

Collaton St. Mary C of E (VA) Primary School

HEALTHY EATING POLICY

Context:

Over the past couple of decades we have seen many changes in the diet of people in the country. The advent of the supermarket, foreign holidays, increases in leisure time outside the home and available money has seen a decrease in the time and interest in producing meals in the home.

This has seen the introduction of the 'ready meal' from snacks to complete meal takes. Home Economics i.e. preparing meals from basic ingredients went off the curriculum, as food or rather fodder can be bought in the supermarket and reheated in the microwave without interrupting the TV programme or having to sit down at a table.

Ready Meals, by their very nature of a long life, often contain high amounts of sugars, fats salt and preservatives.

Together with less compulsory school sports this has led to an obese nation.

For healthy growth and bodily maintenance we need a balanced diet with regular meals especially in the growing years while children are at school.

At the same time we need to consider where food is obtained, how it is grown, hygienically prepared, cooked and the cultural diversity of the country.

Children also need to understand how and why we use food for special occasions celebrations. At certain times of the year, such as Easter, Christmas and birthdays, the children are allowed to share sweets and crisps.

Children also need to understand that the shared eating of food requires us to follow certain rules. These ties of social interaction allow the children the opportunity to use good manners and to practice sharing.

Mission:

To improve children's diet thereby increasing their academic attainment and wellbeing.

Aims:

- To raise the awareness of parents and teachers for the need for a healthy diet among children
- To increase children's knowledge of where their food is produced and the impact on the environment
- To increase children's knowledge of the need for a healthy diet in developing their bodies
- To ensure that while in school children have snacks and meals that will ensure they are able to take part fully in all areas of the school curriculum both physically and mentally
- To give children an understanding of the ethnical, religious and cultural differences of other countries in the world
- To monitor the quality of school meals so that we can be assured that they comply with the National Nutritional Standards.
- To advise parents of the school's expectations of a healthy packed lunch and snack.

Action to date:

1. Setting up a Breakfast Club to ensure children start the day with an adequate meal
2. Setting up a healthy snack bar and removing unsuitable high sugar and salt snacks.
3. Encouraging our Early Years children to participate in the 5 a day fresh fruit and vegetable scheme

4. Providing children with healthy snacks at the After School Club session
5. Teaching the need for healthy foods in the classroom and giving children the opportunity to try unusual foods and make their own packed lunch
6. Providing safe water systems in public areas that children and staff can access as needed.
7. Milk is available for purchase at morning breaks

Practicalities:

1. We encourage children to drink water regularly throughout the day.
2. We allow treats on special occasions – fund raising, booster classes, games matches etc. – when cakes and biscuits are available
3. **Morning Snacks: All pupils are welcome to bring a healthy snack from home for the morning break time. This may include fruit, vegetables, a healthy snack bar, fruit bun, malt loaf, flapjack, plain biscuits, cheese and crackers, scone, or fruit muffin. Water, fruit juice or milk may be drunk.**
4. **We encourage packed lunches to include: bread, pasta, fresh or dried fruit and vegetables, with a cake or biscuit; water or fruit juice. For further information please ask for a copy of ‘Idea for Healthy Packed Lunches and Snacks’, or go to www.nutrition.org.uk.**
5. We encourage children to use ice packs in their lunch boxes, especially throughout the summer months, to ensure that food is consumed at the appropriate temperature.

Action to be discussed and arranged for the future:

1. To increase parent awareness of providing a healthy packed lunch
2. Encourage the children to eat a healthy diet at all times
3. To discuss food related issues with School Council and develop further practicalities
4. To provide a suitable kitchen where healthy meals can be produced that will encourage more children to have a healthy cooked meal at lunchtime

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

We actively support healthy eating and the well being of the school community.

The drafting process:

Draft 1: 3 December, 2006 Pam Wigfall

Draft 2: 5 December 5, 2006 Philip Mantell

Draft 3: March 2007.

Draft 4: May 2007, Katy Burns Healthy Schools Co-ordinator.

Agreed date of implementation: May 2007

Review date: May 2009.