

# HEALTHY EATING POLICY

Adopted: \_\_\_\_\_

Signed on behalf of the Governing Body: Mr Stewart Miller

Position: Chair of Governors

Date: 10<sup>th</sup> October 2024

Review date: \_\_\_\_\_



The Avenue Infant School

# HEALTHY EATING POLICY

## **Introduction.**

At The Avenue Infant School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, we are committed to giving our pupils consistent messages about all aspects of health and encouraging developing positive attitudes towards a healthy diet and lifestyle. We regard healthy eating as a whole school priority and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

## **Aims and objectives**

Aims:

To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.

To ensure pupils are well-nourished at school and they every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

To encourage all pupils to make healthy food choices.

Objectives:

To integrate the aims of healthy eating into all aspects of school life.

To work towards ensuring that this policy is both accepted and implemented by all members of the school community.

In support of these objectives, we will:

- promote health awareness
- contribute to the healthy physical development of all members of our school community
- give consistent messages about food and health
- give our pupils the information they need to make healthy choices
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues. This includes what constitutes a healthy and environmentally sustainable diet
- ensure that every pupil has access to safe, tasty and nutritious food by using fresh fruit and vegetables for snack
- provide a safe, easily accessible water supply during the school day

- ensure that the provision and consumption of food is an enjoyable and safe experience, which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff

### **Snack**

Reception and Key Stage 1 children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable scheme which they consume during the morning session. No other snack will be required.

### **Food Allergy**

We ensure that the school has considered the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not knowingly exposed to food allergens, such as nuts, during school hours (see notes within Packed Lunches section). These considerations apply and are promoted to the whole school community.

### **Water**

A plentiful supply of drinking water for children is recognised as improving behaviour and concentration. Drinking water is freely available and pupils can fill their own drink bottle for use throughout the day. Children are regularly reminded to drink water especially during warmer weather, to educate about the importance of hydration.

### **School Lunches**

We will:

- Raise awareness of availability of school lunches and potential benefits of the nutritional value they bring
- Inform parents / carers that the hot meals are cooked and prepared in a local kitchen by Kingswood Catering, who are responsible for the nutritional value of the food

### **Packed Lunches**

We are committed to encouraging parents to provide healthier lunchboxes for children. When children enter Reception, the school provides a recommendation to parents of what constitutes a healthier lunchbox and this message is reinforced throughout the school. The guidance is consistent, realistic and stresses the importance of a balanced and varied diet.

To ensure consistency and to keep packed lunches in line with food standards for school meals, parents will be informed that packed lunches **should not** contain the following:

- Chocolate bars (products which are predominantly biscuit based with a chocolate coating are acceptable)
- Sweets
- Chewing gum
- Sugared/toffee and salted popcorn
- Snacks high in salt and fat
- No products containing nuts (see Food Allergy section)
- Nuts
- Fizzy drinks

The contents of a packed lunch can vary for different reasons, including dietary requirements or intolerance and religious observance. Due to this we do not allow children to share or exchange food from their packed lunches. Food not eaten in a packed lunch is taken home by the child to ensure that parents are aware of what their child has

or has not eaten. Lunchtime Supervisors also monitor the contents of lunchboxes and whether or not a child is eating and drinking sufficiently at lunchtime.

### **Eating Environment**

Packed lunches are eaten at dining tables in the school hall. In all situations we aim to provide calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion. All table surfaces are disinfected before any eating commences. The school is also committed to:

- encouraging children to wash their hands before eating
- encouraging all children to eat the food that has been provided for them
- actively helping children who find some aspects of packed lunch difficult, e.g. opening tubs, packets, cartons or bottles

### **Curriculum**

PSHE, Geography, Science, Design Technology and RE may all contribute to the curriculum delivery of food education as food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils' experience of food and healthy eating. Curriculum content will include the following:

- the importance of food groups and the role they play in promoting growth
- the development of a strong healthy body
- what constitutes a balanced diet
- how food is produced
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships.

Visits by outside agencies such as the Life Education Mobile also promote health awareness. In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

### **Beyond the Curriculum**

We offer a range of extra-curricular activities which support a healthy lifestyle and to which the aim and objectives of this Healthy Eating Policy apply.

### **Partnership with parents and pupils**

The partnership of home and school is vital in shaping how children behave, especially where health is concerned. Parents and carers are requested to inform the school of any health or food requirement their child has; parents, carers and pupils are regularly updated on events and issues relating to health and food through school newsletters.

### **Special diets and allergies**

Our school is aware of food allergies. We have a procedure in place to manage food allergies and other special dietary requirements. Read our guide to producing and sharing allergen information, and visit [Allergy Training for Schools | Anaphylaxis UK](#) for more information.

### **Assessment, evaluation and reviewing**

Our lunchtime supervisors will review packed lunches regularly. Where packed lunches which aren't in line with our policy are brought into school, leaflets will be included in the lunchbox to go home. If a child regularly brings a packed lunch that does not meet our policy, we will contact parents to discuss this.

### **Monitoring and Review**

The Head teacher and Senior Leadership Team will monitor the impact and implementation of this policy. They may meet with the School Council to gather feedback from the pupils on aspects of food and nutrition as part of this monitoring. The Head teacher is responsible for supporting staff in the delivery of the Healthy Eating policy. The Governing body will monitor that the policy is upheld. The Head teacher and Governing body will monitor maintaining National Healthy School status.


## APPENDIX 1- Lunchbox leaflet/note





















Dear parent / carer.

Today the lunchtime staff noticed that your child's lunchbox was not as balanced as we aim for in line with our school Healthy Eating Policy. Please see below for ideas that are balanced, lower in sugar and salt and avoiding processed food. Further ideas are available on our school website in the Parents and Carers section. Thank you.

# Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group



<b>Fruit</b>					
+					
<b>Vegetables</b>					
+					
<b>Dairy</b>					
+					
<b>Wholegrains</b>					
+					
<b>Lean meat &amp; alternatives</b>					
=	<b>A Healthy Lunch Box</b>				



**MAKE WATER YOUR DRINK** 

**PACK ICE BRICKS TO KEEP FOOD COOL** 

**USE A THERMOS TO KEEP FOOD WARM** 



This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with consultation by South Eastern Sydney Local Health District and Bayside Shoalhaven Local Health District.