



Longwood Primary School

Healthy Food Policy

Introduction

The Board of Governors and the staff are committed to the promotion of health eating as part of a healthy lifestyle. We recognise the effects that developing a healthy diet as early as possible can have on a pupil's ability to learn effectively, achieve their personal best and lead to better eating habits later on in life. The school also understands that they play a key role in sending consistent messages about all aspects of their health to help them to understand that they are responsible for the choices they make. This policy should be read in conjunction with the school's PSHE, Drug, Sex and Relationship Policies.

Mission

To provide accurate information about food allowing children to make informed choices and maintain a life-long healthy and environmentally sustainable eating habits.

Aims

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To ensure that pupils are well-nourished at school, and that every pupil has access to safe, tasty, nutritious food.
- To contribute to the healthy physical development of all members of our school community.

Snacks

As part of a government initiative, Foundation and KS1 children have a snack of seasonal fruit or vegetable available to every pupil each playtime. Nursery / Pre School children are offered fruit or vegetables as part of their snack time. All children have easy access to a drinking water supply and are encouraged to have their own water bottle (sports top type) in their classroom.

All children have access to healthy snacks sold by Catering Services for a minimal charge. Children are also welcome to bring in their own snacks but these must be fruit, fruit bars or similar. Chocolate/chocolate bars, sweets, cakes or drinks other than water are discouraged.

School Lunches and Packed Lunches

All our school meals are provided by a contracted caterer (Staffordshire County Catering) who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Weekly menus, as far as possible are displayed and are available for all parents of children staying hot dinners. Longwood Primary School tries to ensure that it makes provision for all pupils including all religious, ethical, medical and allergenic needs. The consumption of food at Longwood is a safe and enjoyable experience which actively promotes health eating.

Many children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we do not encourage sweets or fizzy drinks.



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Knowledge of Food

Each child attending in KS1 is given the opportunity to develop their food education and skills through cooking lessons. This increases pupils' knowledge of what constitutes a healthy diet. Pupils are also encouraged to lead a healthy life style through their PE lessons, workshops and after school clubs. These include football, exercise club and a sports club run through the School Sports Partnership.

Water

All children are encouraged to bring a water bottle (one with a sports top) to school. Children are allowed to drink throughout the day, apart from during assembly times. There is a chilled water available in the dining room for use at lunchtimes.

This policy is to be read in conjunction with:

Human Rights Act

Equal Opportunities Policy

Disability Discrimination Policy

Personal, Health, Social, Citizenship Education Policy