

# Gastrells Community Primary School



## Healthy Eating Policy

### **MISSION STATEMENT**

*At Gastrells Community Primary School, our mission is to promote pupil success by inspiring and developing their knowledge, interests, physical and mental wellbeing, and a love of learning in a child-centered, inclusive and empowering environment.*

Strategic Review, July 2020

**Approved by:** Standards Committee

**Last reviewed on:** October 2022

**Next review due by:** October 2025

Gastrells Community Primary School

## **Healthy Eating Policy**

### **1 Introduction**

1.1 We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

1.2 Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be effectively conveyed. This document sets out our policy on this.

### **2 Aims and objectives**

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.

### **3 The curriculum**

3.1 The importance of healthy eating is a thread that runs through our PSHE curriculum and the theme is visited regularly in the schools adopted PSHE programme of study **SCARF**.

#### **SCARF coverage outline:**

##### **Reception**

##### **Children will be able to:**

- Name and choose healthy food and drinks
- Understand there are some foods that are 'just sometimes' food or drink (eating in moderation)
- Explain the jobs of different food groups

##### **Year 1:**

##### **Children will be able to:**

- Recognise that they may have different tastes in food to others

- Select foods from the **Eatwell Guide** in order to make a healthy lunch
- Recognise which foods we need to eat more of and which we need to eat less of to be healthy

## **Year 2**

Children will be able to:

- Understand that the body gets energy from food, water and oxygen

## **Year 3**

Children will be able to:

- Explain how each of the food groups on the **Eatwell Guide** benefits the body
- Explain what is meant by the term 'balanced diet'
- Give examples of what foods might make up a healthy balanced meal

## **Year 4**

Children will be able to:

- Give examples of choices they make for themselves and choices others make for them
- Recognise that there are times when they will make the same choices as their friends and times when they will choose differently

## **Year 5**

Children will be able to:

- Understand the importance of food, water and oxygen, sleep and exercise for the human body and health

## **Year 6**

Children will be able to:

- Present information they researched on health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues. (Healthy eating/diet focus)

## **4 The school environment**

4.1 We will ensure that our school environment promotes healthy eating. We generally discourage children from bringing sweets and chocolate into school.

4.2 We will encourage children to drink plenty of water by providing them with water for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.

4.3 Children will be encouraged to bring fruit to eat at break times if they wish to have a snack. Our younger children have access to free fruit each day.

## **5 School lunches**

- 5.1 The lunches are prepared by our school contractors, who have made a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.
- 5.2 The parents of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch.

## **6 Role of parents**

- 6.1 We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

## **7 Monitoring and review**

- 7.1 The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every three years.

**Date: October 2022**

**Review: October 2025**