



## ***Healthy Eating Policy***

<b>Author/Person Responsible</b>	Chair of Curriculum Committee
<b>Date of Ratification</b>	March 2025
<b>Review Group</b>	Curriculum Committee
<b>Ratification Group</b>	Curriculum Committee
<b>Review Frequency</b>	Every 3 years Subject to local education authority and/or national policy change
<b>Review Date</b>	March 2027
<b>Previous Review Amendments/Notes</b>	July 2010 July 2012 October 2014
<b>Related Policies</b>	



## Equality Impact Assessment (EIA) Part 1: EIA Screening

<b>Policies, Procedures or Practices:</b>	Healthy Eating	<b>DATE:</b>	June 2012
<b>EIA CARRIED OUT BY:</b>	S Botten	<b>EIA APPROVED BY:</b>	S Botten

### Groups that may be affected:

Are there concerns that the policy could have a different impact on any of the following groups? (please tick the relevant boxes)	Existing or potential adverse impact	Existing or potential for a positive impact
<b>Age</b> (young people, the elderly; issues surrounding protection and welfare, recruitment, training, pay, promotion)		N/A
<b>Disability</b> (physical and mental disability, learning difficulties; issues surrounding access to buildings, curriculum and communication)		--
<b>Gender reassignment</b> (transsexual)		--
<b>Marriage and civil partnership</b>		--
<b>Pregnancy and maternity</b>		--
<b>Racial groups</b> (consider: language, culture, ethnicity including gypsy/traveller groups and asylum seekers)		--
<b>Religion or belief</b> (practices of worship, religious or cultural observance, including non-belief)	<i>School will not promote food in such a way as to offend religious groups.</i>	
<b>Sex</b> (male, female)		--
<b>Sexual orientation</b> (gay, lesbian, bisexual; actual or perceived)		--

Any adverse impacts are explored in a Full Impact Assessment.



## 1. Rationale

1.1 At Blackhorse Primary we are committed to giving all our pupils consistent messages about all aspects of health and we encourage them to make positive choices that will enhance their health and sense of wellbeing. This policy should be read alongside the school's PSHE, drug, RSE', behaviour and inclusion policies all of which explain our aims, objectives and responsibilities to help us achieve this.

1.2 The purpose of this policy is to establish our commitment to consider all aspects of our work to ensure that we promote and develop health awareness amongst all members of the school community. It also demonstrates how we provide for and promote all aspects of healthy nutrition during the school day.

## 2. Aims:

- I. Help pupils acquire the skills and knowledge to make healthy choices about what they eat and drink
- II. Ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food
- III. Ensure that food provision in school reflects the ethical and medical requirements of all members of the school community
- IV. Make the provision and consumption of food an enjoyable, social and safe experience
- V. Ensure that there is easy access to a safe drinking water supply during the school day
- VI. Supply information for parents and carers to support them in providing food for consumption in school that meets the same standards as food provided by school
- VII. Introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them

These aims will be integrated into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities. This policy will be shared with the whole school community and food providers.

## 3. Settings for food policy

**3.1 The breakfast club** operates on a daily basis in the school for all children from age 5. The food offered is healthy and is consistent with a healthy diet. We provide toast, low-fat spread, fruit jam, marmite, yoghurt, low-salt/low-sugar fortified cereals, baked beans or scrambled egg. Children choose from water, orange juice and apple juice to drink.

**3.2 After School club** operates on a daily basis in the school for all children from age 5. The food offered is predominantly healthy and is consistent with a healthy diet. We provide wholemeal toast, low-fat spread, fruit jam, marmite, baked beans, spaghetti hoops, low sugar squash, fresh fruit and soup. Snacks in the form of biscuits are made available but consumption of these is controlled by the After-School Club staff.



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**3.3 Snack** All our Reception children receive free milk. All EYFS and Key Stage 1 (KS1) classes receive fruit as part of the 'fruit for schools' scheme which is available at morning and sometimes afternoon breaks. Children are given the responsibility for collecting the milk and/or fruit for their class.

**3.4 School Dinners:** All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. EYFS & KS1 children are entitled to a free school dinner. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a selection of options, all of which pay regard to nutritional balance and healthy options.

**3.5 Packed Lunches:** Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars, (although we do allow chocolate covered biscuits at present) or fizzy drinks.

#### **4. Water for all**

Water is freely available throughout the school day to all members of the school community. There are water fountains located on each floor of the building. Every child is encouraged to bring a water bottle to store their water in. Children may drink their water at any time except during the 15-minute assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers. EYFS and KS 1 children are also reminded to drink water at their snack time.

#### **5. Food across the Curriculum**

5.1 Across the school there are opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from, such as shopping, preparing and cooking food.

- Enrichment courses provide small-group opportunities to learn about nutrition and healthy cooking. Access to 'Blackhorse Farm' provides children with the opportunity to grow their own food.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion, the function of different nutrients in contributing to health and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- Citizenship provides the opportunity to discuss the cultural dimension to food which should be explored and celebrated, including what children eat at lunchtimes.
- Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- PSHE encourages pupils to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.



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## **6. Partnership with parents and carers**

- 6.1 The partnership of home and school is vital in shaping how children and young people behave, particularly where issues such as health are concerned. We value the support and relationship we have with parents and carers and feel confident that they will help us to meet our aims for their children.
- 6.2 Parents and carers will be updated on our healthy eating policy through the school newsletter.
- 6.3 Parents will be consulted about the healthy eating policy.

## **7. Monitoring and review**

- 7.1 Governors help develop, monitor and check that the school policy is upheld.
- 7.2 The breakfast-club manager is responsible for ensuring that the food served is in accordance with this policy.
- 7.3 Key Stage leaders and subject leaders are responsible for the curriculum development of the food policy.
- 7.4 The headteacher and PSHE leader are responsible for supporting colleagues in the delivery of the food policy.
- 7.5 The school is responsible for ensuring the quality of the food offered meets the National Standard.
- 7.6 This policy will be reviewed every three years to take account of new developments.