

STEPPING STONES

Short Stay School



Healthy Eating Policy

Reviewed and updated-March 2019

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Intention:

- To recognise that the consumption of fruit and vegetables is needed for healthy growth and also to help prevent chronic diseases.
- Increase the consumption of fruits and vegetables
- To recognise that the frequent intake of sugary foods and drinks causes tooth decay.
- To limit the consumption of foods which are high in sugar, salt and fat
- Encourage healthy food choices to be made
- Increase the drinking of water
- Ensure children are presented with consistent evidence-based food information

Implementation:**Education:**

- The children learn about food groups, the function of food and healthy eating as part of their Science and PSHCE curriculum. In their DT lessons they have opportunities to prepare food and learn about food safety practices.
- The children have extra opportunities to learn about food during Healthy Week in the Summer Term. Throughout the year, pupils look after the vegetable beds and produce vegetables as a snack.
- During physical education lessons, the children will learn about keeping hydrated and energy.
- During Science, PSHCE, and the EYFS curriculum, they will learn about positive maintenance of teeth and the effects of sugary food and drink.

Drinks:

- Throughout the day, the children only have access to water or milk.
- During lessons the children are allowed access to water when they request it. This may be from a personal water bottle kept in the classroom.

Events

- In June, the school takes part in Healthy Week. During this week, visitors and lessons aim to provide the children with consistent messages about healthy food choices. It also provides the children with food handling and tasting experiences.

Breakfast

- In the role of breakfast provider, the school recognises that a substantial, healthy breakfast is an important part of a child's daily food intake. At breakfast, the children are provided with a range of healthy food choices - fruit, wholemeal bread, crumpets, reduced-sugar jam, reduced-fat spreads and milk or fruit juice.

Break-Time Snacks

- All pupils are provided with a piece of fresh fruit or vegetables to eat at breaktime.

Lunch

- Children may choose to bring a packed lunch to school or have a meal prepared in the adjacent school kitchen. At lunchtime the children are encouraged to choose a balanced meal. Children are encouraged to eat all their lunch.

- Fruit, water and milk are always available at lunchtime.
- The school encourages families who provide their children with a packed lunch to include healthy, nutritious items. To support this aim, the school produces and regularly distributes a healthy eating guide, which gives advice on suitable foods to be included in a balanced lunchbox.
- This will include a portion guide and other relevant information.

Staff Room

- Although staff may make their own choices about their food consumption in the Staff Room, they are encouraged to be a healthy role model when eating or drinking in front of the children.

Impact:

- Packed lunches will be monitored on a regular basis and parents contacted to advise if a child's lunch is not consistent with the intention of this policy.
- Opportunities for discussion with the children, staff and parents and management committee will be created through meetings and questionnaires during the summer term.
- This policy will be reviewed annually.

Updated: 03/04/19

To be reviewed April 2020