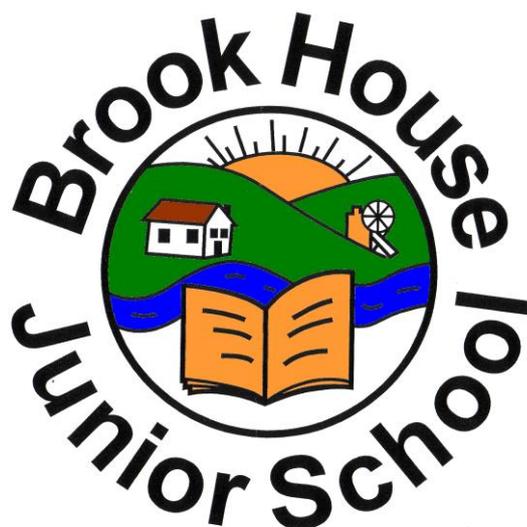


# Brook House Junior School Healthy Eating Policy



## **Introduction**

At Brook House Junior School, we are committed to giving 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.

## **Rationale**

Our school is a healthy school. It is important that we 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.

In our school we actively support healthy eating and drinking throughout the school day.

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

## **Why a healthy eating policy is needed**

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)

## **Aims**

- To promote lifelong learning about food, nutrition and eating.
- To develop knowledge and understanding of a balanced diet.

- To encourage children to enjoy food and make informed choices to enable them to keep healthy
- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.
- To encourage a healthy lifestyle through association of healthy food with exercise and the promotion of health enhancing habits.
- To ensure that we are giving consistent and up to date messages about food and health to the children.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

### Objectives

- To teach accurate factual information about food and nutrition through Science and topics, as part of the curriculum.
- The School Kitchen will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit and healthy snacks as part of morning break.
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.

### Partnership with parents and carers

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 and carers will be regularly reminded of our packed-lunch and snack policies.

## **Drinks**

- The only drink that children may bring to school is water.
- Children can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- Mid morning milk is ordered for children who require it, and is paid for on a monthly basis
- At dinner time children will be offered water.

## **Mid-Morning Snack**

- Children can buy a healthy snack from the school tuck shop. This includes a range of fruit options.
- Children may bring their own snack to school providing it is a healthy option.
- Each day of the week one year group has the option to purchase buttered toast on wholemeal bread at break time.

## **School Meals**

- Our school works with Taylor Shaw to ensure that healthy choices are available and that national standards are met.
- Fruit and vegetables are included as part of the meal and salad is available for the children to help themselves. Where possible, meals have a reduced fat, salt and sugar content.
- Vegetarian and medical needs will be met in appropriate ways.
- The weekly menu is on display for the children and parents, and is sent home each term.

## **Packed Lunches**

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- A healthy lunchbox policy has been created from a survey carried out by the school council
- To promote this, we have sent out information on healthy choices, and will update this as necessary.

### **Special occasions and Rewards**

Special occasions, such as Christmas, and the end of terms are a time when teachers and pupils like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

### **Food across the Curriculum**

We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics.

The year 5's complete a topic about healthy eating run by an outside agency.

See attachment for links to the science curriculum

### **Food Hygiene**

- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home everyday to be washed.
- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.

### **Monitoring and Evaluation**

Teacher's planning; children's work, discussion, observation, displays, photographs etc. will form the basis of evaluation of pupil learning.

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