

# ROWAN GATE PRIMARY SCHOOL



## HEALTHY EATING POLICY

### POLICY REVIEW

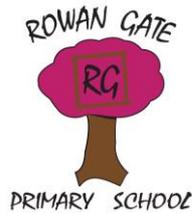
This policy has been reviewed in line with the following: (Reviewer please tick box)

- a) Ensuring the policy is up to date and meets mandatory requirements
- b) Ensuring the policy is fit for purpose and that practice adheres to the policy.

*Reviewed and Updated in March 2020 by Rachel Allen*

***Policy will be reviewed again in March 2021.***

# ROWAN GATE PRIMARY SCHOOL



## HEALTHY EATING POLICY

*This school policy reflects the consensus of opinion of the whole teaching and support staff and has the full agreement of the governing body.*

*"This policy reflects the philosophy of the Equality Policy, the Mission Statement and the School Aims in relation to the whole curriculum".*

*"..These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to..."*  
*(Change for life website 2018).*

Therefore at Rowan Gate we aim to:

- Ensure that the health and well being of pupils and staff is given high priority within the school
- Reinforce the importance of healthy eating and a balanced diet for staff and pupils so that they are more receptive to teaching and learning, and able to sustain concentration throughout the day.
- Provide Parents' with an awareness of healthy eating through the Healthy Lunchbox ideas, School Menus and links/leaflets about the change for life programme

### **Responsibility**

Our PSHE coordinator Rachel Allen, will undertake the monitoring of the Healthy Eating Policy.

### **Cross Curricular links**

During the teaching of Science, PE and PSHE opportunities will be taken to reinforce the importance of healthy eating, brushing teeth and regular exercise, within the units of work, which relate to this area.

### **British Values**

**Rowan Gate Primary School** is committed to working closely and in harmony with its community and celebrating the diversity of the UK. We aim to prepare children for life in modern Britain and to ensure that our school ethos, curriculum and approaches to teaching and learning reflect and promote British values.

We recognise that these values are not exclusive to being British and that they have come to be accepted throughout the democratic world as the method of creating an orderly

society in which individual members can feel safe, valued and can contribute to for the good of themselves and others.

We work alongside our local community and recognise the variety of religious beliefs within it. We taste a range of foods from a number of different cultures celebrating their life styles. We take children outside the school to take part in local events and meet different members of the community to appreciate the valuable contributions they make.

### **Snacks**

At Rowan Gate we have always included snack time as a major part of our teaching time. It is an opportunity to encourage healthy eating, or just tasting of different food groups for children who through their special needs are unable to follow a healthy diet. Some children have special diets because of varying requirements but this does not lead to them being isolated. Snack time is a social time where children learn manners, healthy eating and communication, within a family setting.

We take part in the Government Fruit and Vegetable scheme. All children are offered opportunities to try a range of fruit and vegetables at various times throughout the week. Children bring a voluntary contribution of £2 per week and this is used to buy healthy snacks, which contribute to the daily need for certain carbohydrates, proteins, calcium and other vitamins and minerals. such as cereal, crackers, yoghurts and bread for toast or sandwiches. One order a week is made to Tesco's via the school, staff send in their snack requests and a range of foods are ordered. This order includes milk for the children to drink as an option if appropriate at snack time.

Drinking water is provided in each classroom as tap water. There is a drinks fountain in the entrance hall, which is available to all. It is recognised that water helps maximize teaching and learning potential and is therefore readily available.

### **Packed lunches and school meals**

- Information is given to parents encouraging a balanced packed lunch, however with many of the children in school it is important to remember that they have preferences for certain foods and likes/dislikes of certain textures/smells
- As children are unable to go home for lunch, because of transport issues, we provide hot, fresh meals on site.
- Fresh food is prepared on site and a good selection is available to meet a range of requirements. Provision is made for cultural and medically prescribed diets (e.g. diabetic, gluten free, underweight, obese, and vegetarian.)
- Where children have problems with eating, for example, refusal to eat packed lunch, or school dinners, this is indicated through the home school book, or a telephone call in order that the parents are made aware of any issues.
- Lunchtime supervisors and staff on duty encourage children to eat their dinners and packed lunches, always giving praise when required to. (in line with the school eating protocol.)
- The end of term newsletter highlights to parents any sporting events coming up, trips out and any issues regarding health and safety.

## **Health & Safety**

- **Due to severe allergies in school we operate a “no nuts” policy across both sites staff, children and their families, visitors and volunteers are reminded not to bring in any nut products for lunches, snacks or cooking activities.**
- Before eating lunch all children are asked to visit the toilet and wash their hands. Those children who are unable to fulfil this process are supported to do so.
- Children who bring a packed lunch box to school place them in a designated area in their classroom.
- At the end of lunch break, all of the dining tables are cleaned thoroughly in preparation for the next day.
- Before the start of the afternoon lesson all children participate in cleaning their teeth independently or with support or co-actively. (Depending on need and independence, as this is seen as imperative to support the pupils’ dental care.)

## **Lunchtime clubs**

- Lunchtime clubs are offered to children on a term-by-term basis.
- Children are encouraged to join a club.
- On the playground lunch time supervisors and staff actively involve the children in active games.
- Children are encouraged to exercise and keep moving.
- All children participate in 5 a day daily exercise or exercise to meet their needs.

## **Monitoring and evaluating**

- All members of staff will monitor the effectiveness of the Healthy Eating Policy.
- The governor responsible for over viewing PSHE will monitor and evaluate the effectiveness of the Healthy Eating Policy and how it reflects on the school and in practice.
- The Class Council and Schools Council will ensure there is a positive promotion of healthy eating throughout the school.
- The PSHE coordinator will also be responsible for monitoring the Healthy Eating Policy and sharing with governors and parents any changes.

*This policy was reviewed in March 2020 and will be reviewed annually*

(This policy was led by Mrs Rachel Allen).