

# Glynwood Community Primary School



## Healthy Food Policy

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## **1. Aim**

To ensure that all food items in Glynwood Primary School are nutritious, healthy and promote the well-being of the pupils and staff.

## **2. Objectives**

- To review the topic of healthy eating in the curriculum, and ensure the relevant information is up to date
- To encourage all KS1 pupils to try the fruit offered at morning break times
- Provision of a healthy snacks for KS2 pupils at morning break times
- Encourage children to drink water throughout the day.
- Ensure that every classroom has a drinks area so that every child can access a drink of water when they need it
- To develop a vegetable patch in our school garden
- To offer alternative treats rather than sweets for occasions such as birthdays

## **3. How these targets will be met?**

- Ensure that each year group is covering healthy eating through the PSHEE/C and science curriculum, and that the information taught is up to date and relevant to each age group
- Teachers and teaching assistants try to persuade reluctant fruit eaters to taste the fruit given
- Healthy snacks to be provided which pupils can purchase at a reasonable cost - advertise availability in assemblies
- Remind children of the importance of drinking water throughout the day.
- Ensure that every classroom has a drinks area so that every child can access a drink of water when they need it.
- Establishing a vegetable/fruit patch and creating dishes with the children using the vegetables/fruit they have grown
- Ask parents and pupils to share healthy snacks rather than sweets or cake for birthdays or other occasions.

## **4. Monitoring and evaluating**

- Ensure lesson plans show what has been taught in relation to food, nutrition and diet.
- Ask teachers to obtain oral feedback from children trying the fruit.
- Keep a record of healthy snack sales.
- Staff to encourage pupils to drink water throughout the school day, especially after taking part in physical activities
- Ensure all classrooms have a box/ area for the storage of water bottles
- Established vegetable/fruit garden - children to take responsibility for planting, nurturing and harvesting the vegetables/fruit.

- Obtain feedback from staff on whether or not children have brought in alternatives i.e. healthier snacks for celebrating special occasions.

## 5. School Meals Service

Gateshead school meals service provides our school meals, which are cooked on the school site. They promote healthy eating and school meals through a variety of publicity leaflets/ menus and events.

- Healthy eating - meals are freshly cooked, bright and attractive as well as nutritious offering a wholesome variety including fruit and salad.
- Social skills - these are developed while dining with their peers. They are encouraged to sample different foods that may be unfamiliar to them.
- School work - a balanced meal at lunchtime provides the children with the fuel they need to keep them bright and alert during the afternoon.

How the service will be monitored:

- Lunchtime supervisors are always on hand to encourage children to make healthy choices.
- The headteacher will provide feedback to the school meals service on a regular basis.

## 6. Health and Safety

Hygiene is always highly prioritised when the children are either working with or eating food. Staff instruct the children to wash their hands before eating (the importance of doing this is covered in PSHEE/C), pupils are also shown how to use cutlery correctly if they are unsure.

Before making any meals in school, children are shown how to use equipment properly and safely. Staff are always there to supervise children throughout cookery lessons. Children are also taught about the safe preparation of food and how to store different food items safely.

As part of the science curriculum children are taught about the variety of food to choose from. They learn how to plan a healthy diet suitable for a family, which foods to be avoided and which foods should be included to provide a nutritious meal. In history, geography and RE the children learn about traditional food, the importing of food from other countries and the food of different religions and cultures. The PSHEE/C scheme covers the importance of healthy eating, healthy heart, healthy

lifestyle and the choice of the individual to make informed decisions based on knowledge and experience. Health for life is becoming a greater part of our culture

## **7. Support for parents and pupils**

Glynwood primary school supports pupils, parents and carers of pupils who have concerns about their diet by sharing the contact details of the school nurse.

### **Notes:**

1. This policy was produced with the support of pupils, staff, governors, head teacher and the healthy school lead.

This school actively supports healthy eating and drinking throughout the school day.

January 2019