



Healthy Eating Policy

As a Health Promoting School, we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

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INTRODUCTION

As a Health Promoting School, we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

AIMS AND OBJECTIVES

1. To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
2. To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
3. To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
4. To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

ORGANISATION - CURRICULUM

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science and PHSE curriculum.



All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

ALLERGIES, VEGETARIANS, RELIGIOUS NEEDS

All individual food needs are entered on the yearly entry records and updated regularly.

These are entered on to the computer system used by the kitchen staff, who are alerted of the individual needs. First Aiders names are listed at first aid points around the school. Staff are made aware of particular allergies through child display in the staff room and office.

WATER

Children are encouraged to drink water throughout the day. Water bottles were provided to the children from the school or children can also bring in suitable containers from home.

Children are encouraged to take water bottles home daily and washing them.

MANAGEMENT OF EATING

At Harrow Primary, we have agreed the following statements:

1. To ensure consistency across the school, all children will be encouraged to eat only fruit or vegetables at break time.
2. All children are encouraged to bring in a water bottle so they can have access to water throughout the day.
3. Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.
4. Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.
5. **A healthy packed lunch should contain a mix of foods** from the Eat Well plate (attached). The Eat Well Plate shows how much should be eaten from each of the five food groups.

A good packed lunch contains:



- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These are good to fill children up.
- A good source of protein, iron, and zinc such as meat, fish, beans, nuts and eggs
- A good source of calcium such as milk, cheese, yoghurt or fromage frais
- And one portion of fruit and one portion of vegetable or salad to provide other vitamin and minerals

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied.

6. The contents of pupils' lunchboxes will be monitored e.g. once a term, by a senior member of staff.
7. Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. Friday is the one day in the week where children and staff enjoy snacks other than fruit or vegetables, The "treat" should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. Crisps and chocolate bars continue to be discouraged.
8. Birthdays, and special events in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food". It is the responsibility of parents to ensure that such items are 'parceled' or cut in a way amenable for children, staff will not partake in cutting, slicing or preparing such food items on these occasions.
9. The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room.

THE ROLE OF PARENTS

The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation.

In promoting this objective we will:

1. Inform parents about the school healthy eating education policy and practice;
2. Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.



MONITORING AND EVALUATION

The effective implementation of this policy will be monitored by the Headteacher and the Deputy Headteacher.

The policy will be evaluated after 2 years through a survey of the views of the whole school community, particularly the views of pupils. This takes place through assemblies, in class discussion and school council.

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APPROVED BY: ALIMUDDIN SHAIKH (HEADTEACHER)

