



Castle Newnham School

TRADITIONAL VALUES, BRIGHT FUTURES, ONE JOURNEY

Healthy Eating Policy

Governors' Committee:	RM Committee
Adopted by the Governing Body on:	January 2022
Signed: (Chair of Committee)	
Signed: (Federation Principal)	
Proposed date of review:	January 2024

A. RATIONALE

This policy is a statement of the aims, principles and processes for healthy eating at Castle Newnham School. Child obesity and child dental health is a national concern and at Castle Newnham we want to do all we can to promote healthy eating and health awareness.

The policy links to other school policies and documents, namely:

- Teaching and Learning Policy
- The National Curriculum in its latest revision
- Behaviour Policy
- Personal Development Policy

B. AIM

Castle Newnham School is committed to a policy of healthy eating and aims to:

1. ensure all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school;
2. use the full capacity and flexibility of the curriculum to promote a healthy lifestyle;
3. ensure that we are giving consistent messages about food and health to give our pupils the information they need to make healthy choices;
4. contribute to the healthy physical development of all members of our school community;
5. promote healthy eating and health awareness within the school;
6. provide drinking fountains throughout the school.

C. PRINCIPLES

Healthy eating at Castle Newnham will ensure that:

1. whenever possible healthy eating and health awareness are promoted in school;
2. all pupils, staff and families are aware of the benefits of a healthy lifestyle;
3. examples of healthy eating snack and packed lunch ideas are communicated from school to home.

D. PROCESSES – WHOLE SCHOOL

1. Water

Pupils are encouraged to bring water in a named bottle into school at all times of the year. Foundation Stage children do not need bottles as water is available in the classroom. Pupils are encouraged to drink water during the day, including in lessons at the teacher's discretion. Water is provided for pupils and staff to have access to water from fountains or any school tap. All water bottles must go home each evening so that they can be thoroughly washed.

2. Milk

All pupils in receipt of free school meals are eligible for free milk at break time. On the South site, any pupil under 5 years of age is entitled to free milk which is served to them in their classroom. On the North site milk is served in the primary block for primary pupils and in the main hall for secondary pupils. Any pupils not eligible for Free School Meals can purchase milk through 'Parentpay' and may collect in the same way.

3. Snacks

Pupils are encouraged to bring a portion of fruit, vegetables or other healthy snack to school for consumption at break time. Waste is disposed of in compost bins wherever possible.

Foundation Stage and Key Stage 1 pupils have fruit and vegetables provided and have dedicated 'fruit time' to eat it in the classroom.

'Grab bags' or oversized snacks are not allowed - these will be confiscated and returned to pupils at the end of the school day. Pupils should not share snacks.

4. Treats

There may be occasions when treats might be brought in for birthdays, celebrations etc. We ask parents and carers to check with the class teacher before bringing in food to share as these could potentially cause practical difficulties with allergies, dietary restrictions and potential choking hazards.

5. School Lunches

Pupils have the option of a school lunch which is prepared on site. The school will work with the catering team to ensure that meals are nutritionally-balanced, attractive and age appropriate in terms of content and service style. Water is available to drink at lunchtime.

6. Packed lunches

Pupils are allowed to bring their own lunches to school. Fizzy drinks are **not** permitted. Any food not eaten by primary pupils will be taken home so that parents are aware of how much their child has/has not eaten.

Lunchtime supervisors on the South site have 'Healthy Eating' stickers to give to pupils whose lunch boxes contain several healthy options.

Information is sent home each year recommending insulated lunch boxes and ice packs to keep lunches cool. The school communicates with parents/carers regularly regarding the need for healthy eating with examples of snacks and packed lunch ideas.

7. Breakfast/Before School and After School clubs

Pupils are encouraged to eat a healthy breakfast or snack during these times. The school will work with staff and external catering providers to ensure that the breakfasts served are nutritionally-balanced, attractive and age appropriate in terms of content and service style.

8. Curriculum input

1. In science, pupils learn about nutritional values of food and the importance of a balanced and healthy diet.
2. In Personal Development (PD), pupils are encouraged to take responsibility for their own health and well-being, and to develop a healthy lifestyle. Pupils are taught about the benefits of a healthy lifestyle and learn about the problems which can be caused by unhealthy diet and lack of exercise.
3. In PE, pupils learn about the importance of exercise for a healthy lifestyle and to understand the need for rehydration during and after exercise.
4. In Humanities (including RE), pupils learn about historical, geographical and cultural differences in food preparation, food choices and diet as opportunities arise.
5. From year 5 onwards, all pupils will have regular Food Technology lessons on their timetable. Pupils learn about the government guidelines for a healthy diet and that eating a balanced diet is vital for good health and wellbeing. Pupils learn how to make a selection of healthy snacks, meals and desserts and are encouraged to take them home and share them with their family. Pupils are taught by teachers who have basic food hygiene and first aid training.

9. Health and Safety

Pupils are encouraged to wash their hands after toilet visits and before eating snacks and lunches. For pupils taking part in Food Technology lessons, they are encouraged to wash their hands before and after food preparation.

1. MONITORING, ASSESSMENT & EVALUATION

1. The school's PSHCE working party and 'Healthy Eating' group will review the Healthy Eating Policy annually;
2. Pupils will discuss healthy eating issues and make suggestions in School Council;
3. The formal curriculum will be reviewed regularly to ensure information relating to food and nutrition in different lesson areas is consistent and up to date;
4. An annual 'Healthy Eating Week' will be used to promote healthy eating issues and to gather feedback from pupils, staff and families.