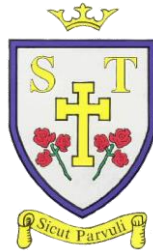


St Teresa's Catholic Primary School

Healthy Eating Policy



'CHRIST BE IN OUR HEADS, IN OUR HEARTS AND IN OUR HANDS'

Introduction

At St. Teresa's Catholic Primary School, 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.

As a school community, we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As a school we understand that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. The key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community. At St Teresa's we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

This policy was agreed with staff, governors, pupils and parent representatives.

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 diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia
- Improving concentration and behaviour

- Raising achievement.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)

Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy balanced diet
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them
- To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.

Objectives

The curriculum provided by our school must extend beyond the academic and prepare the pupils for healthy, lifelong habits. We regard healthy eating and healthy lifestyle education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

- To teach accurate factual information about food and nutrition through Physical Education, PSHE and aspects of the Science curriculum.
- The School Kitchen will continuously provide healthy eating menus and food choices
- Healthy Lifestyles are to be promoted daily through positive role models within the school community
- To promote fresh fruit as part of morning break
- To promote the importance of drinking water and allow children access to water bottles in the classrooms
- To promote a healthy balanced menu at lunchtime through school and packed lunches
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually
- To make strong links in physical education and play, between healthy eating and regular exercise.

Outcomes

- We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.

Snacks

Children in KS1 will benefit from the Governments Fruit and Vegetables Scheme. These children will be encouraged to eat their piece of fruit or vegetable as part of their daily snack time.

- To ensure consistency across the school all children will also be encouraged to eat fruit or vegetables at break time. Other healthy snacks could include; bread sticks, wholemeal crackers or rice cakes. **No dried fruit winders, etc.** These are harmful to dental health.
- Chocolate, sweets and crisps are **not allowed** as everyday snacks in school. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- For medical reasons nuts are also **not allowed**. As a school we have a duty of care to all our children.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. It has been recognised that drinking plenty of water improves behaviour and concentration. Juice is **not allowed**.
- St Teresa's recognises that healthy snacks are crucial to aid learning and development.

Packed Lunches

- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods in accordance with the Healthy Lunchbox Guidance leaflet – [click here to view](#). The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.

Special Occasions

- Special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an 'occasional' treat and not 'every day food'.
- Children **will not be permitted** to bring sweets to school to give out to their class as a treat for events such as birthdays.

The role of Parents:

The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we will:

- Inform parents about the school healthy eating education policy and practice

- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary
- Inform parents about the best practice known with regard to healthy eating via the school website, so that the parents can support the key messages being given to children at school.

Monitoring and Evaluation:

- The effective implementation of this policy will be monitored by the Headteacher.

Policy review – January 2023