

Carnagill Community Primary School

Healthy Eating Policy

To be read with the schools policies on Sex & Relationships Education, Drugs Education & Management and PSHE and Citizenship

1 Rationale

The health and welfare of all the people who work and learn at our school are of fundamental importance. We aim to provide a healthy, safe and pleasant working environment for everyone and teach the importance of diet and exercise as part of a healthy lifestyle.

2 Purpose

The aims of this policy are to:

- Give guidance on the school's approach to using the curriculum, routines and school environment to promote healthy eating and exercise;
- Clarify the school's position on lunchtime cooked meals and packed lunches;
- Stress the school's commitment to the School Fruit & Vegetable Scheme and its application throughout FS and KS1 for morning snacks;
- State the school's position on *other* foods consumed or used in school.

3 Guidelines

- 3.1 Curriculum:** We teach the children about healthy eating to equip them with the skills, knowledge and understanding that will enable them to live positive, successful and healthy lives. Teachers take every opportunity to educate children in this regard as part of the normal school curriculum. Through the science curriculum we teach children about health and fitness, in geography children discuss the origins of fruits and vegetables and in RE children study and give thanks for harvest. We reinforce these points in design and technology, where children learn about healthy eating and hygiene. In PSHE lessons we teach children to respect their bodies and look after themselves.
- 3.2 Lunchtime food:** Our school provides the opportunity for children to have a meal at lunchtimes. These are cooked by the County Catering Service following their guidelines and policies on healthy eating using local ingredients and healthy recipes. For dessert there is a choice of pudding, fresh fruit or yogurt.
If children choose to bring their own packed lunch, we provide them with a suitable place to eat it, and we supervise them during this time.
- 3.3 Morning snacks:** Our school promotes a healthy lifestyle as is evident from our commitment to the School Fruit and Vegetable Scheme. All children in FS and KS1 receive a daily choice of a piece of fruit or vegetable.
- 3.4 Other foods:** There are many opportunities for staff to promote the school's healthy eating credentials. We encourage children to think of healthy ways to celebrate

birthdays and special occasions (and discourage bringing cakes and sweets to school in line with statutory guidance on food allergens).

We reward children's efforts and achievements in class in ways that promote the message; e.g. stickers, team points, certificates, goodie box.

This policy will be monitored and reviewed by staff and governors to ensure it is effective, workable and continues to meet both statutory requirements and the needs of our pupils.

March 2016