



GREENFIELD PRIMARY SCHOOL **HEALTHY EATING POLICY**

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors on the premises. (Taken from 'Food in Schools'.

We will achieve this through:

1. The Formal Curriculum

The school will provide educational opportunities to address healthy eating issues within the formal curriculum. This means that it will feature in what is being taught at all key stages through various subject areas such as: PSHE, science, humanities, PE, etc. Curriculum work will reinforce the importance of a balanced diet and healthy lifestyle to pupils and give them the skills and knowledge to select a healthy balanced diet.

2. After School Provision

The school is keen to ensure that out of school provision also encourages pupils to eat a healthy balanced diet and endorses the aims of the policy. Any snacks or drinks provided should meet or exceed current national standards / guidelines.

3. Extra-curricular Activities

By offering extra-curricular activities such as: cookery clubs, growing clubs, etc. the school is showing its commitment to healthy eating through the development of practical skills and knowledge. These activities should demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.

4. School Fruit and Milk Schemes:

Key Stage 1 and Early Years pupils are provided with fruit and milk. Any snacks provided are healthier foods that are sugar free and lower in fat and salt. Curriculum work will support pupils to understand the need for a balanced diet.

5. Dining Room

The school is aware of the importance that the physical environment of the school dining room can have on the eating of a healthy diet. Pupils and staff are encouraged to eat at school and interact with one another. The tables in the dining room are circular to encourage positive interactions.

6. School Meals



School meals offer a nutritionally balanced healthy lunch to pupils, served by professional trained staff. All school food meets national nutritional standards (both food and nutrient based).

7. Lunch Boxes

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school encourages children to bring a healthy lunchbox from home and encourages the parents to provide one.

8. Water Provision

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided.

9. Sweets, Rewards, Treats and Celebrations

The school does not encourage sweets to be used as rewards or treats. Pupils and parents are also encouraged not to send sweets into school for snacks or celebrations. Pupils, parents and the wider school community are aware and respect this rule.

January 2015