



Healthy Eating Policy

This policy has been developed in consultation with pupils, parents, staff and governors.

Rationale.

At Cambo First School we recognize the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. In order for us all to meet our full potential we need to be healthy and fit-physically, mentally and socially. This policy states the ways in which our school community supports pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

We recognize that it is important for the whole school to use consistent messages around healthy eating. Therefore our message is:

Healthy eating does not mean NO treats but it does mean having them at appropriate times and not too often.

Aims

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.



We aim to encourage our pupils to develop positive attitudes to becoming healthy happy members of the community by:

- only providing snacks that are nutritious and healthy

- Encouraging enjoyment of exercise and fresh air
- teaching about healthy foods ,keeping safe ,respecting others ,their faiths and cultures
- organizing visits from other agencies e.g. school nurse to talk to parents and children on a range of health related issues.

Objectives

- To work towards ensuring that this policy is both accepted and embraced by governors, teachers, support staff, pupils, parents and the wider school community
- To integrate these aims into all aspects of school life, in particular food provision within school , the curriculum and social activities.



Links to other school policies

- Curriculum policies through which healthy eating messages are to be delivered include Personal, Social and Emotional Development ,Knowledge and understanding of the World and Communication ,Language and Literacy.

- Food policy
- Packed lunch policy



- Behaviour management policy-this school does not use food as a reward.
- Health and safety policy that states how food is stored, prepared and cooked in school.



Provision of food and drink across the school day.

Mid-session group time.

A carton of milk is provided for every child. A specific time is set aside for this and those who do not have milk, at their parent's request, have water instead. Occasionally a snack is also provided this snack is either a

piece of fruit or vegetable

Mid – session group time pm

This is available to all children at the end of the mid afternoon session and fruit is given via the fruit in school scheme. We have mixed age range classes hence all children receive fruit.



Packed Lunches.

Parents who choose to send their children to lunch club are encouraged to support the school's healthy eating policy by providing a healthy balanced packed lunch [in line with packed lunch and food policies]. Ideas and suggestions for this are made during the introductory parents meeting and children's lunches are monitored on an on-going basis. All lunches are kept chilled during the morning e.g. cold corridor. The school cook, teachers and lunchtime organizers work together to create a happy, sociable dining environment to encourage the development of good table manners.

After School Club

The Cambo after school club runs until 6.00pm. All children who attend sit down to share a healthy snack. For example fruit, cheese and biscuits, brown bread and butter or toast. Wherever possible the children are involved in the preparation of these snacks.

Sponsorship/Incentive Schemes

The school will not take part in any incentive schemes that encourage children to collect tokens from foods that should only be eaten in moderation e.g. collecting chocolate wrappers or crisp bags.

Curriculum, Teaching and Learning



Pupils are given the opportunity to use all their senses as appropriate to explore different foods and health issues relating to food as part of topic work.

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

Children with Special Education Needs and Disabilities

All staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the classroom. Information relating to individual needs is discussed with all parents before their child's admission to school.

Parental Involvement.

The school brochure and website contain a summary of the school's healthy eating policy .This is discussed with all parents on the home visit before their child starts school.

Parents are invited to participate in a variety of courses that provide advice on a range of parenting skills including developing healthy eating habits at home. They are also integral to all development regarding food in school wherever and whenever possible.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom they are helped/reminded to follow basic hygiene routines including; wearing a food preparation apron ,using clean equipment ,always washing hands before and after working with the food ,using an individual spoon etc. when tasting food.



Monitoring and Assessing the Policy

The school healthy eating policy is to be monitored by the head teacher. It will be reviewed on a planned three yearly cycle.

The school has Healthy Schools Accreditation and we are a flagship school for Food for Life

Signed Paula Cummings

February 2016