



Food & Healthy Eating Policy

Policy Written By: Heather Willis

Policy Reviewed: July 2020

Review Date: July 2021

Policy to be taken to Governors: No

Policy Category: School



Introduction

At Finlay Community School we recognise that, as educators, we can play an important role in encouraging children to develop the skills and knowledge to lead a healthy lifestyle. It has, therefore, been decided to implement a policy to facilitate this.

Rationale

Our educational mission is to improve the health of the school community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. As such, we recognise the important connection between a healthy diet and children's ability to learn effectively at school.

Aims

- To improve the health of pupils and staff by helping to influence their eating habits by increasing their knowledge and awareness of food issues.
- To make pupils aware of the benefits of a healthy and well-balanced diet.
- To make pupils aware of the wider environmental issues surrounding food consumption and production.
- To ensure pupils are well nourished at school, that every pupil has access to safe, tasty and nutritious food.
- To ensure pupils are given access to fresh drinking water during the school day.
- To ensure that lessons and teaching around healthy lifestyles is embedded within the class themes/ class assembly/ whole school assemblies.
- To make the provision and consumption of food an enjoyable and safe experience
- To introduce and promote practises within the school to reinforce these aims and to begin to remove or discourage practises that negate them
- To support and include children with specific dietary requirements whether that is because of allergies or religious preferences.

Objectives

To work towards ensuring that this policy is accepted and embraced by

- Governors
- School management
- All staff
- Pupils
- Parents
- Food providers
- Wider community
- To integrate aims into all aspects of school life, in particular, food provision within the school
- The curriculum
- Pastoral and social activities



Methods

- Establish an effective structure to oversee the development, implementation and monitoring of this policy. To encourage participation by all to meet the aims and objectives.
- Develop an understanding and ethos within the school of tasty, nutritious food, through education and example.
- Encourage the consumption of healthier snacks and water in the school day.
- Encourage visits from outside agencies (including the school nurse, school catering company, local supermarkets and Progressive Sports) and interested parties (environmental/agricultural groups) to work with the children on related issues.
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- Provide a list of allergens for all school provided food.
- Have a healthy snack policy at break time.
- Improve and promote healthy school dinners through working with caterers
- Encourage healthy lunch boxes from home
- Encourage good manners.

Monitoring and Evaluation

The following will help to ensure that the above aims and objectives are being met:

- Liaise with PSHE/PE Coordinator to look for evidence within whole school planning
- Promotion through our class themes/ whole school theme weeks/ campaigns/ assemblies based on healthy living during the year.
- Informal monitoring of food at lunch time to check if policy is being up held.

Parents/carers and the community

We recognise that the co-operation of parents and carers is essential if these aims and ideals are to succeed.

In order to encourage as much parental support and co-operation as possible, we send out reminder notes and ideas for healthy lunch boxes.

Wherever possible we run family learning courses/sessions around food and healthy lifestyles.

Parents can access our family services manager/learning mentors for support for their children needs regarding food and healthy lifestyles.

We encourage our parents/carers to take part in activities arranged by the school and community.

Water during the Day

Children are actively encouraged to drink throughout the day. This is especially important during the summer term and after any exercise, when the risk of dehydration is greater.



All children are provided with a water bottle that is available throughout lessons. These bottles are refilled daily and sterilized as appropriate.

Water is available to children while eating their lunch.

Parents and carers are encouraged to provide a suitable drink (non-carbonated) for the children at lunchtimes.

Special Occasions

The purpose of this policy is not to teach children that any food or drink is 'wrong' or permanently 'off-limits', but that any food or drink should be enjoyed in moderation.

Therefore, on certain occasions, such as a child returning from holiday or a child's birthday the giving of sweets is still considered acceptable as an act of friendship towards others. Similarly, the Christmas Parties are to be seen as a time for children to enjoy themselves and indulge in traditional 'partyesque' foods and drinks.