



## Ruardean C of E Primary School

# Healthy Eating Policy

*Love of Learning - Love of Life - Love of One Another*

Matthew ch22 v33-40

<b>Policy Reviewed:</b>	<b>Bi-Annually</b>
<b>By:</b>	<b>SLT</b>
<b>Agreed:</b>	<b>12/05/2025</b>
<b>Next Review:</b>	<b>May 2027</b>
<b>Policy Owner</b>	<b>SENDCo</b>

### Related Policies/Documents:

- Curriculum policy
- RSHE Policy
- Promoting British Values

### 1. Aims and Objectives

At Ruardean C of E Primary School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. Our school aims to provide a calm and positive environment, where children and staff are safe, **healthy**, happy, confident and motivated.

Our school aims to:

- Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet.
- Help children to understand that some foods should be eaten in moderation.

### 2. Success Criteria

Through the successful implementation of this policy the intended outcomes are:

- Children are physically, mentally and emotionally healthy.
- Children are making informed choices about their lunches, both school dinners and packed lunches.
- Children understand the need for a balanced diet, understand the term 'in moderation'.
- For staff to be good role models and have access to information which will help them to provide and develop positive attitudes to healthy eating in young children.

### 3. Curriculum

Healthy eating may be addressed through:

- Science units
- PSHE & Citizenship units
- Design and Technology
- RE

- Discrete teaching sessions
- Discussion between teacher and pupils
- Assembly - teacher led or outside visitor
- Whole school projects
- Special days and events
- Class /whole school planting and growing of vegetables in raised beds (to be used in DT when appropriate)

We are also signed up to the change for life campaign:

<https://www.nhs.uk/change4life/about-change4life>

Its purpose has been to inspire a social movement, through which government, the NHS, local authorities, businesses, charities, schools, families and community leaders can all play a part in improving children's diets and physical activity levels.

#### **4. Allergies, vegetarians, religious needs**

All individual food needs are entered on the yearly entry records and updated regularly.

#### **5. Free fruit and vegetable scheme**

There is a free fruit scheme in operation for our infant children. Each child in KS1 is given a piece of fruit/vegetable each day. Children are also encouraged to bring in a healthy snack and this is reinforced through newsletter reminders. As a school we buy into the scheme to offer our KS2 pupils a piece of fruit/vegetable using Pupil Premium funding.

#### **6. Water/Milk**

Water is available for children to drink throughout the school day. Children are encouraged to bring their own drink bottle to school and water is promoted. We provide free milk to under 5s and Pupil Premium children in KS1 and KS2. Parents of over 5s/non pupil premium children can register for subsidised school milk at: <https://www.coolmilk.com/parents/>

#### **7. School meals**

We are part of the GCC county catering contract with Caterlink. The support package provides us with advice on food safety standards and compliance with food safety laws, along with guidance on healthy eating which includes in-school events such as taster sessions and themed menus. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. New menus are sent out termly to all families promoting and encouraging children to eat school dinners. A daily salad bar is available. Caterlink have put together a website for Gloucestershire Schools which contains lots of useful information about menus, special diets, where the food comes from and much more. To view this website please visit : <https://caterlinkltd.co.uk/school/gloucestershire-county-council/>

#### **8. Packed Lunches**

Parents are encouraged to provide children with a healthy packed lunch. Any uneaten food is returned in the child's lunch boxes so the parents can be aware of what the child has eaten whilst at school.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied.

## **9. Dining environment**

Lunch is served in the hall following a rolling system. The children enter the hall in an orderly manner and queue to collect their lunch. School dinners and packed lunches sit together and enjoy the time to socialise. Children are rewarded positively throughout their dining experience.

## **10. Healthy Snacks**

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme.

As children move up into KS2, if they wish to have a break time snack, they are currently required to bring in something from home. No chocolate or sweets should be sent to school.

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time, so parents are able to monitor this.