

WELLESEY PRIMARY SCHOOL

Policy for Healthy Eating

Rationale

We expect all pupils to be aware of making healthy choices, eating a balanced diet and drinking regular intakes of water.

We recognise that frequent positive messages about a balanced diet is essential to health and well being (physically, socially and psychologically) and has a positive effect on behaviour and performance in school.

Aims

- To ensure understanding of how a balanced diet is essential for a healthy lifestyle.
- To encourage a positive attitude to healthy eating.
- To continue to encourage healthy eating and drinking practices in the school.
- To educate children that eating healthily is a way of life and is to be continued after they leave Wellesley Primary School.
- To provide CPD to all staff
- To monitor menus for school lunches each term
- To monitor children's food choices at lunchtime.
- To involve staff, parents and children in guiding food policy

Guidelines

- Nutrition, food hygiene and food storage is incorporated in to schemes of work and taught at the appropriate level throughout each key stage in Science, Design Technology and PSHE. Assessment to be recorded.
- Growing of vegetables will be included on an annual basis to increase children's knowledge of healthier eating e.g '5 a day' portions of fruit and vegetables
- Each class should experience at least two practical lessons on the preparation and cooking of healthy food per year.
- A Healthy Eating Week is planned each term for the whole school. This includes class and whole school based initiatives to promote healthy eating, e.g children to compile healthy eating cookery book
- Healthy Eating will be monitored during Healthy Eating Week, for example, by counting the number of children with water bottle in school, children bringing in one portion of fruit

as a morning snack, children eating at least two portions of fruit and vegetables at lunchtime, children including a healthy salad in their lunchbox, children choosing a healthy dessert option.

- A Healthy Eating letter is sent home each term. This is directed at both children and parents and includes facts and cooking tips (with particular reference to breakfast and lunchboxes).
- To deliver clear and consistent messages about nutrition and healthy eating through displays (e.g '5 a day').
- A working party involving staff and parents to make decisions on how best to continue good practice and promote new ideas on Healthy Eating within the school community.
- New parents are provided with a leaflet to make them aware of Wellesley Primary Schools commitment to healthy eating and ideas to implement this.
- The school will liaise with FOWS to provide a healthy choice of food and snacks at events.
- Cake Sales will take place. However, the majority of cake sales will take place in the afternoon (to avoid interference with tuck, lunch and KS1 fruit).
- Foods high in fat, sugar and salt should not be regularly given out as presents/rewards by any adult in school.
- Food is not used as a reward by class teachers or other adults.
- Parents will be encouraged to provide only foods low in saturated fat, sugar and salt but high in fibre for Christmas parties and other organised events.
- Parents are asked to only send in healthy treats for birthdays etc.
- All staff provide positive role-models through what they eat in front of children (in playground etc).
- Any cooking in school or in after school clubs should include healthy choices.
- School canteen to be providing healthy school meals to meet the DCSF guidelines.
- The dining room environment stimulates interest in healthy food and drink and endorses social interaction between pupils at meal times.
- Parents are encouraged to provide their children with a balanced and healthy lunchbox. Guidance offered through 'Healthy Eating Letter' each term.
- 'On the spot' stickers are given to children eating at least two portions of fruit and veg for their lunch at various times throughout the year.
- No carbonated drinks, chocolate bars or sweets are allowed in lunchboxes or for break times.
- Foods and drinks low in saturated fat, sugar and salt and high in fibre are offered at breakfast club and break time.
- A vending machine is not available in the school.

- Parents are encouraged to supply children with at least one portion of fruit or veg for break times (or money to buy healthy tuck food).
- The school provides children in KS1 with one portion of fruit or vegetable daily.
- Parents are encouraged to send children to school with a bottle of water. Children will be encouraged by staff to drink at regular intervals throughout the day.
- Children will be encouraged to choose healthy snacks and drinks when on residential and day trips.

CONCLUSION

By following the above guidelines we will help the children at Wellesley to become informed about what constitutes healthy eating. We hope that our work will help them to form lifelong decisions about how to maintain a healthy lifestyle.

Reviewed Autumn 2011

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