

### OVERVIEW

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners about the importance of a healthy diet within the curriculum in science and personal and social education. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents and carers, the LA and other agencies to extend healthy eating patterns into the wider lives of our learners.

### AIMS

1. To educate children about healthy eating and drinking.
2. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert learners to the dangers of an unhealthy diet.
4. To provide learners with healthy food and drinks in school.
5. To encourage parents/carers and learners to support our work by bringing into school healthy lunches and snacks when they provide their own food.
6. To encourage learners to adopt healthy lifestyle and healthy eating and drinking habits.
7. To support children in developing healthy physical and emotional wellbeing.

### STRATEGIES

1. To use the curriculum in science, personal and social education and health education to educate learners about healthy eating and drinking.
2. To give learners a good understanding of a healthy diet that will promote their growth and wellbeing.
3. To praise children for making healthy choices with food.
4. To provide healthy eating and drinking options when snacks are provided.
5. To provide healthy and balanced school meals (see LA termly menu)
6. To make strong links between healthy eating and regular exercise through physical education and play.
7. To build strong and supportive links with parents and carers to carry the education about healthy eating and drinking into the homes and wider lives of the learners.
8. To make good use of the external agencies for healthy eating to support our work.
9. To provide guidelines on what should be included in packed lunches.
10. To encourage children to bring a bottle of water to school daily.
11. To ensure that infant children receive their free fruit as morning snack each day and encourage junior children to bring a healthy snack from home for morning break.
12. To make good use of the external agencies for healthy eating to support our work.
13. To ensure that breakfast and after school clubs provide healthy and nutritious snacks.
14. To offer healthy school meals and snacks to pre-school children to support the early development of healthy eating.

### OUTCOMES

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.

### GUIDANCE (see attached information)

**Revised and adopted by the Governing Board: December 2017**

**Due for review: December 2019**

### HEALTHY EATING GUIDANCE FOR PARENTS/CARERS

#### PACKED LUNCHES:

In order to ensure that children have a healthy and balanced diet, we ask that parents and carers support the aims outlined in this policy by following the recommended packed lunch items.

- ✓ Sandwich/wrap/roll
- ✓ Pasta
- ✓ Rice salad
- ✓ Salad
- ✓ Crackers, breadsticks
- ✓ Fruit- fresh or dried
- ✓ Vegetables
- ✓ Low sugar yoghurts
- ✓ Dips – e.g. humous
- ✓ Soup
- ✓ Water or fresh juice (e.g. orange/apple)

#### Please do not send:

- ✗ Crisps
- ✗ Chocolate
- ✗ Cereal bars high in sugar (e.g. Frosties bars etc)
- ✗ Sweets
- ✗ Biscuits
- ✗ Cakes
- ✗ Squash/fizzy drinks

*We want to help children to understand the importance of a balanced diet – which does not mean no sugar at all, but in moderation. Therefore parents/carers may include one sweet item in a packed lunch on Fridays as a treat if they wish to.*

#### MORNING SNACK:

Children are encouraged to drink plenty of water throughout the day and eat a healthy snack at morning break. Parents/carers may wish to provide a water bottle (named) for children to bring to school each day. Water is available on tables every lunchtime and from water fountains throughout the day.

Each morning:

- EYFS and KS1 children will provided with free fruit/vegetables as their morning snack. There is no requirement for parents to send additional snacks, but if they wish to please follow the guidance below for KS2 children
- KS2 children may bring a healthy snack from home each day (see list below):
  - ✓ Fresh fruit/vegetable snack
  - ✓ Crackers/breadsticks
  - ✓ Dried fruit
  - ✓ Low sugar cereal bar
  - ✓ Low sugar yoghurt

**Please note: Children will not be allowed to drink squash, fizzy drinks or sugary milkshakes. They will not be allowed to eat chocolate, sweets or crisps. If children do have these items in school, they will be asked to take them home with them at the end of the day.**