

Heworth CE Primary School Healthy Eating Policy

At Heworth CE Primary School we recognise that we are all children of God and as such our aim is to help every child to flourish. We have developed this healthy eating policy through our school value of compassion and a belief that in order to flourish children need to understand the importance of and develop good practices in making healthy food choices. The foods with which we fuel our bodies can influence our physical, mental and social well-being.

Aims of the Healthy Eating Policy

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To help the children understand that some foods should be eaten in moderation.
- To provide opportunities within school to pursue a healthy diet.

Curriculum Organisation and Delivery

Pupils are given the opportunity to use all their senses as appropriate to explore different foods as part of thematic work. Whenever possible children are encouraged to prepare and taste traditional foods from their own culture and other cultures for example through the celebration of different festivals.

In KS1 and KS2, healthy eating is addressed through:

- Cross-curricular links with PSHE, DT, science and others.
- Explanation and modelling by all school staff
- Discussion between the teacher and pupils and between the pupils
- themselves
- Little Bites Cookery club (an after school activity)

Key Stage 1

There is a free fruit scheme in operation for our children. Each child is given a piece of fruit each day. There is a different fruit or vegetable available each day such as apples, pears, oranges, bananas, strawberries,

cherry tomatoes and peeled carrots. This provides the children with a daily healthy snack and the social experience of eating together.

Playtime

Children in KS2 may bring a healthy snack such as a piece of fruit or vegetables to school for morning break. Other items such as sweets, crisps, biscuits etc. are not allowed.

Dinner Time

The school refers to the contract specification issued by ISS Team and ensures that provision is met. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. Menus are displayed for the children and are available in leaflet format for parents.

Healthy packed lunches are encouraged. Any uneaten food is returned in the children's packed lunch boxes so the parents can be aware of what the child has eaten whilst at school.

Special consideration

Special consideration will be given to children with particular dietary requirements.

Drinking Water

All children are provided with a water bottle at school, these are stored in their classrooms and are easily accessible at all times. Fresh drinking water is available throughout the day. Water is provided at dinnertime for those children having school meals.

Monitoring and Evaluation

Monitoring of more general aspects of healthy eating that pervade school life such as healthy snack, drinking water, will be carried out informally through observation, discussion and consultation with staff -both teaching and non-teaching - and the children - via the School Council.