



Healthy Eating Policy

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Mission Statement

We, at Silsoe VC Lower School, strive for excellence in education by providing a safe, secure, caring environment, where all pupils are valued and respected as individuals, enabling them to reach their full potential.

Rationale

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos which express that we learn together as a community. We aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

We believe that it is important that the right message is delivered regarding healthy eating.

Aims

- To improve the health of pupils, staff and their families by increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation.
- To provide a programme of cross-curricular nutrition education that enables pupils to make informed choices about food.
- To work in partnership with our catering staff to ensure that the School Food Standards are implemented by providing attractive, value for money meals that are appropriate to ethnic/medical needs.
- To work in partnership with all school stakeholders to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- To ensure good liaison with parents and carers to ascertain any specific dietary needs.

We aim to promote healthy and balanced eating by:

- Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with The National Nutrition Guide.
- Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- Encouraging water, milk and sugar-free drinks and discouraging sugary drinks and less healthy snacks between meals.

Mid-Morning Snack - Fresh fruit and vegetables are encouraged during morning playtime. We are also involved in the School Fruit and Vegetable Scheme. Every child in Reception and Key Stage One is encouraged to have an extra piece of fruit or vegetables each day during afternoon playtime.

Drinks - The children are encouraged to drink water throughout the day at school and especially after PE, playtimes and in hot weather. All of the children are provided with a named drinking cup. As a school we recognise that milk makes a vital contribution to a child's dietary needs. As a result all children under the age of 5 are entitled to a carton of free school milk each day. Once a child reaches their 5th birthday we are still able to provide a carton of milk but this would be at a cost. If this is something you would like your child to participate in then please speak to the school office who will be able to provide further details. All of the children eating a school meal are encouraged to have water at lunchtime.

Packed Lunches - A guidance leaflet is issued to parents on the content of packed lunches. We operate a nut free zone and encourage healthy packed lunches.

School Meals - The School recognises the value of providing the option of a healthy balanced school meal at lunchtime. Our lunchtime provider 'HCL' meets the recommended nutritional standards and all cultural and dietary needs.

Care Club - Milk, water and healthy snacks are available to children who attend Care Club. The importance of having a healthy snack after school is reinforced and encouraged.

Curriculum Teaching and Learning

Key healthy eating messages are covered in lessons across the curriculum e.g. through Science, DT and PSHE. They are also delivered through worship and themed days.

Parental Involvement

All parents have access to a copy of the School Prospectus which includes our healthy eating message. Parents are always informed of any food related activities.

Food Hygiene

Children are reminded on a regular basis about the importance of hand washing before eating. Key members of school staff have completed an online food hygiene course.