**Shenington Church of England Primary School**
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*Excellence Through Endeavour*
*"Let your Light Shine" – Matthew 5:16*

POLICY DOCUMENT

# Healthy Eating/Nutrition Policy

**Aims of Policy**
At Shenington C of E VA Primary School we recognise the **importance of a healthy lifestyle and diet** and understanding that establishing a balanced diet in childhood helps establish **healthy eating habits for life.** This policy states the ways in which our school community supports **pupils to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives.** This policy also describes how the school community helps pupils to **develop the skills and attitudes** that will help them make informed healthy choices both in and out of school. In order to reflect the importance of healthy eating, this policy **specifies the types of food and drink that we will provide** in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.

**Policy Background**
In Shenington C of E Primary School, our school community decided to work together to help each other take responsibility for our own health and to adopt health-enhancing attitudes and behaviours. In order for us all to meet our full potential we need to be healthy and fit – physically, mentally and socially. We decide to review the current food provision in school and find ways to increase people's knowledge, understanding and attitudes towards healthy eating.

This policy has been developed in consultation with pupils, parents, staff and governors. Advice and consultation from local health and education services and in line with Government guidelines.

**Definition of Healthy Eating/Nutrition**
A healthy diet is one which allows for a balance of different foods that sustain the well being of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

**Curriculum**
Healthy Eating is explicitly addressed within the Science, RSE, PE and D&T curriculum.

Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.

There are also opportunities for cross-curricular coverage of healthy lifestyles in Science, DT and PE.

A wide range of teaching approaches and resources is used to deliver the curriculum.

**School Food Provision**
At Shenington C of E VA Primary School we recognise that most of us need to eat more:

- Fruit and vegetables
- Cereals and bread
- Fish and lean meat

We also need to eat less:

- Fat
- Sugar
- Salt

This knowledge is reflected in the food provision in school. All school meals meet the Government nutritional standards for school lunches.

**Hot Dinners**
Hot dinners are provided through Educaterers, who offer healthy, balanced dinners from locally sourced produce. Parents can choose to have a dinner every day.

**Packed Lunches and Snacks**
Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children.

Fruit and vegetable snacks are to be eaten at playtime. This includes:

- Any raw fruit or vegetables
- Dried fruit

Pupils may bring squash or fruit juice to have with their packed lunch.

**Seating Provision**
All packed lunches/hot dinners will be eaten in the school hall. Pupils will be encouraged to take their time to eat their dinner and to eat as much of it as possible.

The eating environment will be reviewed termly to ensure that a calm and enjoyable atmosphere is maintained.

**Drinks Provision**

Everyone has a right to access clean drinking water. We try to encourage pupils to drink water at school.

At Shenington C of E Primary School pupils are encouraged to bring clearly labelled, plastic water bottles into school each day, which can be kept in the classroom so that pupils can have free access to water without needing to leave the classroom. For Health and Safety reasons, pupils are required to take water bottles home each day to be washed and refilled.

Water fountains are located in the playground.

PUPILS SHOULD BE TAUGHT:

| | Science – Life Processes and Living Things | RSE | PE |
|---|---|---|---|
| KS1 | 1b) That animals, including humans,<br><br>move, feed, grow, use their senses and<br><br>reproduce.<br><br>2b) That humans and other animals need food and water to stay alive.<br>c) That taking exercise and eating the righ types and amounts of food help humans t keep healthy | 3a) How to make simple choices That improve thei health and well being<br>c) How some diseases spread and can be controlled | Teaching should ensure that when evaluating and improving performance, connections are made between developing selecting and applying skills, tactics and compositional ideas, and fitness and health.<br>Pupils should be taught links to:<br>Sc2 – Life Processes and living things 2c |
| KS2 | 1a) That the life processes common to humans and other animals include nutrition, movement, growth and reproduction.<br>1b) That the life processes common to plants include growth, nutrition and reproduction<br>2a) About the functions and care of teeth<br>2b) About the need for food for activity and growth, and about the importance of an adequate and varied diet for<br>5f) That micro organisms are living organisms that are often too small to be seen, and that they may be beneficial [for example, in the breakdown of waste, in making bread] or harmful [for example, in causing disease, in causing food to go mouldy]. Health | 3a) What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices?<br>b) That bacteria and viruses can affect health and that following simple, safe routines can reduce their spread. | Teaching should ensure that when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics and compositional ideas, and fitness and health |

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**Reviewed by:**
Head teacher, Sarah Reynolds
Assistant Head Teacher, Heather Wright

**Policy adopted: November 2023**
**Policy review date: November 2026**

..... Date ...../...../.....
**Sarah Reynolds, Head teacher**

..... Date ...../...../.....
**Catherine Wythe, Chair of Governors**