

# ASPLEY GUISE LOWER SCHOOL

*Growing Together, Aiming High*



## Healthy Eating Policy

Ratified: November 2019

Review: November 2022

## **Philosophy**

The school has National Healthy School Status. We believe that our school has an important role in educating children about the food they eat and enabling them to make healthy choices.

## **Aims**

This policy has been developed in conjunction with the Government's Food in Schools toolkit to ensure that all aspects of food and nutrition in our school promotes the health and wellbeing of pupils, staff and visitors.

## **Intended Outcomes**

For the children to:

- know what effect food has on the body i.e. gives energy, rots teeth etc.
- know why they need a healthy diet.
- know what a balanced diet is.
- be able to distinguish between healthy and unhealthy foods.
- be able to make informed choices.
- begin to know what the different ingredients in foods are.

For the staff to:

- deliver knowledge of healthy eating to pupils through the curriculum
- model the school policy on healthy eating through their actions
- understand food hygiene
- receive training in food-related issues.

## **Implementation**

Healthy Eating education will take place within the curriculum- through P.E, Science and PHSE, through our Gardening club, and through our extra-curricular Cooking Club. These are examples of how we include Healthy Eating in our curriculum:

PHSE – each key stage has a full topic on Healthy Eating and it is covered briefly in other topics. Developing self-esteem and confidence through circle time and PHSE scheme.

Science – topics on Animals including Humans, and Food and Farming involve Health Eating.

PE – know the link between food and energy.

Design Technology – developing awareness of the ingredients in food during food technology topics.

Literacy – developing communication skills and being able to express their views clearly.

History – food and farming involves comparing the food we eat now to the food people used to eat.

Geography – where possible we shall link Geography topics to healthy food produced/eaten in other countries.

Health Eating will be taught both explicitly and implicitly through these subjects.

## **Procedures**

- Parents and children are given advice about what makes a healthy lunch box.

- We only allow a healthy snack at break time consisting of unpackaged fresh fruit or vegetables\*. (Smaller items of fruit (e.g. grapes) should be brought in in a named reusable plastic pot please.)
- The school participates in the Government fruit and vegetable scheme for schools.
- If there is an issue about a child's lunch or break-time snack their teacher and the Headteacher should be made aware and appropriate action will be taken.
- Parents are made aware of these procedures through newsletters and at parents' meetings.
- Healthy options are highlighted at lunchtimes to help the children make their food choices. We do not allow confectionary products to be eaten in the school grounds during the school day.
- We have a nut and sesame seed ban in operation in school and conform to allergen regulations 2015.
- Our Gardening club and weekly cookery sessions encourage healthy eating from an early age.

#### External Agencies

We occasionally use external agencies to compliment our work on Healthy Eating. Some external agencies we use are:

Life Education Centre (when available)

School Nurse

Dental service

Interserve Catering

\*If there is a clearly established medical reason why this is inappropriate for a child, this should be discussed with the Headteacher before the school agrees to a reasonable adjustment.