

# **Policy for Healthy Eating**

*The West Rise 'Live a Healthy Life' Policy*



## **West Rise Community Infant School**

**December 2021**

## **Health Eating Policy**

Healthy minds and bodies sits at the heart of wellbeing. 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 and 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 always, any messages about healthy eating must be about balance and making best choices.

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

### **Aims of this policy are:**

- To further develop and maintain an ethos within school in which a healthy choice is the best choice
- To provide an education which enables pupils to make an informed choice
- To involve the whole school 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. Our School Meal provider, Chartwells, provide balanced and nutritious meals, with recipes developed in line with Government guidelines. All meals are freshly prepared and cooked on site and are served by the catering staff each day.

We hold the highest expectations of our environment for eating and as such we have the West Rise Lunchtime café – a quality eating experience. Children eat in Year Group sittings and in line with current Covid safety guidance, sit in class ‘bubbles’.

## **Packed Lunches**

Children who do not opt for a hot school meal bring a home prepared packed lunch in to eat at lunchtime. Messages about what to put into the lunchbox are sent to parents via letters and newsletters, including suggested menus.

Where a parent consistently sends in a lunch which does not include healthy options, the parent is contacted by a member of the Pastoral Team to offer suggestions and support.

## **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 often like to share a treat with their friends. We encourage alternatives to be offered, such as raisins or bubbles, but children are permitted to bring in sweets/chocolates to share with their class at the end of the school day.

\*Due to current COVID restrictions and sweets or cakes must be in sealed packets

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, chocolates and Treats**

Parents and children are asked not to bring or send sweets into school for snacks or packed lunch. We do however recognise 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, such as Snacktime. Children are taught Mindful eating as part of their Wellbeing 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 on the school website. A paper copy can be made available on request.

### **Equal Opportunities**

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff. Adaptations to the policy can be considered in consultation with the Senior Leadership Team.

### **Health and Safety**

Food will be stored according to instructions on packaging. 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**

**– Be Well’**