

## Healthy Eating Policy

**As a Health Promoting School, St Mary's Primary School is committed to encouraging and developing positive attitudes towards food and a healthy diet.**

In accordance with the 'Every School a Good School' agenda 2009, we support the child's right to ensure that their future is peaceful, healthy and fulfilling. Promoting a healthy lifestyle is integral to our curriculum. We recognise the importance of educating children about nutrition and physical exercise so that they can make informed decisions about what, when, where and why they eat.

Nutrition is a significant factor in the growth, development and overall functioning of a child. Good nutrition provides the energy and nutrients essential to sustain life and promotes their physical, emotional and cognitive development.

This school actively supports healthy eating and drinking throughout the school day. This policy document was produced in consultation with the entire school community including pupils, parents, school staff, governors and local school nurses.

### **St. Mary's Primary School aim to:**

- Help pupils establish a healthy lifestyle that we hope they continue into adulthood.
- Ensure all aspects of food and nutrition are promoted through the school and the promotion of health and wellbeing.
- Discuss the issue of healthy eating at school student council sessions and combine new ideas for the promotion of health.
- Encourage healthier breakfasts, breaks and lunches through curricular teaching in 'World Around Us' and 'Personal Development and Mutual Understanding'.
- Maintain and develop a whole school promotion of healthy eating through the use of signage/posters in the dinner hall and corridors to encourage healthy food choices.

- Publicise 'Healthy Eating' in the school newsletter, raise awareness to parents through the use of leaflets being sent home,
- Participate in fruit and vegetable taster sessions. Encourage pupils to try unfamiliar new dishes, fruit and vegetables.
- Promote healthy eating by registering for participation in initiatives such as Healthy Eating Week, Smile Week for Oral Health and World Cancer Awareness.
- Encourage students to eat healthier through the use of healthy eating stickers (foundation stage)
- Provide healthy snacks including fruit or bread based snacks for minimal cost

### **School Objectives:**

- Review teacher curricular planning to ensure information relating to health and nutrition is covered in all Key Stages
- To support the development of a healthy lifestyle by encouraging participation in Physical Education.
- Liaise with school catering staff about healthy meal options/snacks
- Establish a food week in school to promote healthy eating and CRED
- To ensure that all children are aware of basic food hygiene

### **Children will be encouraged to:**

- Ask their parents to provide suitable snacks
- Purchase healthy snacks from the dinner hall
- Drink milk or water at break time
- Bring a water bottle to school
- Try to adhere to 'Wednesday Healthy Lunchbox Day'

**The staff will be committed to:**

- Encourage the children to meet the guidelines
- Provide class cups for drinking water
- Eating healthy snacks with the children
- Drink milk, water, tea or coffee at break time

**Parents/ Carers will:**

- Be asked to encourage their child to participate in healthy eating and adhere to healthy lunchboxes on Wednesday
- Be asked to provide nut free lunches and snacks for their children
- Be asked not to provide their child with fizzy or energy drinks
- Be provided with school dinner menus
- Be asked to provide children with special dietary needs with a suitable snack
- Be asked to inform class teacher of any allergies/dietary needs
- Be able to order daily milk for their child. Dates for ordering milk for the next term will be highlighted in school newsletters.

This policy was initially adopted by the Board of Governors on 15.03.16. It will be monitored regularly and updated on a yearly basis.