



## St Gregory's Catholic Primary School



### Healthy Eating Policy

#### Rationale

Good health is important to everyone. A varied and balanced diet is an important way of protecting health, and promoting proper growth and development. If encouraged to enjoy healthy food and drink early on, it is much more likely that these behaviours will remain with the child throughout life.

As children spend the majority of the week day in school, one big step to improving the nutrition of children is to offer healthy food and drink choices during the school day. We have received both gold and platinum awards from Sandwell to celebrate being a healthy school and this work is embedded in our daily practice.

#### Aims:

- To ensure that all aspects of food and nutrition in school support the health and wellbeing of the pupils.
- To increase the knowledge and awareness of food issues, including what constitutes healthy eating.
- To ensure pupils have access to healthy, nutritious food.
- To ensure pupils have a water supply available throughout the school day.
- To uphold our platinum status as a healthy school.

#### Objectives:

We will encourage healthy eating by:

- Promoting healthy eating through the curriculum to raise awareness of what is a balanced diet and what is healthy.
- Encouraging children to bring healthy snacks to school.
- Providing healthy food options for pupils at break times.
- Encouraging parents/carers who provide food and drink for consumption at school to meet the same standards as food provided by the school.
- Encourage pupils to develop appropriate skills for choosing healthy food.

#### Food through the school day:

- Before and after school clubs promote healthy eating and offer healthy snacks and a balanced breakfast for pupils.
- At break times pupils can have toast or fruit and are encouraged to bring in snacks that are healthy.

- School dinner menus are formulated to ensure a balance of healthy choices and fall in line with nutritional standards as laid out by the DCSF. We offer a range of food to ensure inclusion is fully met.
- Water is available to pupils. Water fountains and coolers are located throughout the school.
- Treats such as on birthdays are allowed as we feel that the occasional treat forms part of a healthy balanced diet. These are given out at the end of the school day for parents to decide when or if they should be eaten.
- Foundation pupils come together to share a healthy snack. It also provides the opportunity for younger pupils to enjoy and communicate whilst sharing food.

#### **Monitoring/Evaluation and Review:**

Monitoring is carried out by the SLT, they ensure that the school provides an environment that is both physically and socially conducive to the enjoyment of healthy food.

Review is ongoing as we continually strive to raise awareness of eating healthy. We evaluate at regular intervals and feedback to staff, governors and pupils is given on changes/issues in regards to healthy eating.

Updated: March 2016