

# **ST ANDREW'S METHODIST PRIMARY SCHOOL**



## **Healthy Eating Policy**

Reviewed February 2024

Headteacher

Anne Barker

Chair/Vice Chair Of Governing Board

Geoff Jones

Date of Next Review February 2026

This policy has been scrutinized to ensure it meets the requirements of the single equality duties. The school will make every reasonable adjustment to comply with the duties and actively avoid discrimination.

## **Aims**

Our school vision statement, '**Striving for excellence, together as one with God,**' is committed to enabling all to live well together and to the flourishing of all. The promotion of good physical and mental health of pupils and adults in our school community is of paramount importance. St Andrew's Methodist Primary School aims to present consistent healthy eating and drinking messages through:

- The taught curriculum
- The provision and promotion of healthy food and drink during the school day and school trips
- The school environment

We at St Andrew's believe that a healthy diet is one of the best ways of maintaining young people's health, both now and in the future. We are concerned about recent research that shows that the diets of young people are not meeting healthy eating recommendation for optimum growth and development. The research has also shown that immediate benefits for healthy eating includes:

- Improved concentration
- Prevention of asthma, anaemia, dental decay, diabetes and obesity

## **Implementation**

The school aims to encourage a healthy diet in the following ways:

### **Drinks**

Milk is available to all those who want it during the morning playtimes and water is available throughout the day.

### **Food**

All children infant children, reception – year 2 are entitled to a universal free school meal and a free piece of fruit.

Our school promotes a healthy lifestyle. As sweets can damage children's teeth, we do not allow sweets to be eaten in school.

### **Snacks**

We provide fruit under the national scheme for all children in Foundation Stage and KS1. We encourage the children in KS2 to only bring in fruit for morning playtime. Chocolate, biscuits and crisps are not seen as acceptable playtime snacks.

### **School Meals**

Our school provides the opportunity for children to have a meal at lunchtimes. If parents are in receipt of Income Support, a Job Seeker's Allowance, Support under the Immigration and Asylum Act of 1999, or Child Tax Credit (with income below a certain limit), they may claim free school meals for their children. We do all we can to ensure that the meals provided have a suitable nutritional value, in line with the requirements of the School Standards and Framework Act of 1998.

Children under five, and those whose parents receive the above benefits, are entitled to free milk each school day.

The school works with the catering service to ensure that healthy choices are available throughout the mealtime and that the national standards are met. Fruit and vegetables are included as part of meals and puddings where possible, and steps are taken to

reduce fat, salt and sugar content of foods provided. The catering service also endeavours to meet the needs of vegetarians and the dietary requirements of religious groups, as well as children with other health conditions requiring special dietary provision.

### **Packed Lunches**

Parents/carers who choose to send their child with a packed lunch are given advice on what may be included and what is not acceptable eg; chocolate bars and sweets.

### **Treats and Rewards**

We provide alternatives to sweets as rewards by mainly using badges, stickers, pencils etc. Sweets may occasionally be distributed, eg; as a birthday treat from another child. Please let a member of staff know if you do not wish your child to be given any sweet treats.

### **Involving Parents**

Our catering is provided by Citywide Catering. The Citywide staff are always available to discuss your child's individual dietary needs, or to give parents/carers nutritional advice. The School Health Advisor can also be contacted for advice on healthy eating matters.

### **In the Classroom**

Healthy eating will be promoted through individual subjects and in cross curricular-ways and through Relationships and Health Education (RHE). The school health advisors visit to talk about healthy eating and deliver healthy cookery sessions. This forms part of their science and RHE curriculum. We work with the Oral Health Team to promote good dental hygiene.