



# Alderman Knight

## Healthy Eating Policy

Date Reviewed	February 2022
Reviewed By	Headteacher
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Ratified by Governors	

# Healthy Eating Policy

## INTRODUCTION

Alderman Knight School is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community.

Alderman Knight recognises the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

## AIMS AND OBJECTIVES

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that packed lunches brought in from home provide the child with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## ORGANISATION – PACKED LUNCHES

The Food Standards Agency survey of packed lunches showed that many children's lunches contained too much sugar, salt and fat and little fruit and vegetables.

- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.
- Lunch boxes should not contain more than one of each of these foods: crisps, confectionary, chocolate bars and sweetened drinks.
- Fizzy drinks and chewing gum and sweets are not allowed.
- The contents of children's lunchboxes will be monitored, to ensure a balanced meal is being provided and the portion size is appropriate for the age of the child.
- Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. Some children are allergic to nuts and a serious reaction, including breathing difficulties can occur.
- Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

- The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided.

## ORGANISATION – DINING ENVIRONMENT

Alderman Knight is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of children. The school will aim to provide a calm, ordered environment conducive to good behaviour and mutual respect.

- The dining room is well staffed and older pupils who assist the children in serving the dinner at each table, like a traditional family service
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. They will also be encouraged to eat their sandwiches and savoury things first.
- Children will be encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Children will be required to enter and leave the dining hall/main hall in an orderly way; to show respect for other diners.
- Parents or carers will be advised if their child is not eating well.
- The children will be encouraged to demonstrate good manners in the hall e.g. using quiet partner voices and saying “please” and “thank you”.
- The children will seek permission from staff before leaving the table and they will be encouraged to eat the food they have been provided with.

To demonstrate our caterer’s commitment to healthy eating, a Fresh Food Policy has been created to meet nutritional needs for children throughout their day by:

- Discouraging the use of convenience foods
- Keeping ‘fast food’ to a minimum
- Having innovative ideas to enhance the catering service, from ‘Healthy Eating Week’ to national days

## ORGANISATION - CURRICULUM

We regard healthy eating and healthy lifestyle education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

- Assemblies (one per term) to offer an opportunity to explore health and food related issues.
- The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, Design and Technology and PSHE (Personal, Social, Health Education) curriculum.
- All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain, healthy lifestyles (exercise, sleep and the components of a healthy diet) and its effect on the human body through the Science curriculum.

## SNACKS

- To ensure consistency across the school all children will be encouraged to eat fruit or vegetables at break time. Other healthy snacks could include; bread sticks, cereal bars, wholemeal crackers or rice cakes. These items are sold at the school tuck shop.
- Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- For medical reasons nuts are also not allowed. As a school we have a duty of care to all our children.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. It has been recognised that drinking plenty of water improves behaviour and concentration.