

# **All Saints C.E. Primary School**

## **Healthy Eating policy**

### **Aims of Policy**

At All Saints School we recognize the **importance of a healthy lifestyle and diet** and understand that establishing a balanced diet in childhood helps establish **healthy eating habits for life**. This policy states the ways in which our school community supports **pupils to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives**. This policy also describes how the school community helps pupils to **develop the skills and attitudes** that will help them make informed healthy choices both in and out of school. In order to reflect the importance of healthy eating, this policy **specifies the types of food and drink that we will provide** in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.

### **Policy Background**

In All Saints, our school community decided to work together to help each other take responsibility for our own health and to adopt health-enhancing attitudes and behaviours. In order for us all to meet our full potential we need to be healthy and fit – physically, mentally and socially. We decided to review the current food provision in school and find ways to increase people's knowledge, understanding and attitudes towards healthy eating.

### **STEPS TAKEN TO REACH CURRENT POLICY**

- Consultation with School Council
- Research within school community
- Advice and consultation from local health and education services
- A review by these groups will be led every 3 years by the PSHE coordinator.

### **Definition of Healthy Eating/Nutrition**

A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

### **Curriculum**

Healthy Eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum.

Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.

A wide range of teaching approaches and resources are used to deliver the curriculum.

Visitors who are able to support the class teachers include Healthy Schools Coordinator, School Nurse, drugs councilor, PSHE school adviser. All visits are carefully planned into the curriculum to support the work being done – visits do not take the place of teachers' input.

### **School Nutrition Action Group (SNAG)**

This is a group of representatives from the full school community who meet to review healthy eating and diet within the school. This includes representatives from:

- School Council
- Teaching staff, including a member of the SMT
- Catering and other non-teaching staff
- Parents
- Governors
- School Health Nurse/Local health professional

This group discusses and develops all aspects of the food service and the curriculum ensuring that a supportive and positive attitude is maintained towards healthy eating.

The PSHE coordinator is responsible for setting up these meetings and ensuring that actions agreed are followed up appropriately.

### **School Food Provision**

At All Saints School we recognise that most of us need to eat more:

- Fruit and vegetables
- Cereals and bread
- Fish and lean meat

We also need to eat less:

- Fat
- Sugar
- Salt

This knowledge is reflected in the food provision in school. All school meals meet the Government nutritional standards for school lunches.

Currently food in the school is provided by FRESH. The school and the catering facilities are dedicated to providing a balanced menu of school dinners and snacks, with a minimal amount of additives as is possible within the budget. The School Nutrition Action Group (SNAG) works closely with the *school cook* to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils with individual dietary needs, due to medical, cultural or religious reasons - who have school dinners - are catered for appropriately.

## **Drinks Provision**

Everyone has a right to access clean drinking water. We try to encourage pupils to drink water at school.

At All Saints School pupils are provided with clearly labelled, plastic water bottles which can be kept in the classroom so that pupils can have free access to water without needing to leave the classroom. For Health and Safety reasons, the bottles are to be washed and refilled daily.

Jugs of water and beakers are provided in the hall each dinner time.

*Milk is provided for pupils in Years R and for those pupils who elect to pay for milk.*

*Pupils also have a choice of squash as part of their lunchtime meal.*

## **Packed Lunches and Snacks**

Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children. Parents are provided with a leaflet informing them of nutritional standards.

Toast is also sold at break time by parents and pupils in the playground.

Pupils may bring squash or fruit juice to have with their morning break or packed lunch.

Foods with artificial additives are not encouraged at playtimes.

Seating is provided in the playground for pupils to sit and eat their snack or drink over playtimes.

All school meals will be eaten in the school hall/canteen. Pupils will be encouraged to take their time to eat their dinner and to eat as much of it as is possible. Excessive waste is discouraged. Pupils are encouraged to take and eat only those amounts which they feel they can digest.

The SNAG will review the eating environment termly to ensure that a calm and enjoyable atmosphere is maintained.

| PUPILS SHOULD BE TAUGHT: |  |  |   |
|--------------------------|--|--|---|
|                          | Science – Life Processes and Living Things.  | PSHE   | PE  |
| KS1                      | <p>1b) that animals, including humans, move, feed, grow, use their senses and reproduce.</p> <p>2b) that humans and other animals need food and water to stay alive.</p> <p>c) that taking exercise and eating the right types and amounts of food help humans to keep healthy.</p>  | <p>3a) how to make simple choices that improve their health and wellbeing.</p> <p>c) how some diseases spread and can be controlled.</p>   | <p>Teaching should ensure that when evaluating and improving performance , connections are made between developing, selecting and applying skills, tactics and compositional ideas , and fitness and health.</p> <p>Pupils should be taught links to: Sc2 – Life Processes and living things 2c</p> |
| KS2                      | <p>1a) that the life processes common to humans and other animals include nutrition, movement, growth and reproduction</p> <p>1b) that the life processes common to plants include growth, nutrition and reproduction</p> <p>2a) about the functions and care of teeth</p> <p>2b) about the need for food for activity and growth, and about the importance of an adequate and varied diet for</p> <p>5f) that microorganisms are living organisms that are often too small to be seen, and that they may be beneficial [ for example, in the breakdown of waste, in making bread ] or harmful [for example, in causing disease, in causing food to go mouldy]. health</p> | <p>3 a) what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices.</p> <p>b) that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread.</p> | <p>Teaching should ensure that when evaluating and improving performance , connections are made between developing, selecting and applying skills, tactics and compositional ideas , and fitness and health .</p>   |