



FULMER INFANT SCHOOL

HEALTHY EATING POLICY

There are four main purposes to this policy:

- To establish an entitlement for all pupils
- To establish expectations for staff
- To promote continuity and coherence across the school
- To state the school's approaches to this subject in order to promote public, and particularly parents' and carers', understanding of the need for healthy eating.

Introduction

At Fulmer Infant School, we acknowledge that well-nourished pupils are likely to be more receptive to teaching and will learn better. We are committed to giving all our pupils 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.

The school supports the Government's 'five a day' campaign to encourage children to eat five portions of fruit and vegetables a day, along with a well-balanced diet of proteins, fibres, carbohydrates, fat and sugar. This has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity. It is well established that obesity and many illnesses are related to poor diet. Some illnesses are also related to incorrectly prepared food.

Instilling healthy eating values during childhood will enable pupils to make informed decisions in later life. 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 which supports a healthy lifestyle.

Aims and objectives

These are:

- To improve the health of pupils and staff by increasing their knowledge and awareness of food issues and influencing their eating habits
- To ensure we are giving consistent messages about food and health and promote health awareness
- To give our pupils the information they need to make healthy choices
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the 'five a day' campaign
- To make the consumption of food a safe, sociable and enjoyable experience
- To ensure all pupils have access to a fresh water supply throughout the day
- To make pupils and staff aware of any religious, ethnic, ethical, medical and allergic requirements of other members of the school.

We will achieve these aims by:

Healthy Eating Policy

- Encouraging every pupil to eat at least one portion of fruit or vegetable during their morning break
- Encouraging pupils to eat all of their lunch
- Consulting parents if we are concerned that a pupil is not eating an adequate lunch on a regular basis
- Encouraging pupils to bring in a beaker of water, which remains in the classroom, or use the water fountains provided – regular water and brain breaks are built into the school day and curriculum by class teachers
- Raising awareness of safe preparation and storage of food
- Reinforcing issues of healthy eating through assemblies and classroom activities
- Exploring different tastes during food tasting sessions.

Food across the curriculum

In school there are a number of 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.

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients
- Science provides an opportunity to learn about different food groups and the need for a balanced diet and how this contributes to health
- 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
- Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices
- 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
- Geography provides a focus on where foods come from, how and where they are grown and produced, while history provides insight into changes in diet and food over time
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking
- Children grow food in the school's garden, helping to teach where foods come from

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. We are a nut free school.

During out-of-school events e.g. Fulmer Day, Pumpkin Party etc., the school will encourage the Parents' Association to consider the Healthy Eating Policy, with regard to the range of refreshments offered to children.

Role of the governors

Governors monitor and check that the policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

All teachers are responsible for the curriculum development of the Healthy Eating Policy. The Headteacher is responsible for supporting colleagues in the delivery of this policy.

This policy will be reviewed annually to take account of new developments.

Related policies and other documents

Curriculum Policy

Health and Safety Policy

Inclusion Policy

School Improvement Plan