

Healthy Eating Policy

DATE OF REVIEW: Autumn 2024

DATE OF NEXT REVIEW: Autumn 2026

TO BE REVIEWED BY: Resources committee



Introduction

Hatherleigh Primary school recognises that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, including improvement in concentration and behaviour. We also recognise the role the school can play, as part of the wider community, to promote family health in conjunction with an active lifestyle including physical activity.

This sits within our PSHE curriculum.

Intent

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.

Implementation

Healthy Eating education is delivered as part of our PSHE programme and will be reviewed periodically. The content of the healthy eating education programme including learning outcomes, will be based on the recommended programme using 'Scarf'. There are also cross curricular links with science and DT.

The school will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

The School Council plays an active role in gaining feedback and sharing ideas for healthy meals and snacks.

Healthy Eating is coordinated by the PSHE co-ordinator and delivered by all staff as appropriate:

- as topics
- through planned aspects of PSHE, science, DT, geography and RE
- addressed occasionally in assembly time
- through special performances
- through pastoral time e.g. circle time, an opportunity to discuss the emotional links with food
- through story time
- through the Early Learning Goals
- through extra-curricular activities e.g. cookery club
- through special projects e.g. healthy eating sessions, tasting sessions, competitions

SPECIFIC ISSUES

School Fruit and Vegetable Scheme

- The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit each day.

School Meal Provision

- School meal provision meets the government's nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils.

Packed Lunches

- Parents/carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks and sweets are not permitted in packed lunches or as snacks.

Water Provision

- All pupils have access to drinking water at all times. Pupils are encouraged to carry water with them and have named water bottles in all lessons at all times.

Cookery Curriculum

- The school will provide cookery in line with the healthy eating ethos promoted throughout the school and with the curriculum. A risk assessment form for using the cookery room is in place.

DISSEMINATION OF THE POLICY

All staff members and governors can access this policy on the website or as a hard copy.

ASSESSMENT AND RECORDING

Teachers assess the children's work in Healthy Eating both by making informal judgements as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

Impact

Our pupils understand the importance of healthy eating and the impact on their general health. We are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

We provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

In our school we actively support healthy eating and drinking throughout the school day. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.