

# HEALTHY SCHOOL'S FOOD POLICY FOR GOONHAVERN PRIMARY SCHOOL

## **Our Aim**

At Goonhavern Primary School we wish to promote the topic of healthy lifestyles to ensure that everyone is able to make educated and informed choices.

## **Rationale**

Evidence suggests that pupils, who are healthy, achieve well at school and that childhood diets impact upon their future health. As part of our continuing commitment to Every Child Matters, we will be contributing to the five national outcomes – being healthy; staying safe; enjoying and achieving; making a positive contribution; and economic well-being.

## **Objectives**

- \_ To give pupils confidence, skills and understanding to make healthy lifestyle choices.
- \_ To provide healthy and nutritious food and drink across the school day.
- \_ To inform parent/carers of healthy packed lunch choices.
- \_ To promote healthy snacks by selling healthy tuck at morning playtime.

## **Implementation**

### **Curriculum, Teaching and Learning**

Monitor and evaluate the opportunities for promoting healthy lifestyles throughout years R –6.

### **School Meal Service**

Monitor and evaluate the provision of school meals ensuring that they meet the Government Standards. School council are involved in promoting healthy eating choices and decision making regarding a balanced diet including their lunch at school.

### **Snacks and Lunchbox Guidance**

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In YR and KS1 all children will be provided with a free piece of fruit or vegetable snack each day. Children in KS2 may bring in their own fruit or vegetables prepared at home for morning snack.

Within packed lunches we will aim to avoid:

- ✘ Snacks such as crisps (alternatives include savoury crackers, breadsticks, seeds)
- ✘ Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack, plain biscuits, dried fruits)
- ✘ Fizzy drinks, drinks with added sugar or sweeteners
- ✘ Items that are high in fat or salt. For example: cooked sausages, sausage rolls, chipolatas, individual meat pies

Guidelines will be available for parents on healthy packed lunch choices.

### **Drinking Provision**

Children are encouraged to bring in **water** to drink in school from a named water bottle.

Water or milk is available for children who have a school lunch.

Reception children may have milk, in addition to water, each day.

Squash, juice and fizzy drinks are not permitted.

### **Dining Environments**

Staff, pupils, catering and lunchtime supervisors will be given the opportunity to suggest improvements to present provision in dining hall.

Provision will be monitored and evaluated by the School Council.

### **Special Events**

Children's occasional fundraising events will include cakes made by the children.

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Fund raising events out of school hours will promote healthy food choices but will include treats as necessary.

Cultural festivals will include any food items that are deemed necessary.

### **Inclusion and Equal Opportunity Statement**

At Goonhavern Primary School we do not discriminate against anyone, be they staff or pupil, on grounds of their sex, race, colour, religion, nationality, ethnic or national origins. We are committed to an inclusive ethos based on respect for, and celebration of, ethnic diversity. We ensure that the potential of every child is maximised, irrespective of ability, disability, race, gender and social origin, and enable equality of access to the curriculum in an environment where every child is valued and respected.

### **Differentiation and Special Needs**

Any child with a recognised food allergy or dietary need is identified and provision made for that child. In certain circumstances, for the child's best interests and safety, information will be shared with all staff.

### **Working with Outside Agencies**

Goonhavern Primary School is committed to working with outside agencies, such as school nurses and assembly visitors, to promote the topic of healthy lifestyles.

### **Monitoring and Evaluations:**

We will know our objectives are successfully met by:

- \_ Pupil evaluations: questionnaires, School Council feedback
- \_ Parent/Carer feedback: questionnaires, School Council feedback
- \_ Staff : monitoring and reviews
- \_ Cornwall Healthy School Status

### **Links to other school policies**

This policy should be read in conjunction with the following school policies; Health and Safety, PSHE policy and Science policy.

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**Written by: C Hayes & G Collins**

**Approved by Chair of Governors:**

**Date for review: July 2015**