

Healthy Eating Policy



Normand Croft Community School

An International Family of Learners

Policy Reviewed

September 2019

Next review:

September 2022

1. We are committed to ensuring that the children in our care grow into healthy adults. Consequently, we teach children the key points about living a healthy life, including the importance of eating healthy food. In order to meet the Healthy School Standard, this policy is designed to contribute a vital element to our strategy of creating a school environment in which all children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

2. We aim to:
 - a. help children know and understand the importance of food and drink in a healthy lifestyle
 - b. help children learn what healthy food is
 - c. give children the skills they need to make the right choices with regard to food and drink
 - d. promote the physical and emotional well-being of all our children.

3. We will:
 - a. **plan explicit teaching about healthy eating in our formal curriculum** for example, in science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as diabetes, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

 - b. **promote healthy eating through the informal or *hidden* curriculum** for example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through play.

- c. **ensure that our school environment promotes healthy eating** for example, actively discouraging children from bringing sweets, crisps or chocolate into school. We will not give sweets or chocolate as prizes or rewards in school. We will not have vending machines on the school site that dispense sweets or chocolate.
- d. **encourage children to drink plenty of water** for example, by providing them with a water bottle for use at any time and regular opportunities to drink water throughout the day. Providing fresh water fountains in the playgrounds.
- e. **encourage children to bring fruit to eat at break times** if they wish to have a snack. They will not be allowed to eat crisps or sweets.
- f. **serve only healthy food and drink for our school lunches** The lunches will be prepared by our school catering contractors Eden Foods to meet the national nutritional standards ie. basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.
- g. **encourage parents or carers of children who bring packed lunches to provide a healthy and balanced meal** through providing clear guidance about what should and should not be included in a healthy packed lunch.
- h. **work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home** for example we expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school. We will aim to hold meetings each year to explain to parents and carers the importance we place on healthy eating, and why we endorse this policy.