

St.Wilfrid's RC Primary School Healthy Eating Policy

Mission Statement

To value each child as uniquely created by God and help further their spiritual, intellectual, moral, emotional and physical development;
To foster in each child a love of Christ and a desire to grow closer to him through prayer;
To provide an experience of living in an authentic and outward-looking Roman Catholic Community;
To provide a supportive, creative and welcoming environment for learning, where high standards of endeavour and attainment are achieved;
To promote values of tolerance, consideration and mutual respect;
To encourage a partnership between the children, their families, parish communities and the school.

Rationale

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At St.Wilfrid's RC Primary school we take our healthy schools status very seriously and the staff are dedicated to helping each child understand the role of healthy eating in achieving good health.

Aims

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet.
- To help the children understand that some foods should be eaten in moderation.

Curriculum Organisation and Delivery

Pupils are given the opportunity to use all their senses as appropriate to explore different foods as part of thematic work.

Whenever possible children are encouraged to prepare and taste traditional foods from their own culture and other cultures for example through the celebration of different festivals.

In KS1 and KS2, healthy eating is addressed through:

- Cross-curricular links with PSHE, DT, science and others.
- Explanation and modelling by all school staff
- Discussion between the teacher and pupils and between the pupils themselves
- Whole school projects such as Healthy Schools Week

- Cookery club

Key Stage 1

There is a free fruit scheme in operation for our children. Each child is given a piece of fruit each day. There is a different fruit or vegetable available each day such as apples, pears, oranges, bananas, strawberries, cherry tomatoes and peeled carrots. This provides the children with a daily healthy snack and the social experience of eating together.

Playtime

Children in KS2 may bring a healthy snack such as a piece of fruit or vegetables to school for morning break. Other items such as sweets, crisps, biscuits etc. are not allowed.

Dinner Time

The school refers to the contract specification issued by ISS Team and ensures that provision is met. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. Menus are displayed for the children and are available in leaflet format for parents.

Healthy packed lunches are encouraged. Any uneaten food is returned in the children's packed lunch boxes so the parents can be aware of what the child has eaten whilst at school. The children are encouraged not to have chocolate, cakes or biscuits in their lunch box. Sweets and fizzy drinks are not allowed.

Drinking Water

All children are encouraged to bring a water bottle to school daily, these are stored in their classrooms and are easily accessible at all times.

Fresh drinking water is available throughout the day.

Water is provided at dinnertime for those children having school meals.

Monitoring and Evaluation

Monitoring of more general aspects of healthy eating that pervade school life such as healthy snack, drinking water, will be carried out informally through observation, discussion and consultation with staff -both teaching and non-teaching – and the children – via the School Council.

Equal Opportunities

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

Cross Curricular Links

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHE, Science and Design & Technology schemes of work.

Health & Safety

All activities will be in line with school health and safety policy and LEA guidelines.

Staff Development

Relevant and up-to-date INSET will be provided in response to school/staff needs and national initiatives.

Notes

- This policy document was produced in consultation with the entire school community, including pupils, parents, school staff and governors.

- This school actively supports healthy eating and drinking throughout the school day.
- The school has achieved National Healthy School Status

Date:

Signed: