

Healthy Eating Policy



Rationale for Healthy Eating

At St. Mary's R. C. Primary school we aim to help young people to improve their eating habits by implementing effective policies and educational programmes. We will present consistently healthy eating and drinking messages through:

- The taught curriculum
- The provision and promotion of healthy food during the school day.
- The school environment

Benefits of healthy eating

- Helps young people grow, develop, concentrate more and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, dental decay, anaemia and diabetes.
- May help prevent health problems including; heart disease, some cancers and stroke - three leading causes of death.

The Curriculum

At St. Mary's we emphasise the positive, appealing aspects of healthy eating rather than harmful effects of unhealthy eating.

We promote healthy eating and food hygiene in a variety of ways through PHSE, cross-curricular and individual subjects such as;

- Science - looking after teeth, healthy foods, micro-organisms etc.
- Design and Technology - bread taster sessions, food hygiene etc.
- School Nurse

Healthy Eating in School

The school promotes healthy eating throughout the day in a variety of ways:

- A healthy snack is only allowed at break time
- Key Stage 1 and EYFS pupils are provided through Salford LEA with fruit or vegetable daily.

- A variety of healthy options are available at lunchtime.
- Children are encouraged to bring in healthy food in their lunchboxes
- Children are not allowed sweets or fizzy drinks on school visits
- Taster sessions are held when a suitable opportunity arises.

Packed Lunches

The school encourages parents and carers to provide a healthy packed lunch in a suitable container. Booklets and leaflets about packed lunches are sent to parents to encourage a Healthy Eating lifestyle at home and at school.

School Meals

The school work with our chosen catering service 'Dolci' to ensure that healthy choices are available and that national standards are met. Fruit and vegetables are included as part of the main course and puddings where possible. Steps are taken to reduce levels of fat, salt and sugar in food provided.

Water Scheme

Children are allowed free access to water throughout the day.

- They are encouraged to use school water flasks which they name and fill at home each day.
- Children may drink in lesson time, especially during physical activities and in hot weather.
- Children have the option of drinking water with their school meal.

Rewards

The school has a reward system which involves class points, certificates, stickers etc. Food such as sweets are not given as rewards.

Parents/Carers and the Community

The school encourages parental involvement in the promotion of healthy eating by providing information such as menu suggestions and details of healthy eating initiatives.

Support is also provided by our governors and the wider community. For example: Dental Services, School Nurse, Food standards Agency, 5-a-Day Initiative.

Mrs K.Fawcett
PSHE Subject Leader

Reviewed - September 2019
Next review - September 2020 or sooner
subject to legislation.