff and the school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet, and hygienic food preparation and storage methods.
- To increase pupils knowledge of food production, manufacturing and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty nutritious food, and safe, easily available water supply during the school day.

- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience
- To introduce and promote practices within school to reinforce these aims
- To ensure water is freely available for all

Methods

- Children encouraged bringing fruit or vegetables for snacks at break
- Water available in classrooms and brought in by children
- Healthy lunches and packed lunches promoted
- Healthy Eating Leaflets sent out to parents and given as part of the induction package for new children and parents
- Growing plants, flowers and vegetables, in school
- Preparing and cooking food in class
- Diets, balanced diets and food taught through science
- Tooth Fairy visits and talks
- Food hygiene and cleanliness in food preparation
- Eating and social interaction
- Sharing and eating foods from different cultures
- Fruit at breaks and free fruit for under 7s

We understand that certain foods, in moderation, are not unhealthy but we discourage sweets being used as rewards. We use stickers and extra playtimes as rewards instead. Sweets are not a regular occurrence and staff use their discretion when using them. These tend to be at special times such as Christmas or if a child has brought some in for their birthday. During the warmer months lollies are sometimes sold to raise funds. Parents have the right to choose whether they buy them or not.

Monitoring and Evaluation

Children can bring in fruit and vegetables for break times
Produce grown is shared and eaten by the children

The School has been awarded Level 3 of the Healthy School Award

This policy will be reviewed February 2013

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