

Hayeswood Healthy Eating Policy

Rationale

At Hayeswood, we recognise that individuals must take responsibility for their own health. We will support and guide children in adopting health enhancing attitudes and behaviours. We recognise that in order to meet our full potential we need to be fit and healthy - physically, mentally and socially. This policy has been developed in consultation with staff.

Definition of Healthy Eating/ Nutrition

A healthy diet is one which includes a balance of foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Aims of the Policy

- To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.
- To ensure that as a school we recognise the importance of a healthy lifestyle and diet.
- To help pupils develop their knowledge and understanding of the importance of a healthy diet in their everyday lives.
- To specify which types of food and drink will be consumed at various times throughout the school day.

At Hayeswood School we recognise the importance of healthy lifestyles and diet and understand that establishing a balanced diet in childhood helps to establish healthy eating habits for life. This policy states the ways in which our school community supports pupils to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives. This policy also describes how the school community helps pupils to develop the skills and attitudes that will help them to make informed healthy choices both in and out of school. In order to reflect the importance of healthy eating, this policy specifies the types of food and drink that we may provide in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.

Approach

- To help pupils develop their knowledge and understanding of the importance of a healthy diet in their everyday lives.

Healthy eating is explicitly addressed within Science, PSHE, DT and PE. Opportunities for cross curricular coverage of healthy lifestyles are planned for through assemblies and activities such as the sponsored walk.

Objectives: What do we want to achieve?

- Ensure that the staff members wash fruit and vegetable snacks from the 'Free Fruit Scheme' in the mornings and ensure these snacks are stored in a cool, dry place. Free fruit and vegetable scheme for all children in Foundation Stage and Key Stage 1 to be provided in the afternoon.
- Only fruit or vegetable snacks will be eaten at break time.
- All children are encouraged to continue to bring a clean fresh water bottle into school every day.
- Water is provided for children on hot days, or if they 'run out'.
- Parents to be given free leaflets on Healthy Lunchboxes.
- Parents will be given the option of having free milk until their child turns five, parents then have the option to pay for a carton of milk for their child to drink at break time. (Year R-4)

SEN and Equal Opportunities

All children irrespective of gender, race, religion, disability or SEN have equal access.

The role of the subject co-ordinator

Monitoring and Evaluation.

- To co-ordinate the writing of a policy in conjunction with other staff members.
- The Food in Schools audit will be completed and reviewed yearly to show progress and highlight areas for development.
- The termly audits of snacks will be reviewed and discussed by the school council.

Notes

- School awarded National Healthy School Award
- The school has been part of the Free Fruit and Vegetable scheme for KS1 since 2004

Signed:

Chair of Academy Committee

Reviewed: Spring 2019

Next Review: Spring 2021