

Policy for Healthy Eating

The West Rise Live a Healthy Life Policy

West Rise Community Infant School



WEST RISE

October 2019

Health Eating Policy

If children are to fulfil their potential in life and learning they need to be healthy and well. At West Rise we believe that proper nutrition, fluid intake combined with good sleep, fresh air and ways to ensure a healthy mind and body are essential for the wellbeing of all members of the school community.

Proper nutrition and healthy life choices are obviously essential for good health and for effective teaching and learning. We believe that all messages about food and drink within the school should be consistent in that good food choices are something that each of us are able to make so as to be able to be the 'best we can be'.

Equally, there are times when each of us may choose a 'treat' option as an informed choice as part of a celebration or special time.

As a school we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

Aims:

- To further develop and maintain an ethos within school in which a healthy choice is the easy choice
- To provide an education which enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage foods that are rich in vitamins, iron, calcium

- To encourage a fully balanced diet
- To offer milk and water to drink within the early years foundation stage and key stage 1 instead of juices or squash
- To encourage fluid intake with an easily accessible water supply throughout the day
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst children and staff
- To develop healthy eating habits that will last a lifetime

Catering and School Lunch

At West Rise we believe that all messages about nutrition need to be consistent including messages from our Catering Service.

We hold the highest expectations of our environment for eating and as such we have the West Rise Lunchtime café – a quality eating experience with tablecloths and music!

The Catering Company are involved in the active promotion of healthy eating through workshops and in the recent recruitment of a ‘Universal Free School Meal (Healthy Eating Ambassador).

This is a hugely innovative project with West rise leading the Catering plan.

Breakfast

As part of parental responsibility and school/parent partnership, children are reminded to have breakfast before leaving home – school periodically checks in on this to ‘tally’ results with the children. Breakfast Club at West Rise ensures that the aims of this policy are upheld.

Fruit and Drink/Snack time

In Nursery children are encouraged to bring fruit or

vegetables as part of their morning snack. A piece of fruit, or a portion of a vegetable, is provided free of charge to all infant children.

Water or Milk is the only offer for snack time.

Celebrations

To celebrate festivals or special occasions such as birthdays children will be permitted to bring in sweets/chocolates to share with their class at the end of the school day.

Staff are reminded to seek parental permission in this and offer an alternative option as necessary.

The importance of Water

Like plants people can wilt! We recognise that low water intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections.

All children and staff have free access to water throughout the day – each child has their own water bottle and access to fill these up as needed.

Sweets

Parents and children are asked not to bring or send sweets into school for snacks or packed lunch. We do however recognize that Supermarkets do not always share the same view and sweets such as Twix, Wagon Wheels and Kit Kats are often found in the packed lunch aisle. Messages from School are offered to balance this view.

Teaching and Learning

Healthy Eating/lifestyle choices are taught through the PSHE programmes and at informal times throughout the day. Children are taught Mindful eating as part of their MindUp curriculum.

Staff will sit with children during fruit and drink/snack and where possible at meal times to provide a good role model, encourage good manners and lead conversation. Food and cooking activities are used in a variety of ways to teach children and widen their experience.

We hold exciting healthy Living weeks during the summer term to celebrate the Healthy West Rise ethos.

Parental Involvement

A copy of the Healthy Eating Policy can be found in the school policies file in the general office and on the website.

Equal Opportunities

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff.

Health and Safety

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the catering staff and Environmental Health if necessary. West Rise Infant School works hard to ensure adherence to environmental health guidance.

‘Eat Healthy, Feel Healthy, Be Healthy’