



Sunnybrow Primary School

Food Policy

Introduction

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development.

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school, as well as to help pupils establish a healthy lifestyle that we hope will continue into adulthood.

Rationale

Our school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. We also recognise the role the school can play, as part of a larger community, to promote family health and well-being. The ethos of our school, as a health promoting environment, encourages children to make informed healthy choices relating to a healthy diet.

Benefits of Healthy Eating

- Helps young people develop, grow and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent health problems later in life, including heart disease and cancer.
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult.
- Sitting down to a meal with other children is an important part of a child's social education.
- A good school meals service can enhance a school's reputation.

The school curriculum

At Sunnybrow Primary School we teach the children about the positive benefits of healthy eating in order to equip them with the skills, knowledge and understanding to enable them to live positive, successful and healthy lives. Teachers take every opportunity to educate children in this regard in the normal school

curriculum. We teach children respect for their bodies, and how to look after themselves. Healthy eating is discussed in Science, Design Technology, PSHCE and cross-curricular theme work, as well as by visitors who come into school such as Health Advisors and the School Nurse.

Objectives

- To improve the health of pupils, staff and their families by helping influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating
- 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 packed lunches are healthy and nutritious
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them

Breakfast Club

A breakfast club is operated on a daily basis which all children are able to attend. Children are able to choose from a wide variety of healthy foods, including fruit, cereals, low fat yogurts and bagels.

Packed lunches

We ask for all packed lunches to be healthy and nutritious. They should include the following:

- At least one portion of fruit
- Dairy products such as milk, cheese or yoghurt
- A healthy sandwich or wrap
- Healthy drinks such as water, pure fruit juice (no added sugar), milk or smoothies

Packed lunches should not include any of the following:

- Chocolate bars and sweets
- Fizzy/sugary drinks in cartons, bottles or cans

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches

Initiatives in place

- Each child is provided with a water bottle. Water is made available for all children to drink freely throughout the day.
- As part of the free 'Fruit for Schools' scheme every child in KS1 is offered a choice of free fruit on a daily basis. Any outstanding pieces of fruit are offered to KS2 children.
- Milk is made available to every child in school who is entitled to free school meals or under the age of 5. All other children can receive milk but the cost of this will have to be met by parents/carers.
- Menus are displayed in the school hall and on the school website and staff participate in lunches with the pupils to promote social skills

Monitoring and review

It is the role of the headteacher and staff to ensure that this policy is fully implemented. The governors review this policy as part of their curriculum committee's monitoring of the effectiveness of the school's PSHE programme. It is to be reviewed on a regular basis.

Reviewed SB September 2020