



Healthy Eating and Drinking Policy

Approved by Governing Body

Date January 2017

Review January 2019

Signed

A handwritten signature in black ink, written over a dotted line, representing the Chair of Governors.

Chair of Governors

Healthy Eating and Drinking Policy

Mission Statement

Our happy, safe and creative school allows children to develop socially and academically into well-rounded individuals.

We offer a challenging, respectful and well-supported environment laying the foundations for future achievement and success.

Please note: The Government currently provide free school meals to all children in Reception and Years 1 and 2, for those parents that wish to take this up.

Rationale

We believe that that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink in the school should be consistent. As a school we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

Aims

- To further develop and maintain an ethos in the school in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage foods that are rich in vitamins, iron, calcium
- To encourage a balanced diet
- To offer water to drink
- To encourage fluid intake with an easily accessible water supply throughout the day
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- As many staff as possible to have a food handling / hygiene certificate
- To develop healthy eating and drinking habits that will last a lifetime

Catering

We believe that messages from all school sessions and catering staff need to be consistent.

- To integrate healthy eating and drinking habits in all aspects of school life
- Meals are provided by Hethersett Junior School catering staff.
- Individual dietary needs are catered for within the framework of nutritional standards
- Theme days are used to mark calendar events or a particular curriculum area
- All children are encouraged to take some fruit or vegetables as part of their meal or snack
- Children are encouraged to drink water / juice with their meal or snack. (No fizzy drinks)
- Water is offered at meal time
- Portion sizes are according to guidelines laid down by the caterers
- Not to accept sponsorship from companies who undermine our school's healthy eating policy
- Packed lunches must not include sweets and parents/carers are encouraged to provide a balanced meal.

Celebrations.

If children bring in cake to share this will be celebrated for their wish to share their special day and the cake will be cut up and sent home so that it can be eaten as part of a meal.

Drinks.

Like plants people wilt. We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections. All children and staff have free access to water throughout the day. Children should bring a water bottle to school so that it can be refilled as necessary.

Sweets.

Parents and children are asked not to bring or send sweets to school.

Teaching and Learning.

- The Balance of Good Health framework is used across the curriculum and making healthy choices are referred to across the curriculum where food and drink related issues are involved.
- Staff will promote good manners at snack and meal times.
- Staff will involve children in preparing food and laying and clearing tables as often as possible.
- Food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given the opportunity to touch, taste, smell and feel a variety of foods.

Parental Involvement.

The Healthy Eating Policy is available for parents to see.

Newsletters.

Through the curriculum.

Information received at new parents evening.

Equal Opportunities.

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEN.

Health and Safety.

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the Environmental Health if necessary. The school adheres to environmental health guidance.

Monitoring the Healthy Eating and Drinking Policy.

Provision for healthy eating and drinking throughout the school will be monitored by the Headteacher.

***Please note: 'The school' includes After School provision.**