



Radleys Primary School: Healthy Eating Policy

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Our Healthy Eating Policy has been developed with the School Council, agreed by the senior leaders and approved by Governors. It forms part of Radleys school rules and should be read in conjunction with our Whole School Food Policy. It will be reviewed every two years, or sooner, should there be a change in legislation or nutritional guidelines.

Development Process

When was the policy adopted: January 2015 (due to introduction of new food standards)

When was the policy be reviewed (1): January 2019

When was the policy be reviewed (2) : **June 2021**

When will the policy be reviewed (3) : June 2024

Signed: *Head Teacher*

..... *Governor*

Introduction

In our school we are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's Whole School Food Policy. We expect all parents/carers support us in delivering this policy to ensure consistency for our children and it also forms part of our school rules and the home/school agreement.

Radleys school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

Our school is an accredited Healthy School and, like, like all schools, we have to follow the government Healthy Food Standards. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of our school community. We can provide a valuable role model to children and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages to our children about food and health
- To give our children the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

To encourage all children to take part in the '5-A-DAY' campaign.

We do not use vending machines in our school. Currently we do not run a tuck shop or operate a Breakfast Club, but if we decide to do so in the future, the Whole School Food and Healthy Eating policies will be applied to all items sold.

Break Time

All Foundation Stage and KS1 classes include a morning break time snack of cut and washed fruit to all children. In Foundation Stage, it is shared in a family setting for all class members and acts as a social and discussion time. Children are given responsibility for passing the fruit to others and for helping to clear away. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. KS2 children can bring fruit/raw vegetable, which they eat at break time — no other snacks are allowed during break.

School Lunches and Packed Lunches

All our school meals are cooked fresh, on site, by our own in-house catering team. All meals prepared have to conform to the Food Standards. This includes the use of fresh fruit and vegetables each day, where possible, as choice options for our children. They provide a vegetarian and non-vegetarian options, both of which pay regard to nutritional balance and healthy options.

Many children bring packed lunch to school. We apply the same food standards to lunch boxes, as their nutritional value is as important as the standards of food in school dinners. Our website contains further information about healthy packed lunch options and you can contact our Family Support Worker if you require any support preparing lunches. **We do not allow sweets, chocolate bars, except on 'Treat Fridays', or sugary/fizzy drinks at any time.**

Water For All

Water is freely available throughout the school day to all members of our school community. Water fountains are located around school and, in addition, all classrooms have drinking water. No water fountains are located inside toilet blocks. The school sells water bottles and children are expected to fill them with water at home on a daily basis. Children may drink their water at any time, except during the 15-minute assembly, and their water bottles are available outside at lunch. There is a free supply of water in the dining hall. Class teachers will encourage children to regularly fill their water bottles throughout the school day. Children may also bring no added sugar juice in their water bottle, but when empty, the bottle must be refilled with water.

Foundation Stage children are also reminded to drink water and/or milk at their snack time. **Children who bring in any other drink will be asked to take it home at the end of the school day and water will be freely given in its place.** All parents/carers are expected to support the school. A medical letter from a doctor or consultant will be required to exempt a child on **medical grounds** e.g. diabetics. A child not liking the taste of water is not a reasonable exception.

Partnership with Parents and Carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where healthy lifestyle choices is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed-lunch policies through the school website and letters. We politely remind parents/carers that only water may be drunk during the school day.

Role of the Governors

Governors monitor and check that the school's healthy eating policy is upheld and can also offer guidance where a member of the body has particular expertise in this area. Their expectation is that all parents and carers support the delivery of the policy in school and work with school to ensure a consistent message for our children.

Monitoring and Review

The Head Teacher and the Senior Leadership Team are responsible for supporting colleagues in the delivery of this healthy eating policy, which forms part of our school rules and expectations.

Thank you for your support.

