
Great Gaddesden C of E (VA) Primary School



'Treat others exactly as you would want to be treated yourself'. (Luke 6:31)

Healthy Eating Policy

Review date: October 2020

Great Gaddesden C of E Policy : Healthy Eating policy

Overview

At Great Gaddesden C of E Primary School, we aim to develop the full potential of every individual pupil in our care. We recognise the vital role that a balance diet and nutrition plays in contributing to the health and wellbeing of all members of our school community.

We aim to provide a **nut-free environment at all times** to ensure a safe environment for all our pupils.

Objectives

- To ensure that our curriculum gives pupils up-to-date and consistent information about food and nutrition, enabling our pupils to make healthy eating choices.
- To ensure that menus and food choices are in line with Government and Public Health guidance
- To identify opportunities to develop and improve the eating environment
- To ensure we promote healthy foods throughout the whole school day, including Breakfast Club, After School Club and snack times.
- To provide opportunities for the pupils to make links between health awareness and healthy living.

Definition of Healthy Eating/Nutrition:

A healthy diet is one which allows a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary for individuals from different cultural, ethnic and social backgrounds.

Drinking water

- All pupils have access to fresh drinking water at all times

Snack time

- Children in EYFS and KS1 benefit from the National School Fruit Scheme, which entitles them to free fruit or vegetable daily.
- KS2 pupils are encouraged to bring in a piece of fruit or fresh vegetable, in a reusable container, to be consumed during break time.

School lunches

- The weekly menu is on display for the children and parents are sent it electronically in order to support their children in making a healthy choice. .
- All meals are provided by Herts Catering, who have a Healthy Food policy as part of their tender. They provide a choice of a hot or cold meal. This includes :-
 - Meat/fish option
 - vegetarian option
 - jacket potato with a choice of fillings

All choices included fresh vegetables/fruit..

- Pupils who chose to bring a packed lunch to school are expected to bring a balance meal, including fruit and vegetable.
- **No** chocolate or sweets are to be included in pupils' packed lunches.
- **No** nuts or nut based foods are allowed under any circumstances
- Only oven baked crisps are acceptable as inclusion in home packed lunches

Monitoring and reviewing

- Regular pupil voice surveys are carried out to ensure the pupils have clear understanding of the need to make healthy choices.
- Policy and practice is regularly revised and reviewed, involving pupils and staff.
- The LEA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.