

<b>Name of Policy:</b> Healthy Eating Policy	<b>Version/Last Review Date:</b> September 2020 (V3)
<b>Statutory documents linked to policy:</b>	<b>Previous review date:</b> May 2013 (V1) November 2017 (V2)
<b>Other Policies linked to this policy:</b>	<b>Next Review Date:</b> November 2023
<b>Governor Committee Responsible</b>	Curriculum & Research

WNA Vision: All children will achieve their full potential, with holistic support, whilst enjoying and driving their own learning, gaining self-respect, self-esteem and self-belief. Our classroom extends to rich, exciting environments within the forest, the beach, the city and the community as a whole.

## **Ethos and values of WNA**

At WNA all members of the school community value and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively.

The purpose of this policy is to inform all members of the school community and implement systems and structures to be consistent about the food and drink provision in our school.

## **Aim and Objectives:**

Our aim is to ensure that all aspects of food and nutrition in school life promote the health and well-being of all members of the school community, as part of our commitment to being a Healthy School.

## **Objectives:**

- To set out a consistent approach to food and drink provision throughout the school day.
- To ensure that all our pupils learn about food and drink as part of a curriculum that supports health and well-being
- To promote and encourage healthy lunch boxes
- To provide suitable social settings for pupils and staff to consume food and drink
- To work in partnership with parents and carers.

## **The Curriculum**

Teaching about food and drink forms part of the curriculum in:

- Science, Design and Technology, PHSCE, RE
- Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop skills in the preparation of food, in the analysis of food and in maintaining personal health
- The whole school nature of learning about food and drink is reinforced through assemblies, workshops, displays and celebrations.

### **Food Provision/Special Dietary Needs:**

Parents/carers are expected to inform schools of allergies and other diet related medical conditions. The school will support pupils with special dietary needs during the school day. Photos of relevant children are kept.

- The school is committed to providing healthy lunches and informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. Steps will be taken to excite and motivate pupils to try new foods e.g. tasting sessions.
- Snacks provided for pupils or brought from home should be fruit or vegetables.
- The school recognises that food is often an important element of celebrations and will encourage healthy options where possible
- The school recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health
- Parents/carers will be encouraged to provide an appropriate container for drinking water and ensure that containers are kept clean
- The school will ensure that clean palatable water will be available for staff and pupils throughout the school day
- The school aims that all eating environments are welcoming and encourage the positive social interaction of pupils and staff. The school will ensure that all such areas have access to sufficient drinking water and facilities.

### **Extended School and Social Activities:**

The school will endeavour to ensure that all school social events and school clubs operate consistently within the objectives of this policy.

### **Partnership with Parents**

- The school will work actively with parents/carers around food and diet
- This will include information about school lunches (including tasting sessions) and a balanced and healthy packed lunch
- Participation in National events and initiatives.

### **Professional Development**

All school staff and governors will have access to opportunities for CPD to support the implementation of this policy for example MMS's to encourage consistent implementation at lunchtime, and teachers and governors about healthy choices through our Healthy Schools work.

### **Health and Safety**

All food preparation will adhere to the school's health and safety policy and be carried out according to good food hygiene and preparation standards.

Health and safety remains the responsibility of all staff. An equipment inventory for food technology will be maintained and audited by the DT co-ordinator. The school's risk assessment procedure will include consideration of food hygiene.

Parents/carers should notify the school in writing of any special dietary needs and the school will work in the best interests of the child.

### **Implementation**

The implementation of the Food Policy is the responsibility of all staff, which will consider aspects of healthy eating as part of the developments in school.