



## **HEALTHY EATING POLICY**

*This policy sits in conjunction with the school's policies on P.E, Child Protection, Confidentiality, and the complaints procedure.*

At F.F.P.S the children are allowed water bottles in class to allow them to take regular drinks and drinking fountains are situated on every corridor. The importance of staying hydrated throughout the day is noted both for general health and the link between being suitably hydrated and concentration levels. In F.S. and KS1 fruit is provided each morning to every child for a mid-morning snack as well as milk to the children that qualify for it. (The afternoon nursery children also have fruit.) In KS2 whole meal, toast is available to buy every morning break-time, priced at 10p. We understand the importance of a primary school helping to establish good eating patterns from an early age.

### **SCHOOL MEALS**

The school meals are expected to provide food in adequate quantities for their needs. Food and drink is properly prepared, with all meals being made 'in-house', are nutritious and comply with dietary and religious requirements. Water is available, as is a salad bar to add vitamins and nutrients to their meals.

### **PACKED LUNCHES**

We encourage parents and carers to consider carefully what is included in lunch boxes. There is a strong body of evidence showing that both educational performance and behavior can be affected by what a child eats. For further advice see

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

Please do not send in any sugary drinks and no fizzy drinks of any sort. (These often squirt out everywhere after being carried around in a child's bag!)

### **IMPORTANCE OF GOOD NUTRITION**

Nutrition is a significant factor in the growth, development and overall functioning of a child. Good nutrition provides the energy and nutrients essential to sustain life and promotes physical, emotional and cognitive development. The development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health. Good nutrition is critical to optimizing each child's potential for success. Meeting nutritional requirements throughout childhood is essential to a child's full intellectual development. Children require sufficient energy and essential nutrients each day to concentrate on accomplished learning tasks. Even mild and under nutrition and short term hunger are barriers to learning.

Children's diet must include an appropriate intake of foods from the four main food groups:

- **Bread, other cereals and potatoes**

- **Fruit and vegetables**
- **Milk and dairy foods**
- **Meat, fish and alternatives**

## **HOW TO KEEP HEALTHY**

- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose snacks that will provide nutrients to compliment meals
- Avoid snacks and drinks with a high sugar content between meals
- Drink plenty of fluids to avoid becoming dehydrated
- Be physically active every day
- Brush teeth twice a day and visit your dentist regularly

## **SPECIAL DIETARY NEEDS AND REQUIREMENTS**

We are sensitive to the catering needs of children with specific dietary needs, including religious considerations. Parents will be asked about any special dietary requirements their child has before their child starts school. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the school with information about their diet and choices available to the child. We update our records regularly. Menus will be carefully planned and adapted accordingly.

## **FOOD HYGIENE**

The kitchen facilities at the school are inspected on an annual basis in relation to the Food Safety Act. The school adheres to the recommended guidelines and good practices for the preparation and storage of food. Staff directly involved in cooking and the preparation of food in the school, have successfully completed a Food Hygiene Course.

## **FOOD AND THE CURRICULUM**

Through subject lessons such as P.E, Science and P.S.H.E children are taught the benefits of having a healthy diet both on their sporting performance and general health. Food groups and diets are investigated and explored and linked to what is required for success in sport. A Gardening after school club runs each term where children take part in the growing and cultivating of their own vegetables, learning how things grow and where our food comes from. Around the school grounds there are many vegetables being grown, each site has information about what is being grown for people and children that are passing to read. In addition to this we also run a cookery after school club where children are taught how to prepare and cook healthy meals.

## **FOOD AS A SOCIAL SKILL**

Meals should be times of social interaction and opportunities for pupils, teachers and other staff to eat and drink together. This provides an opportunity for students to learn and practise good social skills and behavior associated with eating and drinking.

Eating together also enables staff on duty to monitor healthy eating. Staff keep a discreet eye on those who appear not to be eating well and positive encouragement and peer support is used to encourage poor eaters to make healthy choices.

## **FESTIVALS AND CELEBRATIONS**

At F.F.P.S we often celebrate different festivals and celebrations. We recognize that festivals can provide a valuable opportunity for children to experience diversity from a wide range of cultures and nationalities and the contribution they make to the variety of foods eaten in Britain today. On other occasions such as Red Nose Day, Children in Need or similar, we may hold a cake sale to raise money for good causes.

**Useful addresses:** [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)