



Food and Healthy Eating Policy

This policy is founded within the aims of our school and supports the outcomes for children as outlined in the IOM Strategy for Children and Young People 2015-2020. At Victoria Road Primary School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning.

Through our food and healthy eating policy we aim to:

- Maintain or improve the health of the school community through education – increase knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
- Ensure that children are well nourished at school.
- Increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment.

These aims will be met through developing the following strategies:

Promoting healthy eating and drinking habits.

Children may bring in fruit from home for a snack at playtime. Children and staff discuss how these are healthy and pupils are encouraged, from Foundation Stage, to access their snack independently.

Water fountains are installed and water is always available in classrooms. Each child is encouraged to have their own named bottle which they bring in from home. These should be taken home regularly to be cleaned. Bottles can be re-filled from the water coolers when necessary.

Children are taught the importance of good hand and food hygiene. Hand washing reminders are frequent.

Providing a supportive environment for healthy eating.

Guidance is given about what constitutes a healthy lunch and displays promote healthy foods and practice e.g. lunch box content and hand washing. *Sweets and fizzy drinks are not allowed.* Dinner staff encourage children to try new items but never force a child to eat. Packed lunch children take home anything they don't eat. Dinner staff provide feedback to teachers if any child's eating causes concern. Parents may be informed.

Providing consistent messages about nutrition.

Sweets and chocolate are not generally used as rewards, although occasional special rewards may be used at the discretion of teaching staff.

The Friends of Victoria Road are encouraged to provide healthy options at fundraising events.

Occasional treats, such as cakes, may be given out if they are part of the curriculum or for a special event eg birthdays. We believe that allowing some treats is important as it teaches the children about a balanced diet and approach to food. Such treats will be discussed and referred to as treats with a clear message that they are fine occasionally and in small amounts.

Providing classroom nutrition education.

The curriculum provides many opportunities for teaching about healthy food and lifestyle choices, including specific topics on healthy food, healthy living and exercise in Key Stage 1 and Key Stage 2. In Foundation Stage and Key Stage 1 healthy choices are promoted through role-play and visitors, such as the school nurse, to discuss looking after our bodies. The Healthy Lunchbox Toolkit is used to support teaching.

When carrying out food technology and baking activities, staff ensure that what is produced is healthy or put in the context of a treat. Ingredients will be of good quality and their nutritional value discussed.

Developing partnerships with parents and other agencies.

Nutrition advice is provided to parents in school handbook e.g. lunchbox ideas.

The school dinner menu is sent home every term and is available on the school website along with guidance notes for parents.

Parents are encouraged to come into school to help with cooking and food technology.

Staff liaise closely with parents regarding allergies and appropriate precautions.

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