



Healthy Eating Policy

March 2026

(review every 3 years)

Next Review date - March 2029

***'Stay alert and hold firmly to all you believe. Be mighty and full of courage. Let love and kindness be the motivation behind all that you do.'* 1 Corinthians 16:13-14**

Rationale

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos, which express that we learn together as a community. We aspire to improve the health of the school community by teaching ways to establish and maintain life-long healthy eating habits. We believe that it is important that the right message is delivered regarding healthy eating. We are a nut free school.

Aims

- Promoting a healthy awareness of food
- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to ethnic/medical needs
- Work in partnership to achieve a pleasant and sociable dining experience, which enhances the social development of each pupil
- Ensure good liaison with parents/carers to ascertain any specific needs, identify children that are presenting with eating disorders and intervene as appropriate

We aim to promote healthy & balanced eating by:

- Encouraging water, lower fat milk and sugar-free drinks; discouraging sugary drinks and less healthy snacks between meals.

Breakfast - The importance of having a good breakfast is reinforced and encouraged.

Mid-morning Snack - Fresh fruit and vegetables (ie raw carrot), is **encouraged**.

We are involved in the School Fruit and Vegetable Scheme. Every child in Foundation and Key Stage 1 is encouraged to have an extra piece of fruit or vegetables each day. This is given in the classroom during snack break and is eaten within the classroom, in an atmosphere conducive to social eating.

Drinks - Children are encouraged to bring named bottles of unflavoured, still water to school and to drink regularly particularly after PE, active play and in hot weather.

School Meals - School recognises the value of providing the option of a healthy balanced school meal at lunchtime. The Great Plate provide our school lunches and ensure that all the meals are recommended nutritional standards and cater for specific dietary needs.

Curriculum Teaching and Learning

Key healthy awareness messages are covered in lessons across the curriculum e.g. Science, DT, PSHE. They are also delivered through assemblies and themed weeks.

Food Hygiene

Children are reminded on a regular basis about the importance of hand washing before eating.