

Healey Foundation Primary School



Whole School Food Policy

Aims

Healey Primary School aims to present consistent healthy eating and drinking messages through:

- The taught curriculum
- The provision and promotion of healthy food and drink during the school day and on school trips
- The school environment

Why is a Healthy Eating Policy needed?

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that the diets of the young people are not meeting healthy eating recommendations for optimum growth and development. Immediate benefits of healthy eating include:

1. Improved concentration
2. Preventing asthma, anaemia, dental decay, diabetes and obesity
3. Maintenance of a healthy weight.

Longer term health benefits include: prevention of coronary heart disease, some cancers and osteoporosis (brittle bones).

Drinks

Children in KS1 are offered milk and have access to water at all times. KS2 are encouraged to bring clear plastic water bottles in from home. Only water is allowed in these bottles in class. Drinking fountains are located in the toilet areas for both key stages. We ask **all** parents to co-operate with this ruling. In the highly unlikely case of their being a medical reason that pure water cannot be drunk, we would ask for written medical evidence to support this request.

Mid-morning snacks

This school is part of the **5 a-day** initiative, providing fruit for Reception and Key Stage 1. Key Stage 2 children are also encouraged to bring a fruit or vegetable snack for play times. No other snacks are permitted at this time.

School Meals

This school works with Facilities Management (LA) catering services to ensure that healthy choices are available throughout the mealtime and that the national nutritional standards are met. Fruit and vegetables are included as part of meals and puddings where possible, and steps are taken to reduce fat, salt and sugar of food provided.

The food provided will reflect the rules of religious groups and vegetarians. These will be met in appropriate ways. We also cater for children with allergies and all staff are aware of these allergies.

When there is surplus food and all children have been served, seconds will be offered. Children will be limited to one item and will not be permitted to go back for thirds.

Packed Lunches

This school encourages parents and carers to provide a healthy packed lunch following advice from leaflets in school and the taught curriculum. Water is available to all children at lunchtimes. Fizzy drinks, sweets and chocolate are not permitted in packed lunches and, if brought into school, will be sent home with the child.

Before and After School Clubs

Breakfast is provided in the Before School Club. Children are offered toast or cereal during the mornings with milk or water to drink. After School if children stay past 4.30 the children are offered a small healthy snack. Milk and water is offered again.

Rewards

Foods such as sweets are not given as rewards.

Parents

As part of this policy we ask parents not to provide sugary treats (sweets, chocolates, cakes) for whole classes or classmates as a celebration of a birthday or the end of term.

In the Classroom

Healthy Eating will be promoted through individual subjects and in cross curricular ways through PSHE in the Foundation Stage, Key Stage 1 and Key Stage 2.