



Diocese of Norwich
Education and
Academies Trust

Moorlands Primary Academy

Healthy Eating Policy

Date of Publication:

Review Date:

Person responsible for review:

Introduction

At Moorlands we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As a school we endorse fresh, local food.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community.

At Moorlands we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure staff and volunteers are trained so that children receive a consistent message.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that packed lunches brought in from home provide the child with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Packed Lunches

The Food Standards Agency survey of packed lunches showed that many children's lunches contained too much sugar, salt and fat and little fruit and vegetables. At Moorlands we are committed to encouraging parents to provide healthy lunchboxes for children.

- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.
- Lunch boxes should not contain more than one of each of these foods: crisps, confectionery and sweetened drinks.
- Fizzy drinks and chewing gum and sweets are not allowed.
- Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. Please see the separate policy with regard to nuts
- Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.
- At special events such as Christmas parties, food contributes to a sense of celebration and sharing. On these occasions party food may be allowed, but the staff will remind the children that this is an "occasional" treat and not "every day food". Details of such events will be shared with parents through letters and the schools weekly newsletter.

Snacks

We have agreed the following statements:

- Children in KS1 will benefit from the government's Fruit and Vegetables Scheme. These children will be encouraged to eat their piece of fruit or vegetable as part of their daily snack time.
- To ensure consistency across the school KS2 children will also be encouraged to eat fruit or vegetables at break time. Other healthy snacks could include; bread sticks, wholemeal crackers or rice cakes.
- Chocolate, sweets, biscuits, and cakes are not allowed as everyday snacks in school and should be considered in line with the guidance on the contents of packed lunches
- Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Please see the separate policy with regard to nuts.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. It has been recognised that drinking plenty of water improves behaviour and concentration.
- Only water is allowed in classrooms. Other drinks should remain in bags or packed lunches.