

St John's Catholic Primary School



Healthy Eating Policy

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“I am the vine you are the branches” – John, 15.

There have been many scientific reports that have outlined the need for a healthy diet that is low in fat, sugar and salt, and high in fibre, with plenty of starchy foods, fruit and vegetables. It is well established that obesity and many illnesses are related to poor diet or incorrectly prepared food. At St. John's Catholic Primary School we want to ensure that all children are aware of the need to make good decisions regarding their food.

AIMS

- Ensure healthy balanced diet throughout the school day, rich in fruits, vegetables and starch foods which can help reduce the risk of diseases such as heart disease and some cancers
- To give children the confidence, skills, knowledge and understanding to make healthy food choices
- Promote good food hygiene practice to reduce the risk of food poisoning illnesses
- To teach knowledge and skills, including menu planning, cooking and gardening
- To enrich social development and celebrate, nurture and increase our appreciation of cultural diversity
- To work with parents to promote healthy snacks and lunchboxes
- and well-being of pupils, staff and visitors to our school.

Healthy Eating is addressed through cross-curricular links with Science, Design and Technology and PSHE. Our curriculum also considers the emotional aspects of food with regard to the nature of eating disorders which are addressed as and when deemed appropriate by the class teachers.

Our school runs a **Breakfast Club** between 8.00am and 8.45am that serves healthy breakfasts. A varied selection of healthy and nutritious food is made available such as yoghurt, fresh fruit, fruit juice, milk, cereal (low sugar and whole grain) and toast.

We have also worked closely with the School Meals Service to ensure that food provided by the school is healthy. Children may bring healthy **snacks** in to school for morning break and **water** is readily available throughout the day, with children being encouraged to bring in their own water bottles. Infant children are provided with fruit/vegetables as an afternoon snack daily.

The **School Council** help organise regular Healthy Eating Days/Weeks in school to promote healthy eating and drinking messages. These days are held to support provision within the curriculum. They also contribute to questionnaires for **pupils** and parents to complete to give their views on school food. We also

have a Comments box so that children and parents can express their views on school lunches.

Parents - The policy is available for parents to read. Parents are invited in to sample school dinners when their children start school.

School Dinners - The school refers to the contract specification issued by Whole School Meals and ensures that provision is met. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. A salad bar is available daily, using food grown on our fruit and vegetable patch when available. Menus are displayed for the children and are made available to parents by email. All of the children at lunchtime are encouraged to sit wherever they like to promote a happy and social experience.

Information and guidance is provided on healthy **packed lunches** in the form of healthy lunch box posters and leaflets. These are changed regularly and displayed around the school for those who do not eat school meals. Additional copies are available for parents. Any uneaten food is returned in the children's packed lunch boxes so the parents can be aware of what the child has eaten whilst at school. The children are encouraged not to have chocolate, cakes or biscuits in their lunch box. Sweets and fizzy drinks are not allowed. 'Change 4 Life' Big swap choice cards have been distributed to EYFS and KS1 children.

Our school has a teacher designated to lead on Healthy Eating: Miss Derwas. This role includes:

- disseminating materials from updates with other staff
- working with the School Council, staff, governors and parents in the review of the policy

Areas for development:

Make a list of ideas for suggested healthy snacks to share with parents.

Links to other policies:

- Every Child Matters
- Physical Activity
- PSHE
- Design and Technology
- Science