Dane Bank Primary School



Healthy Eating Policy

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| This Healthy Eating Policy was reviewed and amended by Lisa Fox, Pastoral Manager | *July 2018* |
| This policy was initially reviewed by Jack Schollar, Link Governor  | *July 2018* |
| This Healthy Eating Policy was approved by The Full Governing Board | *July 2018* |
| The Healthy Policy will be reviewed every 3 years, or more regularly in the light of any significant new developments. The next anticipated review date will be: | *June 2021* |

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Healthy Eating Policy

*This school is committed to safeguarding and promoting the wellbeing of all children, and expects our staff and volunteers to share this commitment.*

*This policy reflects the commitment of the staff and Governors of Dane Bank Primary School to promote equality. We will work to ensure that groups with the protected characteristics of gender, race, disability, age, gender reassignment, religion and belief, pregnancy and maternity, marriage and civil partnership and sexual orientation are free from discrimination and harassment. Our school will endeavour to address any barriers which could lead to unequal outcomes for identified groups.*

Introduction

The school recognises the important connection between a healthy diet and a pupil’s ability to learn effectively and achieve high standards in school. It also recognises the role that school can play, as part of the wider community.

The aim of the school is to provide opportunities to further improve the health and well-being of its pupils through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and encouraging them to make informed choices. This shall be accomplished through a whole school approach.

1: Curriculum

Dane Bank provides educational opportunities to develop an understanding and ethos of healthy eating throughout the curriculum. It is particularly addressed through PHSE, Science and P.E.

The curriculum work reinforces the importance of a balanced diet and a healthy lifestyle to pupils and gives them the skills and knowledge to select a healthy balanced diet.

2: Extra –curricular Activities

The school introduces and promotes practices within the school to reinforce its aims. We offer extra- curricular activities including family cooking sessions, an eco – club and gardening club. We also offer a vast amount of sporting activities including: gymnastics, karate, cycling and street dance among others throughout the year. This shows our commitment to healthy eating and healthy lifestyle choices through the development of practical skills and knowledge within these extra- curricular activities. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating and healthy living.

3: Break time snacks

We currently provide free fruit and vegetables to all pupils in Early Years and Key Stage 1 via the Department for Education. In addition to this we run a Healthy Tuck Shop at break time. For 25p a day, pupils can purchase a healthy snack.

4: Lunch time meals

School meals offer a nutritionally balanced lunch to pupils, served by professionally trained staff. All school food meets national nutritional standards (both food and nutrient based) and cater for any medical or ethical requirements of staff and pupils e.g. religious, vegetarian and allergenic issues. The Pastoral Manager provides all staff with an allergy register for reference as required. We actively promote the take up of school meals. We endeavour to make the provision and consumption of food [both school dinners and packed lunches] an enjoyable and safe experience in a pleasurable and dedicated environment. Regular reviews of provision take place and steps are quickly taken to address underlying issues.

5: Lunch Boxes

We actively promote and encourage all pupils to bring in a healthy lunchbox. We deliver healthy lunchbox workshops for parents, have assemblies for pupils and send information home to parents/carers on what is expected in a healthy lunchbox.

6: Water Provision:

As a school we realise 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. We have provision of water available to all pupils and staff and we encourage pupils to bring in their own sports bottles in Key Stage 2.

7: Sweets, Rewards, Treats and Celebrations

 Pupils and parents are asked not to send in sweets for snacks or packed lunches. Special celebrations (birthdays) and events during the school year may be celebrated occasionally with sweets that are to be taken home with the pupil. Sweets are never used for a reward, we offer stickers, certificates etc in line with the Whole School Behaviour Policy

The role of the Headteacher

* It is the responsibility of the Headteacher to ensure that staff and parents/carers are informed about this Healthy Eating Policy, and that the policy is implemented effectively. It is also the Headteacher’s role to ensure that staff are given sufficient training where necessary, so that they can teach effectively and handle any issues appropriately.
* The Headteacher and Pastoral Manager liaise with external agencies regarding the schoo’sl healthy eating programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.
* The Headteacher will monitor the policy on a day to day basis and report to governors, when requested, on the effectiveness of the policy.

The role of parents/carers

* The school is well aware that the primary role in children’s healthy eating lies with parents/carers. We wish to build a positive and supporting relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation.

In promoting this objective the school will:

* Inform parents/carers about the school healthy eating policy and practice;
* Invite parents/carers to view the materials used to teach about healthy eating in our school;
* Answer any questions parents/carers may have about the healthy eating their child receives in school;
* Take seriously any issue which parents/carers raise with teachers or Governors about this policy or the arrangements for healthy eating in the school;
* Encourage parents/carers to be involved in reviewing the school policy and making modifications to it as necessary. Policies will be found on the school website or are available upon request;
* Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.