



Bromstone Primary School

## **Healthy Eating Policy**

**Formulation date:** 1<sup>st</sup> September 2014

**Senior Team Responsibility:** Head of School

**Governors' Reviewing Committee:** Behaviour and Safety- Initially now reviewed by SLT

**Approved on:** September 2015

**Reviewed on:** 6<sup>th</sup> December 2023

**Next Review Date:** November 2025

## **Bromstone Primary School Healthy Eating Policy**

### **Introduction**

Bromstone is committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the schools' PSHE, drug and sex and relationship policies and our fair trade policy.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

### **Rationale**

Bromstone has achieved healthy school status. It is important that we continue to consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together elements of the school day to create an environment which supports a healthy lifestyle.

### **Aims and objectives**

- To ensure that we are giving consistent messages about food and health.
- To promote healthy alternatives to the 'junk food' that some children receive at home.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.

### **Breakfast and After School Clubs**

The food offered is appealing to children and is consistent with a healthy diet. We avoid foods with high levels of sugar, artificial colourings and salt and we use fresh local fruit whenever possible.

### **Snacks**

All of our under-fives are entitled to free milk which is organised by the school. Milk is also available to all children who are entitled to Free School Meals and is available for the other pupils to buy. All Foundation Stage and Key Stage One classes provide a morning break time snack of fresh fruit or vegetables. These options are also available for key stage two to buy. Children are given responsibility for passing the fruit/vegetables to others and for helping to clear away.

Key stage two children may bring fruit which they eat at playtime, this is the only snack allowed during break.

### **School lunches and packed lunches.**

Since September 2014 all children in Key Stage 1 are entitled to a universal free school meal. All of our school meals are provided by our own chefs. We prepare a meat and vegetarian based option of fresh, local fruit, vegetables and meats each day. Our chefs have conducted a nutritional analysis of every item served on the menu, along with a comprehensive allergy listing. The menu is regularly inspected by the local authority school meal service.

Many children bring a packed lunch to school. Our parent handbook and our regular newsletters include items about how to make a healthy packed lunch; we do not allow sweets, chocolate bars or fizzy drinks. If a child is sent to school with a pack lunch which is not deemed to be healthy their families are informed with helpful suggestions on making a healthy lunch.

### **Special diets, allergies and religious requirements**

We are aware of children at School who have severe nut allergies. For this reason we therefore **do not** allow any products containing **any** nuts into packed lunches. Families should bring to the attention of the School Office any specific issues relating to their child's diet including religious observances.

### **Water for all**

Water is freely available throughout the school day to all members of the school community. Children may drink their water at anytime except during the twenty minute assembly. Foundation stage and key stage one are also reminded to drink water at their break time.

### **Food across the curriculum**

Across the school there are a range of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills needed to understand where food comes from and activities such as shopping, preparing and cooking food. These opportunities will be covered in a variety of subjects e.g. science, PSHE, RE, PE and DT.

### **Partnership with families**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents will be regularly provided with information about ensuring their child's lunch is consistent with a healthy lifestyle.