



Healthy Eating Policy

Schedule for Developing, Monitoring and Review Policy

Approval by the Board of Governors:

**The implementation of this
Policy will be monitored by:**

SLT

Monitoring and Reviewing:

Triennially, and as required following any
change to provision.

At Abbots Cross Primary School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. In order for us all to meet our full potential we need to be healthy and fit - physically, mentally and socially. This policy states the ways in which our school community supports children to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. We recognise that it is important for the whole school to use consistent messages around healthy eating. Therefore, our message is:

Healthy eating does not mean NO treats but it does mean having them at appropriate times and not too often.

Aims

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of children, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.
- To encourage our children to develop positive attitudes to becoming healthy, happy members of the community.
- To work towards ensuring that this policy is both accepted and embraced by governors, staff, children, parents and the wider school community.
- To integrate these aims into all aspects of school life, the curriculum and social activities.

To achieve our aims, we have agreed to:

Only permit break time snacks that are nutritious and healthy.

Encourage enjoyment of exercise and fresh air.

Plan lessons about healthy foods, exercise etc.

Organise visits from outside agencies e.g. school nurse, Dairy Council etc.

Provision of food and drink across the school day

Break

A carton of milk is provided for every child who orders it. A specific time is set aside for this and those who do not have milk have water instead. Parents are requested to only send in fruit and/or vegetables from home as a break-time snack since this ensures the children get at least one portion in their school day.

Packed Lunches

Parents who choose to send their children a packed lunch are encouraged to support the school's Healthy Eating Policy by providing a healthy, balanced packed lunch. The teachers and lunchtime supervisors work together to create a happy, sociable dining environment to encourage the development of good table manners.

Curriculum, Teaching and Learning

Children are given the opportunity to use all their senses as appropriate to explore different foods as part of topic activities. Whenever possible children are encouraged to prepare and taste traditional foods from other cultures for example through the celebration of different festivals.

Children with Special Education Needs

All staff are made aware of any medical conditions or allergies of individual children through data capture information. Information relating to individual needs is discussed with all parents.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with food, using an individual spoon etc. when tasting food.

Appendix 1 -shared annually to encourage healthy eating.

Appendix 1 Why is a healthy break important?

Childhood is an important time to establish good eating and drinking habits for future health.

- School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices.
- Teachers have suggested that a healthy snack at break time can help with pupils' concentration and behaviour in the classroom.
- Suitable drinks and snacks help prevent tooth decay.
- A healthy break helps to meet our target of five or more portions of fruit and vegetables a day.

DRINKS

Water: tap water or unflavoured, still, bottled water (in a bottle with a sports cap preferably).

Milk: all whole, semi-skimmed or skimmed unflavoured milk.

NOT SUITABLE

Fruit juices (including pure juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.



FRUIT AND VEGETABLES

All fresh fruit and vegetables and pots or tins of fruit in fruit juice, but NOT in syrup.

NOT SUITABLE

Fruit tinned in syrup and processed fruit bars (e.g. fruit winders, fruit flakes). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.



YOGURT

Natural yogurt

NOT SUITABLE

Fruit or flavoured yogurts, even fat free, which are generally very high in sugar.

BREAD BASED SNACKS

White or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread spread thinly with a little margarine, low-fat spread or butter; plain bread sticks or crackers, a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.

NOT SUITABLE

Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth.

Peanut butter is not permitted in school due to peanut allergies.

No cereal bars or biscuits.

