

Healthy Eating Policy

April 2015

Mission Statement

We, at Herne, strive for excellence in education by providing a safe, secure, caring family environment, where all are valued and respected as individuals, enabling them to reach their full potential.

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 lifelong healthy eating habits.

We believe that it is important that the right message is delivered regarding healthy eating.

Aims

- improve the health of pupils, staff and their families by increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation;
- 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.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- encouraging fruit juices, lower fat milk and sugar-free drinks; discouraging sugary drinks and less healthy snacks between meals.

Breakfast - cereal, milk, toast, fruit juice and water are available to children who attend the Herne breakfast Club. The importance of having a good breakfast is reinforced and encouraged.

Mid-morning Snack - Fresh fruit, cereal bars or an alternative healthy snack is encouraged.

Bread rolls and Milk are available to purchase at break times from the kitchen.

Milk is provided for pupil premium children.

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. All the children have access to a water fountain.

As a school we recognise that milk makes a vital contribution to a child's dietary needs. Milk is available to purchase at break times from the kitchen and is provided free of charge to pupil premium children.

Packed Lunches - A guidance leaflet is to be issued to parents, developed in consultation with the Healthy Schools group on the content of packed lunches.

School Meals - School recognises the value of providing the option of a healthy balanced school meal at lunchtime. Our new kitchen meets the recommended nutritional standards and all cultural needs.

Curriculum teaching and learning

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

Parental involvement

Parents are always informed of any food related activities.

Food Hygiene

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

Approved by staff: Livvy Johnson April 2015

Approved by Governors:

Review Date: Spring 2017