

Dinglewell Junior School

Healthy Eating Policy

Reviewed: November 2024 (C&S)

Next review: November 2029

Introduction

At Dinglewell Junior School we recognise that, as educators, we can play an important role in encouraging children to develop the skills and knowledge to lead a healthy lifestyle. It has, therefore, been decided to implement a policy to facilitate this.

Rationale

Our educational mission is to improve the health of the school community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. As such, we recognise the important connection between a healthy diet and children's ability to learn effectively at school.

Aims

- to improve the health of pupils and staff by helping to influence their eating habits by increasing their knowledge and awareness of food issues
- to make pupils aware of the benefits of a healthy and well-balanced diet
- to make pupils aware of the wider environmental issues surrounding food consumption and production
- to ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food. To ensure pupils are given access to fresh drinking water during the school day
- to ensure that lessons and teaching as a part of CPSHE are embedded within the class themes/class assembly/whole school assemblies
- to make the provision and consumption of food an enjoyable and safe experience
- to introduce and promote practises within the school to reinforce these aims and to begin to remove or discourage practises that negate them.

Objectives

To work towards ensuring that this policy is accepted and embedded by:

- Governors
- School management

- All staff
- Pupils
- Parents
- Food providers
- Wider community

To integrate aims into all aspects of school life, in particular:

- Food provision within the school
- The curriculum
- Pastoral and social activities

Methods

- establish an effective structure to oversee the development, implementation and monitoring of this policy. To encourage participation by all to meet the aims and objectives.
- develop an understanding and ethos within the school of tasty, nutritious food, through education and example.
- encourage the consumption of healthier snacks and water in the school day.
- encourage visits from outside agencies (school nurse) and interested parties (environmental/agricultural groups) to work with the children on related issues.
- provide a healthy snack policy at break times for those bringing snacks from home.
- improve and promote healthy school dinners through working with caterers.
- encourage healthy lunch boxes from home.
- encourage good manners.

Monitoring and Evaluation

The following will help to ensure that the above aims and objectives are being met.

- liaise with CPSHE Coordinator to look for evidence within whole school planning.
- promotion through themed weeks/campaigns/assemblies based on healthy living during the year.

Appendix

Guidelines for Parents

We recognise that the cooperation of parents and carers is essential if these aims and ideals are to succeed.

In order to encourage as much parental support and cooperation as possible, we send out reminder notes and ideas for healthy lunch boxes. Children are praised for having healthy lunchboxes and encouraged to choose healthy options.

Water during the day

Children are actively encouraged to drink throughout the day. This is especially important during the summer term and after any exercise, when the risk of dehydration is greater.

All children are provided with opportunities to fill a water bottle and staff ensure that these are available throughout lessons. These bottles can be refilled at water stations in the area outside the Head Teacher's office. A water fountain can be found outside to ensure that all children have access to water at break and lunchtime. Parents and carers are encouraged to provide a suitable drink (non-carbonated) for the children at lunchtimes.

Special Occasions

The purpose of this policy is not to teach children that any food or drink is 'wrong' or permanently 'off-limits', but that any food or drink should be enjoyed in moderation.

Therefore, for both staff and pupils, on certain occasions such as a child returning from holiday or a birthday, the giving of sweets/cakes is still considered acceptable as an act of friendship towards others. Similarly, the Christmas parties are to be seen as a time for children to enjoy themselves and indulge in traditional 'partyesque' foods and drinks.