

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

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b) Ensuring the policy is fit for purpose and that practice adheres to the policy.

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Reviewed and Updated in March 2023 by

Print Name Rachel Allen

Policy will be reviewed again in March 2024.

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".

"..Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best."

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>
2023

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 sharing website links and support where needed for healthy eating ideas.

Responsibility

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

Cross Curricular links

As part of the statutory RSHE curriculum by the end of Primary school pupils should know "*what constitutes a healthy diet (including understanding calories and other nutritional content), the principles of planning and preparing a range of healthy meals, the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).*"

To support this at a developmentally appropriate level for children across the school staff ensure the following -

- During the teaching of Science, PE and PSHE/RSHE opportunities will be taken to reinforce the importance of healthy eating, brushing teeth and regular exercise, within the units of work, which relate to these areas.
- Children take part in daily toothbrushing routines at school to support their oral hygiene.

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.

Parents/carers are asked to provide a snack for their child to have in school 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
- Fresh food is prepared on site from Kingswood catering 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.
- Staff on lunchtime duty provide support and encouragement to children when eating, ensuring our code of conduct is always followed – for example not forcing a child to eat in a particular order or something they don't like.

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.

Monitoring and evaluating

- All members of staff will monitor the effectiveness of the Healthy Eating Policy.
- The governor responsible for over viewing PSHE/RSHE will monitor and evaluate the effectiveness of the Healthy Eating Policy and how it reflects on the school and in practice.
- 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 and updated in March 2023 and will be reviewed annually

(This policy was led by Mrs Rachel Allen).