

St Paul's CE Primary School

Headteacher: Miss Wendy Budsworth



ST PAUL'S CE PRIMARY SCHOOL

HEALTHY EATING POLICY

Date: September 2022

Approved by LAB: November 2022

Review Date: September 2023

Believe and Achieve

We want our pupils to believe in themselves, and in God, so that they have the confidence to overcome barriers in order to achieve to the best of their ability whatever they aspire to.

Aims

St. Paul's School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school.

The school aims to:

- Improve the health of children, staff and their families by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
- Ensure children are well nourished at school, and that every child has access to wholesome food and clean fresh water during the day.
- Present informed, consistent messages about healthy eating within school through the curriculum.
- Ensure that food provision reflects medical and cultural requirements of children and staff, for example allergenic, ethnic and vegetarian needs.
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This policy is to run alongside, and support, the schools PSHE policy.

The Curriculum

- The school will enrich children's experience of food, physical exercise and healthy balanced diets primarily through science, PE and PSHE lessons. Curriculum content will focus on:
- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

Our healthy eating guidelines

- To provide all children with the opportunity to attend breakfast club for a healthy breakfast.
- To drink lots of water throughout the day. All children will have access to fresh water.
- To have milk available daily in school for all under 5s/ children who order it.
- To have a piece of fresh fruit available daily for children in EYFS/KS1.

- To encourage parents to cut down on fatty and sugary food in children's lunchboxes. This encouragement will be made via the use of informative handouts, healthy lunchbox cooking sessions for parents and via external agencies eg A-life, the school nurse.
- To comply with 'citywide' (catering service providers) guidelines on healthy school dinners and promote school dinners instead of lunchboxes. All EYFS children and their parents will be provided with a school dinner in September to help promote school dinners.

All staff are aware that St Paul's does not support the use of sweets as a reward for children and are conscious of the need to be a positive role model with regards to healthy eating when around the children.

Children are advised not to bring sweets or cakes on their birthdays and are invited to wear their own clothes instead of uniform to celebrate instead.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

All staff complete a food hygiene online training course.