

ST GABRIEL'S CE PRIMARY SCHOOL

Healthy Eating Policy



February 2024

Our Christian Vision

Philippians 4:13 I can do all things through Christ who gives me strength.

Our St Gabriel's family nurtures children to develop a sense of self belief, building **courage** to take risks. They develop **friendship** and **respect**, surrounded by God's **love**, steering them to **forgiveness**. They do this with Jesus by their side, guiding them to flourish.

A statement of the schools' values and ethos

At St Gabriel's Primary School, we believe that the children should learn about Healthy Eating as part of a broad and balanced curriculum. They should understand that food should be enjoyable as well as nutritious. As a school we have an essential role to play in encouraging children and young people to develop healthy eating habits. At St Gabriel's children are taught about their right to food and drink as part of their Rights Respecting Schools work.

Aims and objectives

We encourage our children to develop healthy eating and drinking habits. We encourage our children to eat at least 5 portions of a variety of fruit and vegetables a day. We promote clear and consistent messages about food, drink and nutrition through the classroom setting, through the provision of food and drink and in all other aspects of school life.

As a school we promote healthy eating in the following areas

- The taught curriculum
- The food service offered in schools
- Break time
- By making water available
- Information to Parents/carers about providing healthy lunch boxes

The taught curriculum

Through education about healthy eating we enable children to make healthy and informed choices by increasing knowledge and helping to promote a positive attitude towards healthy eating.

We hope to develop knowledge and understanding by:

- Providing a range of curriculum opportunities e.g. PSHCE, science, literacy, Topic etc.
- Providing practical opportunities for developing food growing, handling, preparation and cooking skills in school to complement National Curriculum e.g. for Design technology, food tasting activities.

The Food Service

We provide a service that is consistent with our teaching of Healthy eating including the 5 a day initiative, thus enabling children to put into practice their learning in the curriculum.

Throughout the school day we encourage a positive attitude towards healthy eating and this is reinforced during fruit time, break time snacks, lunch time, treat time and any lesson time which involves food.

- **School meals**

We provide our pupils with the opportunity to eat a healthy, balanced meal.

- **Marketing**

We have strategies in place to promote healthier options and we consider;

- The importance of information prominently displayed in dining area
- The importance of the appearance and presentation of food
- Aim to eat at least 5 portions of a variety of fruit and vegetables a day
- Size of portions
- Cost
- Queue length
- Promotion of healthier options/ special events day e.g. "Chinese food day"

- **Quality of the environment**

We aim to make our dining area user friendly through ensuring the environment in which children eat is comfortable, friendly and maintained in a clean and hygienic state.

We maintain a suitable eating environment by considering:

- Noise levels
- The opportunity to eat food without being rushed
- Décor/furnishings
- Staff supervision
- Queues – number of service points, use of dining space, sittings
- How food choices are displayed, particularly thinking of the younger children
- Promoting good manners and behaviour by awarding dinner time awards

Before and After School Club

We provide pupils who attend the Before and After School Club with the opportunity to eat health promoting food.

Break-time snacking

We actively discourage children from consuming high fat, high sugar snacks by allowing children to only bring fresh fruit or healthy fruit-based snacks as a snack to be consumed at break times in KS2.

Our Key stage 2 snack shop provides the opportunity for pupils to purchase healthy snacks at a low-cost price.

Foundation stage and Key Stage One pupils are provided with fresh fruit as part of the National fruit scheme. They also have a daily drink of milk. Therefore, they do not need to bring anything from home. Water is available throughout the school.

Rewards and treats

Birthday treats and rewards

- We allow children to bring a birthday treat for their classmates on their birthday. We take the opportunity to explain to the children that these kinds of foods are ok to eat in moderation as part of an otherwise healthy diet.

Water

Fresh drinking water is available at all times. Key stage 1 and 2 classes are able to have water bottles in class. Foundation classes have either their own water fountain or access to their own water on the snack bar. Water jugs are provided at lunch times.

Packed Lunches

We encourage parents/carers to provide their children with a healthy varied pack lunch each day. Information is given through the 'healthy lunch box leaflet'.

Parents/carers should consider the following advice.

- Lunch boxes should be kept cool.
- Store in the fridge until morning, if you make the night before
- Keep away from direct sunlight and/or radiators
- Small cartons of juice can be frozen and packed with sandwiches to keep them cool
- Pack your food in an insulated cool bag or lunch box.
- We ask that parents do not send fizzy drinks, chocolate bars or sweets in a child's lunch box.
- Only one high fat or sugary treat permitted.

Food supplied at school events

We ensure that food supplied at school sports events is consistent with the school's healthy eating principles, allowing for treats at special occasions and at the discretion of accompanying parents. During school sports events water and/ or sugar free juice is offered.

Wider Agencies

On healthy eating issues in school we will work with.....

- Oral Health Team
- School Nurse
- Catering Services

13. Monitoring and evaluation

The Headteacher is responsible for overseeing all aspects of food in the school. This will be supported by our Kitchen Supervisor.

We use the following success criteria to monitor and evaluate our work on healthy eating:

- Increased uptake of healthier food in the canteen
- Reduction in the amount of high fat, high sugar and high salt food being consumed during the school day
- Greater understanding/awareness by children of the need to eat a nutritious and balanced diet

Confirmation the Healthy Eating Policy in respect of St. Gabriel's C.E. Primary School has been discussed and adopted by the Governing Body.

Signed by:

Chair of Governors: Date:

Headteacher: Date:

Agreed at the Governing Body Meeting on: 28th February 2024

Next Review: November 2025