

## **Beech Lodge School**

### **Healthy Eating Policy**

#### **Mission Statement**

We, at Beech Lodge School, strive for excellence in education by providing a safe, secure, caring family environment, where all are valued and respected as individuals, enabling them to reach their full potential.

#### **Rationale**

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos which express that we learn together as a community. We aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

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#### **Aims**

- improve the health of pupils, staff and their families by increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation;
- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety;
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil;
- ensure good liaison with parents/carers to ascertain any specific needs.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- encouraging fruit juices, lower fat milk and sugar-free drinks; discouraging sugary drinks and less healthy snacks between meals.

**Breakfast** – milk, toast and water are available for children who for whatever reason have not had breakfast on arrival at school. The importance of having a good breakfast is reinforced and encouraged.

**Mid-morning Snack** – Fresh fruit or an alternative healthy snack is encouraged. This is eaten within the kitchen/Hall, in an atmosphere conducive to social eating.

**Drinks** – Children are encouraged to bring named bottles of unflavoured, still water to school and to drink regularly particularly after PE, active play and in hot weather. All the children have access to a water.

**Curriculum teaching and learning**

Key healthy eating messages are covered in lessons across the curriculum e.g. Science, DT, PSHE. They are also delivered through assemblies and themed weeks.

**Food Hygiene**

Children are reminded on a regular basis about the importance of hand washing before eating.