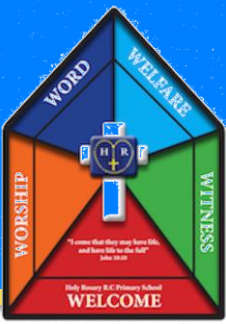


Food & Healthy Eating



OVERVIEW

Education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We aspire to improve the health of our school community by ensuring that all aspects of food and nutrition promote the health and well being of pupils, staff and visitors to our school. We strive to teach ways to establish and maintain life-long healthy eating habits.

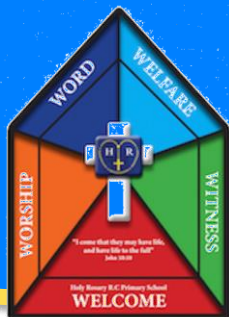
OBJECTIVES

1. To ensure there are consistent messages about food across the curriculum and throughout the school environment Eg: A healthy choice is the easy choice.
2. To have a positive impact towards the physical development of all members of our school community.
3. To ensure all children have a suitable lunch time meal that sustains and prepares them for their afternoon learning
4. To involve the whole community in developing and maintaining healthy eating and drinking habits
5. To have a safe, pleasant and sociable dining experience which enhances the social development of all children
6. To encourage a balanced diet
7. To encourage fluid intake with an easily accessible water supply throughout the day
8. To take into account and accommodate dietary requirements
9. To ensure high standards of hygiene amongst children and staff.
10. To develop healthy eating and drinking habits that will last a lifetime
11. To ensure the safety of children with allergies is given diligent attention
12. To be at all times consistent with medical, religious and cultural needs of the children

STRATEGIES

1. Cereal, milk, toast, fruit juice and water will be available to children who attend the breakfast club.
2. As an occasional treat e.g. end of term rewards, film nights, parties, etc other foods may be offered.
3. Foundation stage and Key stage I will be provided with a piece of fruit / veg every day. Older children are encouraged to bring in a healthy snack for break time.
4. Parents will be encouraged to provide a nutritious packed lunch in a sealed bag / box. A recommended list of contents is also sent home. Packed lunches too for school trips will also be healthy.
5. School lunchtime meals are provided by Oldham Council and have to meet the healthy food standards as set out by the government.

Food & Healthy Eating



6. From September 2014 all children up to the age of 7 have been entitled to a free school meal each day.
7. The school kitchen staff and other staff on duty at lunchtime will work together to create a good dining room ambience and the development of appropriate table manners and rules are clearly displayed.
8. After school clubs may offer a snack. These may include water and a biscuit.
9. Children are encouraged to drink water throughout the day. Fizzy drinks and energy drinks are NOT allowed.
10. Children will wash their hands before handling food and relevant school staff receive hygiene training.
11. Key healthy eating messages will also be taught through other subjects such as; Science, DT and PSHCE.
12. Birthdays will be celebrated in school. Sweets, cake, biscuits or chocolate etc., will not be allowed for birthday treats. Any that are sent in, will be sent home, with the child, at the end of the day.

OUTCOMES

Our children will be able to make informed choices on what foods are healthy/unhealthy and develop good eating habits.

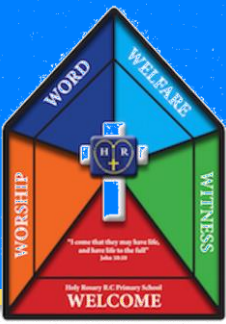
Data Protection Statement

The procedures and practice created by this policy have been reviewed in the light of our Data Protection Policy.

All data will be handled in accordance with the school's Data Protection Policy.

Data Audit For This Policy					
What ?	Probable Content	Why ?	Who ?	Where ?	When ?
Medicine request forms, and administration documentation.	Name, Parental details, Medical Information	Health & Safety requirement. Health & Wellbeing of your child. Communication.	First Aid staff/ SENDco	Forms – paper version (stored in medical room)	Held on file throughout the child's time at the school. (NB: SEND records in line with retention period)

Food & Healthy Eating



As such, our assessment is that this policy :

Has Few / No Data Compliance Requirements	Has A Moderate Level of Data Compliance Requirements	Has a High Level Of Data Compliance Requirements
✓		

Revised and adopted by the Governing Body on: 27th November 2019

Signed: *P.Devine*

Date to be reviewed: November 2021