

# Bitterne C of E Primary School



## Healthy Food Policy

### Headteacher

Last review- July 2022

Next review- July 2025

## Introduction

### Aim

To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.

### Rationale

At Bitterne CE Primary School, we believe that the development of healthy eating and drinking habits impacts greatly on our children's learning in school. We also believe that "food has a significant role to play in determining health and well-being, establishing social roles and reflecting and shaping the school's ethos and individual values" (Food in schools toolkit).

We have the opportunity to promote healthy eating in all our activities, whether this be the taught curriculum, clubs, lunchtimes, breaks and special events. We endeavour to establish healthy eating habits, which will help to ensure that our children choose a healthy diet now and in the future. Through food we are able to celebrate cultural diversity and this should be promoted throughout our school community.

We want to make a positive contribution to the health and wellbeing of children, families, staff and visitors who will work together in partnership with a shared understanding.

### What do we want to achieve?

- Improve the health of our school community, by teaching children and families' ways to establish and maintain long-term healthy eating habits.
- To improve the health of children, staff, families and visitors by helping to influence their eating habits through increased knowledge and awareness of food issues.
- An up to date curriculum that makes sure all children understand what it is to be healthy and to eat and drink healthily. This will ensure that children can make informed choices that lead to a balanced diet.
- To ensure children are well nourished at school and that they have access to safe, tasty and nutritious food and easily accessible water.
- As role models, staff will display and teach healthy and nutritious food choices.

### How are we going to meet our objectives?

- Develop an understanding and ethos within the school of safe, tasty, nutritious food, through both education and example.
- Work closely with our school caterers in order to provide nutritious and healthy choices at lunchtime. Invite parents and grandparents to come into school to eat dinner with their child.
- Work alongside parents and children to create a healthy waste free packed lunch.
- To prepare for revalidation of Healthy Schools Award.

### How will we monitor and evaluate this?

- School council will evaluate existing procedures to see how effective and valuable they are, through asking both parents and children.
- Science, PHSE and DT curriculum leaders will monitor and evaluate the schemes of work to ensure coverage of these objectives.
- Monitor the number of children having school dinners and speak to children about their views on the options available.
- Feedback survey from parents who come into school for dinners. What they liked? What they think could be better?
- Audit of lunch boxes leading to action plan to reduce high sugar carbohydrates. Re audit of lunchboxes to show improvement.

Guidance used in writing policy- Food in schools toolkit-