

# Netherleigh and Rossefield School

## Healthy Eating Policy

January 2017

### **Rationale**

At Netherleigh and Rossefield School we recognise that being healthy is a major contributor to the physical, mental and social well being of the children in our care.

The staff are dedicated in helping each child to understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times.

### **Responsibility of the Headmaster**

The Headmaster is responsible for implementing this policy throughout the school. In particular he will;

- Monitor its effectiveness and revise it as necessary on a regular basis
- Make arrangements to draw the attention of all of the staff to its content and ensure they follow the guidelines

### **Aims and objectives**

We aim to encourage children to develop healthy eating and drinking habits.

We will promote clear consistent messages about food, drink and nutrition in the classroom setting, through the provision of food and drink and in all aspects of school life.

We can promote healthy eating in the following areas.

- The taught curriculum
- The food offered in school
- Healthy daily snacks of fruit and vegetables
- By making water readily available
- Encouraging Parents/Carers to provide healthy packed lunches following the guidelines provided by school. (see attached guidelines)

### **The Curriculum**

We aim to enrich the children's experiences of food, physical exercise and healthy balanced diets through our curriculum in school this begins in the early years following the EYFS curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources. Our curriculum focuses on:

- The importance of food groups and the role they play in promoting growth.
- The development of strong healthy bodies.

- An understanding of cultural diversity.
- The development of respect and understanding towards the beliefs and attitudes of others.

### **School Meal Provision and Packed Lunches**

- The children have a choice of partaking in a school meal or bringing a packed lunch from home. (appendix 1.1)
- The school works towards creating a sociable dining environment and encourages the development of good table manners.
- Our school meals are prepared by the staff of Heaton St Barnabas school kitchen and they follow Bradford Council guidelines on Healthy eating, ensuring that all children's nutritional requirements due to medical, cultural or religious reasons are catered for. Menus are displayed in school.
- Parents are encouraged to support our policies with regards to healthy eating when providing a packed lunch. (appendix 1.1)
- We appreciate the importance of a balanced nutritional start to the day and operate a Breakfast club where children are offered a choice of milk, water or fresh fruit juice accompanied by toast and cereal.
- A daily snack of fresh fruit is provided by the school for all children. With a choice of milk or water to drink.
- Fresh drinking water is available for all children at all times.
- Children who attend after school club may bring a snack from home provided it follows school guidelines.

### **Visitors to school**

The school values and appreciates the contribution of outside agencies in supporting staff in the promotion of healthy eating.

### **Food as a reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for achievement or good behaviour. Other methods of positive reinforcement are used in school.

### **Birthdays and celebrations**

Birthdays will be celebrated in ways that do not involve confectionary or biscuits with the exception of a birthday cake. Festivals provide a valuable opportunity to include special occasion foods and to extend the knowledge and awareness of cultural diversity. We work with parents and carers to respect their wishes and beliefs when celebrating such events.

### **Responsibility of the staff**

All staff need to be aware of this policy and ensure their practice adheres to the guidelines specified.

## **Appendix 1.1- School guidelines for a healthy packed lunch**

- Sandwich or similar with protein filling
- Rice or pasta based dish
- Yoghurt, fruit
- Small packet of biscuits
- Juice or water in a plastic bottle or carton

Children may not bring

- Chocolate
- Crisps
- Fizzy drinks in any container