



**Broadbent Fold Primary School
and Nursery**

Healthy Eating Policy



In line with the Equalities Act (2010) we aim to ensure that any child, irrespective of protected characteristics (These are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.) is treated fairly and with respect. The law states that the public sector equality duty includes a general duty to, “Foster good relations between people who share a protected characteristic and those who do not.” This policy can be adapted to suit individual needs.

Introduction

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. This policy should be read alongside the school's PSHE, drug, and sex and relationship policies. The school supports the '5-A-DAY' campaign to encourage children to eat at least 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

Broadbent Fold Primary School and Nursery strives to be a healthy school. 2023 our school achieved the Food4Life Gold Award for Healthy Eating.

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



Aims and Objectives

- To ensure pupils are given consistent messages about food and health.
- To give 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.
- To work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- To involve pupils and parents in all decision making.

Rainbow - before and after school care

Rainbow staff provide food that is healthy and consistent with a healthy diet. A healthy nutritious breakfast is provided and meets Government Food Standards. Food choices offered include a range of fresh fruit, pitta bread and healthy dips, breadsticks, and homemade malt bread. Drinks that are available include fruit juice, milk and water. If children want to bring their own snacks, then healthy snacks are encouraged.

The Dining Room

We are aware that the physical environment of the school dining room can have an impact on encouraging a healthy diet. The dining room is a bright and attractive area for the children to eat and socialise. All pupils are given adequate time in which to eat their meals.

Snacks in School

All classes have a morning break-time and pupils can have a snack of fresh fruit or vegetables, packaged fruit e.g. yoghurt raisins are not permitted.

School lunches and packed lunches

All our school meals are provided by our own catering team who have a Healthy Eating Policy statement that fully supports the government led food-based standards and the school food plan. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option which are healthy and nutritionally balanced.

The children have the option of choosing from a salad bar as part of their main meal.

Many children bring packed lunch to school and parents are encouraged to supply healthy food where possible. See Packed Lunch Policy.

Water for all

A constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Cooled water is freely available throughout the school day to all members of the school community. Water fountains are located throughout the school and are easily accessible to all. Children may drink their water at any time of the day except during assembly.

Food across the Curriculum

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

English provides children with the opportunity to explore writing in a number of ways including shopping lists, poetry and descriptive writing about their favourite foods.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

In Science pupils learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

In RE the pupils discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals. Harvest Time is looked at from around the world.

In Computing pupils may design packaging and adverts to promote healthy food choices.

Food Technology as part of DT enables the pupils to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle.

Music informs the pupils of the different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments. Pupils also learn about foods through song.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History gives an insight into changes in diet and food over time.

Physical Education affords pupils the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Sweets, Rewards, Treats and Celebrations

Celebrations such as birthdays can be celebrated with alternatives to sweets.

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.

This is not always easy but our school is well placed to lead by example. Parents and carers are regularly updated on our healthy school policies which are available on our website.

We ask parents not to send in fizzy drinks and remind them only water may be drunk during the school day, except at lunch when children may drink juice, milk or water.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The Headteacher is responsible for the curriculum development of the food policy and for supporting colleagues in the delivery of the food policy. School is also responsible for ensuring the quality of the food offered.

Rainbow manager is responsible for ensuring that the food served is in accordance with this policy.