



## **CLIFFE VC PRIMARY SCHOOL**

### **HEALTHY EATING POLICY**

#### **Introduction**

At Cliffe VC Primary School 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 '5 a day' campaign to encourage children to eat 5 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.

#### **Context**

We believe that every child at our School can play a part in making sure that the children develop positive attitudes to food. They make informed choices and enjoy eating healthily.

We want the children to understand that good, nutritious food is essential to their ability to learn as well as their long term health.

We want the children to enjoy cooking and learn certain core skills by the time they leave the school. We believe that food has a role in developing young people's social skills.

#### **Aims and Objectives**

- To ensure that we are giving consistent messages about food and health
- To give our pupils 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

#### **Snacks**

All classes include a morning break-time snack of fruit and vegetables offered under the government initiative to provide all infants with free fruit and vegetables during the day.

#### **School lunches and packed lunches**

All our school meals are provided by North Yorkshire County Caterers who operates a healthy food policy. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot dinner which pays regard to nutritional balance and healthy options.

Many children bring packed lunch to school. We do not allow sweets or fizzy drinks as part of a packed lunch.

#### **Water for all**

Cooled water is freely available throughout the school day to all members of the school community. There is a Water cooler situated in the main wet area. All children are encouraged to bring in a water bottle and drink water throughout the day when they are thirsty

#### **Food across the Curriculum**

In FS, KS1 and KS2, 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.

### **Gardening Club**

The school will provide opportunities for pupils to grow and harvest fruit and vegetables in the school grounds. Crops grown e.g. Potatoes, pumpkins etc will be cooked and shared amongst the children. Gardening Club is a lunchtime club offered to the children in rotation through the year.

### **Fair Trade**

We believe that our children should develop an awareness of the ethical issues that surround the growing and sharing of food around the world. Our commitment to Fair Trade allows us to promote the importance of justice and fairness in the way we support those that grow our food around the world. .

### **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. The school will work with parents to promote and celebrate healthy eating and a balanced and nutritional diet.

### **Links to Other Policies**

This policy has links to the Behaviour, PSHCE, Equal Opportunities and Design Technology Policies.

### **Role of the Governors**

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

### **Monitoring and review**

The Head teacher is responsible for supporting colleagues in the delivery of the Healthy Eating Policy. North Yorkshire County Caterers are responsible for ensuring the quality of the food offered as part of the contract with the LEA.

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

Review date: Sept 2017