Ashleigh Primary School

Healthy Eating

Policy

Staff: \_\_\_\_\_\_\_\_\_\_

Approved by Governors: \_\_\_\_\_\_\_\_\_\_

Reviewed: October 2021

Review date: October 2023

**Statement**

Ashleigh Primary School aims to present consistent, healthy eating and drinking messages, in line with the Blackburn with Darwen Healthy Schools Programme whole school approach. This will be done through;

* The taught curriculum- teaching and learning.
* The provision and promotion of healthy food and drinks during the school day and on school trips.
* The school environment.

**Rationale**

We believe that education about health issues is very important for the development of our pupils, both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively, improve concentration and help prevent asthma, dental decay, diabetes, obesity and in the longer-term prevention of coronary heart disease, diabetes, some cancers and osteoporosis. Research has shown an increase in the numbers of obese young people, and that the diets of young people are not meeting the healthy eating recommendations for optimum growth and development.

We recognise that our school can play a significant role, as part of the larger community, to promote healthy issues. We aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

**Aims**

Proper nutrition is essential for good health and effective learning.

We aim to

* Provide a consistent programme of cross- curricular nutrition education that enables pupils to make informed choices without anxiety or guilt.
* Provide a ‘Whole school’ approach to nutrition which makes ‘healthier choices easier choices.’
* Work in partnership with school meals staff to ensure that nutritional standards are implemented by providing meals appropriate to the needs of our pupils.

**School Ethos for Healthy Eating Message**

We believe it is important that we have a consistent message about healthy eating; **‘There is no such thing as bad foods, just poor diets.**

**We need to eat more fruit and vegetables, but some foods like crisps and sweets need to be eaten in moderation.’**

**Drinks**

Drinking water will be available throughout the day. A water fountain is situated in Key Stage 2. All children will be encouraged to bring a water bottle to school which can be re-filled from the water cooler in the Key stage 2 corridor. Children will be encouraged to drink water during lesson times and at lunch and break times. Juice in the water bottles is not allowed, as drinking something sugary through the day is damaging to teeth. Juice at lunchtime with a meal however, is ok.

Milk is available to Years R – 2 under the government’s subsidised school milk scheme. Water is available at lunchtime to all pupils.

**Snacks**

Ashleigh PrimarySchool will provide a piece of fruit per day for children in Key Stage 1 as part of the School Fruit and Vegetable Scheme. In KS 2 children are encouraged to bring in fruit for break time. No other snacks will be allowed.

**School Meals**

Ashleigh School works with our own school meals service, in order to provide a healthy balanced diet, in line with the balance of good health and Government Nutritional Guidelines. Fruit and vegetables are served daily. Steps are taken to reduce fat, salt and sugar levels in food provided. Healthy choices will be promoted through the use of a salad tray. The food provided will reflect the background of pupils, and dietary requirements of religious faiths, vegetarians and those with medical conditions such as diabetes or food allergies will be met in appropriate ways.

**Packed Lunches**

The school encourages parents and carers to provide a healthy packed lunch, and a safe storage place is made available at school. Parents are encouraged to use icepacks during the summer to keep food cool. Information for parents about healthy packed lunches is available from the school and will be promoted at new intake meetings.

Children are requested to take all rubbish and food left over after their lunch home so that their parents can monitor what they eat each day.

**Lunchtimes and Staff**

Catering and welfare staff are provided with up to date training about healthy eating and nutrition, and their role in the whole school approach to healthy eating.

Adequate time is allowed for children to eat their meals and a clean safe space with appropriate furniture provided for this purpose. Teachers, lunchtime staff and school meals staff work together to create a good dining room ambience and the development of good table manners.

**Parents and Carers, External agencies. Involvement and Participation**

The wider school community is actively encouraged to participate in the development of healthy eating practices within the school e.g.

* Healthy school meals menus
* Discussion at parents meetings
* Providing nutrition information to parents
* School Nurse visits to classes and discussions with parents as appropriate.
* Visits by Oral health team.

**In the Classroom**

Healthy eating will be promoted in cross curricular ways and through PSHCE as well as in other subjects such as science, maths, and geography.

Food Technology will be taught throughout the school curriculum and is included in the Design Technology Scheme of work. Opportunities are taken whenever possible to encourage pupils to taste multicultural aspects of food.

**Food Hygiene**

Children are reminded on a regular basis about the importance of hand washing before eating.

Whenever children are to sample food or handle food in school the children should be taught good hygiene rules including;

* Cleaning of all work surfaces,
* Washing of hands before preparation, sampling of food.
* Use of clean utensils.
* Correct storage of food.

**Special Needs.**

Inclusion is fundamental to both the planning and delivery of all work related to healthy eating. The work is matched to the age, maturity and SEND requirements, including physical problems, of the pupils. The school recognises that some children require special diets, including nut allergies, diabetes, and other food intolerances. Parents are requested to inform school on admission, and then each year, about any children to whom these apply and records are kept in each class.

**School trips**

Prior to out of school visits and residential trips a form is sent home which includes information on dietary needs and allergies.

**Links to other policies**

See Science policy, PHSCE policy, RE policy, DT policy, Health & Safety policy, PE policy.

Chair of Governors: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Headteacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_