

Old Dalby Church of England
Primary School



**Healthy Eating
POLICY**

Old Dalby CE Primary School

Whole School Healthy Eating Policy

Introduction

Old Dalby CE Primary School is committed to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this school food policy.

Food Policy Aims

The main aims of the Old Dalby CE Primary School Healthy Eating Policy are:

1. To promote the benefits to health of healthy eating through the curriculum and the school ethos.
2. To provide knowledge of what healthy eating means, understanding of why it is important, and the skills to choose a healthy and balanced diet.
3. To provide opportunities to eat a healthy meal or break time snack in school.

Curriculum

Food and nutrition are taught at an appropriate level throughout each key stage. Opportunities to learn about food and the importance of healthy eating are provided through the Science and Design and Technology curriculum (See Appendix A).

The delivery of Personal, Social and Health Education, as part of the life and ethos of the school underlines the importance of making healthy food choices and is part of our working towards the National Healthy School Standard.

• Teaching Methods

At Old Dalby CE Primary School effective teaching using a wide variety of teaching methods ensures pupils develop their understanding of healthy eating issues and appropriate skills and attitudes to help them in making informed decisions about the food they choose.

• Visitors in the Classroom

Old Dalby CE Primary School values the contribution made by visitors and outside agencies to the school that enhance the learning opportunities we offer our pupils. All visitors are clear about the required learning outcomes of their contribution and work within previously agreed boundaries.

- **Food Made by Children in School**

From time to time children produce food in school as part of the curriculum, e.g. Science, RE, Design and Technology, Literacy or Maths. This food may include cakes and biscuits and this provides the opportunity to discuss the role of these foods in a balanced diet.

Parents are informed of these activities and the school medical register is checked for children with food allergies or intolerances.

- **Evaluation of Pupils Learning**

The healthy eating aspects of the Science National Curriculum are assessed at the end of each Key Stage through SATs.

Other aspects of healthy eating work are evaluated in each year group through activities which have been built into a unit of work as part of the planning process.

School Lunches

Children are provided with the opportunity to buy a hot meal if they so choose. Children who qualify get a school meal free of charge.

The Government introduced new nutritional standards and guidelines for school meals in September 2006. Old Dalby CE Primary Schools' current school meals contractor Leicestershire County Council is providing menus that meet and exceed the national standards.

Packed Lunches

Children may choose to bring to school a packed lunch from home. Lunchboxes are stored in a suitable place in the classroom away from the heaters.

Milk

Children in the Foundation Stage receive 1/3 rd of a pint of semi-skimmed milk free of charge until their 5th birthday. The option to purchase the milk for a small weekly charge is available for all children. It is free to those children entitled to free school meals.

Fruit and Vegetables

All children in the Foundation Stage and Key Stage 1 are offered a piece of fruit or vegetable free of charge under the Governments Fruit and Vegetable Scheme. The School Fruit and Vegetable Scheme is part of the national 5 A DAY programme and encouraging children to develop positive attitudes towards these foods.

In order to continue our commitment for children to develop healthier lifestyles, our School Council decided that children in Key Stage 2 should also be encouraged to bring one piece of fruit or vegetable from home to be eaten as a break time snack and therefore no other snacks are permitted.

Drinking Water

Old Dalby CE Primary School recognises the benefits of drinking water and actively promotes the consumption of water during the school day.

Fresh, free drinking water is accessible to all children throughout the school during the school day.

Use of Food as a Reward

Old Dalby CE Primary School does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour, academic or other achievements.

Other methods of reward and positive reinforcement are used in school including:

- reward stickers
- certificates
- house points

Review

This Policy will be reviewed annually.

Appendix A

Overview of Food curriculum for Year A.

	Autumn term	Spring term	Summer term	
Year R/1		Unit 1C Eating more fruit & vegetables	Unit 1a Ourselves	
Year 1/2			Unit 1a Ourselves	Unit 2A Health & Growth
Year 3/4			Unit 3A Teeth & Eating	Unit 4A Moving & Growing
			Unit 3B Sandwich Snacks	
Year 4/5			Unit 4A Moving & Growing	Unit 5B Lifecycles
			Unit 5B Bread	
Year 5/6			Unit 5B Lifecycles	Unit 6A Interdependence & Adaptation
			Unit 5D Biscuits	

KEY: ----- Science topic

----- D&T topic

Overview of Food curriculum for Year B

	Autumn term	Spring term	Summer term	
Year R/1				
Year 1/2				
Year 3/4				
Year 4/5				
Year 5/6			Unit 5A Keeping Healthy	Unit 6B Micro-organisms

KEY: ----- Science topic