



CHRISTIAN MALFORD
Church of England Primary School

Challenge Motivate Succeed

CHRISTIAN MALFORD, SEAGRY AND SOMERFORDS' WALTER POWELL PRIMARY SCHOOLS

Healthy Eating Policy

Approved by: Local Board

Adopted: 16th May

Due for review: by May 2019

Healthy Eating Policy

1. Introduction

This policy has been written for and made known to the children and the school communities at Christian Malford, Seagry and Somerfords' Walter Powell Primary Schools. Its purpose is:

- to encourage our children to have a healthy diet
- to ensure that our children are taught about food and its role in their long-term health and are able to make informed food choices
- to inform the adults of the schools' communities about healthy eating in school
- to develop and communicate a healthy food culture within the schools' communities.

2. Our healthy eating values

- We believe that every adult involved in our schools can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills during their time at our schools.

3. Our healthy food culture

Throughout the school day:

Water in school

- Children are encouraged to drink all drinks in their packed lunch.
- Parents are encouraged to provide only water, milk and fruit juices in the packed lunches – no fizzy or sugary drinks.

Breakfast

We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast. This message is communicated to parents through the school brochure and to the pupils by their teachers. Breakfast Clubs are being run at each of the three schools – currently Christian Malford one day a week, Seagry five days a week and Somerfords' Walter Powell one day a week.

Break Time

- Children in Reception and Key Stage 1 benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.

- Parents are encouraged to provide children in Key Stage 2 with a healthy break time snack.
- Parents are encouraged to provide foods which are not potential allergens to other children e.g. nuts.
- Parents can order milk for their children to drink at playtime through the Cool Milk scheme.

Lunch Time

- We aim to support parents in making healthy choices when preparing packed lunches and to avoid chocolate, crisps and sugary drinks.
- Parents are encouraged to provide foods which are not potential allergens to other children e.g. nuts.
- Hot school meals are available to order.

After School Clubs

- Where appropriate, measured snacks are provided to ensure that low blood sugar levels do not impact on pupils' performance/enjoyment.

4. Food in the curriculum

We recognise that food has great potential for cross-curricula work and use the opportunities within the existing curriculum to discuss and work with food.

Gardening Opportunities

We provide gardening opportunities through the curriculum and extra-curricular activities during the summer months, growing fruit /vegetables that the children can cook and eat.

5. Schemes and events promoting healthy eating

Provided that they support healthy eating, we will participate in schemes and events e.g. taking children to Waitrose, charity events, global awareness events etc.

6. Links to other policies

This policy is linked to our policies on Behaviour, Science & PSHE.

7. How we communicate our Policy

- Parent newsletters
- School Council
- Circle Time
- Via the school websites.

8. Policy review

The review cycle for this policy is every three years. This policy has been agreed by the Joint Local Board, Executive Principal and staff at Christian Malford, Seagry and Somerford's Walter Powell CE Primary Schools on 16th May 2016 and will be reviewed again by May 2019.

Signed: Chair of the Joint Local Board