

# Higham Ferrers Nursery and Infant School

*'Learning for life in a supportive and stimulating environment'*



## ***HEALTHY EATING POLICY***

This Policy was agreed by the Full Governing Body in Spring 1  
(2019)

It will be reviewed in Spring 1 (2022)

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S. White

Signed: \_\_\_\_\_

(Chair of Governors)



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## **01. INTRODUCTION**

In our school we believe that proper nutrition and fluid intake are essential to all members of the school community. We believe that all messages about food and drink within school should be consistent in encouraging everyone to establish and / or maintain life-long healthy eating and drinking habits.

## **02. RATIONALE**

We achieved Healthy Schools status in October 2008. This was renewed in 2011 and it is now a permanent award.

Through effective leadership, the school ethos and the curriculum, staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

All members of the school community need to be aware that healthy eating and a balanced diet is, to some, a sensitive issue. We need to be mindful of the fact that children may be exposed to and aware of negative food issues and the associated emotional and psychological effects.

### **Our Aims**

- To ensure we are giving consistent messages about food and health.
- To provide cross-curricular education which enables all pupils to make informed choices.
- To involve the whole community in developing and maintaining healthy eating and drinking habits.
- To encourage a balanced diet.
- To offer milk and water to all children every day.
- To offer a piece of fruit to all children every day.
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To integrate healthy eating and drinking habits in all aspects of school life.
- To take into account and accommodate dietary requirements including specific food allergies/intolerances.
- To ensure high standards of hygiene amongst the children.
- To develop healthy eating habits that will last a lifetime.

## **03. CATERING**

Free School Meals are supplied by LoveFood Caterers. Individual dietary needs, including food intolerances can be catered for within their framework of nutritional standards. Portion sizes are set according to guidelines laid down by the caterers. Children are provided with a drink, usually water, with every meal.

## **04. BREAKFAST**

Recognising parental responsibility and school / parent partnership, children are encouraged to have breakfast before leaving home. This will be covered through discussion in PSHE. Children who have missed their breakfast for any reason are offered extra milk and fruit in the morning.

## **05. MORNING BREAK -SNACKS IN SCHOOL**

All children in school are provided with a piece of fruit or a portion of a vegetable from the 'Free Fruit and Vegetable Scheme' which is Government funded. All children under five are eligible for free milk. Parents of children older than five have the option of paying for milk from the 'Cool Milk Scheme.'

Nursery children have a snack which consists mostly of fruit and vegetables with a drink milk or water. Children are encouraged to access this independently.

## **06. HOT SCHOOL MEALS AND PACKED LUNCHES**

All parents have the option to order a hot meal or packed lunch for their children through LoveFood caterers as a part of the Universal Infant Free School Meal Government strategy. This will provide the child with a balanced meal that includes bread, a dessert or fresh fruit and a drink, usually water.

Alternatively, children can bring a packed lunch to school. We ask parents to support us in providing clear messages to the children about a balanced diet. Items such as fizzy drinks and sweets are not permitted. We issue guidance in newsletters and 'Welcome to School' evenings about what should constitute a balanced packed lunch and the children learn about healthy eating in PSHE and science lessons.

## **07. WATER**

The children are able to bring in their own water bottles or purchase one from the school office for 40p. These are to be kept in classrooms and children have access to these so that water can be consumed during lessons throughout the day. Children are able to refill their bottles at break times. Juice is only permitted as part of their packed lunch.



## **08. CELEBRATIONS AND FESTIVALS**

We believe it is important to celebrate cultural, personal or community events and recognise that food has a role to play. To celebrate birthdays children are allowed to bring in sweets / chocolates to share with their class at the end of the school day. For health and safety reasons children are not allowed to eat sweets in school.

## **09. TEACHING AND LEARNING**

Through cross-curricular learning, food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given opportunity to touch, taste, smell and feel a variety of foods.

## **10. PARENTAL INVOLVEMENT**

We value the support of our parents and recognise the partnership of home and school is crucial in order to wholly support our children in being healthy citizens of the world. Parents are requested to inform the school of any health or food requirement their child has. Parent and children are regularly updated on events or issues through school and year group newsletters.

## **11. ROLE OF GOVERNORS**

Governors will monitor the implementation and effectiveness of this policy and offer guidance where a member of the body has particular expertise in this area.

## **12. MONITORING AND REVIEW**

The Policy Template will be reviewed regularly so that any new initiatives, developments or changes to procedure can be taken into account.

The policy was reviewed and updated in January 2019.