



Whole School Healthy Eating Policy

Our Mission Statement

The example of Jesus Christ and the Good news that he brought inspire St George's school to be a caring and inclusive community in which **children love to learn and learn to love.**

Aim:

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors.

Curriculum

Children in Foundation Stage, Key Stage 1 and Key Stage 2 all learn across the curriculum the importance of a balanced diet and healthy lifestyle. Science, PE and PSHE help to give our pupils the knowledge and skills to select a healthy balanced diet. Our Christian Values and Learning Powers alongside our work on developing a Growth Mindset also contribute to the wider sense of emotional health and wellbeing.

Breakfast Club

Children are offered a healthy and nutritious breakfast each morning. This helps to promote a good start to the school day by eating well and it also helps children to develop their social skills. Fruit juice, milk, fruit and cereals are on offer. Crumpets are an alternative to toast on some days and sugary toppings or jams are not used.

Breaktime Snacks

Foundation Stage and Key Stage 1 children are provided with a fruit or vegetable snack mid-morning. Key Stage 2 children are allowed, and encouraged, to bring a fruit snack in from home to eat at morning break time.

Lunchtimes

School is aware of the importance of creating a pleasant atmosphere around eating together.

Reception class come into the Dinner Hall earlier so they begin their lunch in a quieter environment. Midday staff are on hand to offer help with cutting food and promoting a pleasant atmosphere. New circular tables have been purchased to

encourage interaction and good table manners are always praised. School will endeavour to ensure that high quality food and drink are available.

School Meals

School meals service will offer a nutritionally balanced healthy lunch, served by trained staff. All school food will meet national nutritional standards. If seconds are available then fruit and vegetables will be offered and the salad selection will be well stocked and promoted daily.

Lunch Boxes

School encourages healthy packed lunches with a good balance of foods. Ideas for simple and quick lunch box ideas are on the website. School provides workshops in conjunction with the Children's Nutrition Team for parents interested in learning more.

Water

Children in KS1 and KS2 each have a supply of water in a named water bottle, to boost health and concentration. Foundation Stage children have access to a water drinking fountain and have drink intervals throughout the day.

After School Clubs

Eco Club and Cookery Clubs show School's commitment to healthy eating through the development of practical skills and knowledge about how things grow.

Sweets

School does not encourage sweets to be used as treats or rewards. Other small non edible items can be brought as celebrations for birthdays.

Celebrations and Special Events.

St George's Primary is a Fairtrade School and part of that commitment is using fairly traded products.

School will hold a stall at intervals throughout the year where children are able to buy a chocolate treat although non food stuffs are also available.

Key events in the church or school calendar may also be celebrated with treat foods. These times are understood to be special and therefore the foods are considered a treat, rather than the normal healthy foods offered.

Approved Spring Term 2019