

Trusting in God; Growing in Wisdom



Healthy Eating Policy

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony."

Colossians 3: 13-14

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1. Aims, Purpose, and Responsibility

Why Children Need to Eat Well

- The food children eat today influences their lifelong eating habits.
- Many children do not consume enough nutritious food to support their health.
- A well-balanced diet supports children's ability to learn, grow, and achieve their full potential.
- Research shows that healthy eating improves focus, attention, and overall well-being.
- Cooking is a vital life skill, and engaging children in food preparation encourages healthy choices.
- Sharing nutritious meals is a fundamental part of social development and enjoyment.

This policy applies to all food consumed at school, including meals provided before, during, and after school, on trips, and at extra-curricular events.

Why This Policy Is Needed

At Whitegate, we understand the critical role a healthy diet plays in a child's well-being and academic success. We work in partnership with parents and carers to promote healthy eating habits and provide nutritious food options. Our commitment includes:

- Offering healthy food and drink throughout the school day, considering individual dietary needs (e.g., cultural, ethical, medical).
- Reinforcing healthy eating messages through the curriculum.
- Encouraging a whole-school approach to nutrition.

This policy explains:

- How we promote healthy eating.
- The steps taken to provide balanced meals.
- How we educate pupils about making nutritious food choices.
- Our approach to supporting pupils' health through food education.

Objectives

We aim to:

- Educate pupils about a balanced diet through workshops and PSHE and Science lessons.
- Provide safe, nutritious, and appealing meals.
- Encourage all pupils to access a healthy school meal.
- Make healthy eating enjoyable and routine.
- Ensure all children have access to clean drinking water.

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- Promote and encourage healthy food choices while discouraging unhealthy options.
- Act as role models for healthy eating.
- Monitor food choices, including packed lunches, to support healthy habits.
- Use various opportunities to highlight the importance of healthy eating.
- Ensure consistency in healthy eating messages throughout the school day.

Responsibilities

All staff, including teachers, support staff, and catering teams, play a role in implementing this policy and modeling healthy eating habits. Specific responsibilities include:

- Senior Leadership Team (SLT): Leading and monitoring health education and working with the catering team.
- Curriculum Leaders (Science, PSHE, PE, DT): Ensuring food education is embedded in lessons.
- Governing Body: Overseeing policy implementation, with a lead governor responsible for health and safety.
- Catering Provider: Supplying high-quality meals in line with national nutritional standards.
- Parents: Receiving termly menus and supporting the school's healthy eating ethos.

This policy aligns with national guidance, including the School Food Plan and Change4Life initiatives.

2. Food in the Curriculum

Food education is integrated into Science, PSHE, PE, and enrichment activities. Pupils are taught cooking skills from Acorns to Oak, covering nutrition, food safety, and hygiene.

This policy also supports:

- Behaviour: Healthy eating improves focus and behaviour.
- PSHE: Practical food education and informed food choices.
- Science: Understanding nutrition and food properties.
- Enrichment: Hands-on food preparation in mixed-age groups.
- Equality: Catering to diverse dietary needs, including allergies.

3. School Dinners

Our contracted caterer Hutchisons follows the School Food Standards. The termly menu is available on our school website and from the school office. Our dining hall fosters a positive mealtime experience where children are encouraged to try new foods. Staff monitor choices and promote balanced eating habits. Parents entitled to free school meals are encouraged to apply.

4. Packed Lunches

Guidelines for Packed Lunches

To support healthy eating, packed lunches should align with the School Food Standards and include:

- A portion of fruit and vegetables.
- A protein source (e.g., meat, fish, eggs, beans).
- A starchy carbohydrate (e.g., wholemeal bread, pasta, rice).
- A dairy product (e.g., cheese, yogurt).
- Water, milk, or diluted juice.
- A dessert is allowed but please be mindful of the guidance regarding sugar intake.

Packed Lunches Should NOT Include:

- Confectionery (Sweets or chewing gum).
- Sugary or fizzy drinks.
- Processed meats (e.g., sausage rolls, pies, corned beef) should not be consumed on a daily basis.

Lunch staff monitor packed lunches and provide guidance to parents when necessary. Persistent concerns are addressed in line with school safeguarding procedures.

The school's preference is that pupils have a school meal that conforms to the Healthy Eating Policy and School Food Standards to the policy.

5. Snacks

- All pupils are able to help themselves to a free piece fruit or vegetable snack at break time..
- Milk is provided free for children in the Acorn's class.
- No fizzy drinks are allowed in school. However, this will be relaxed on educational visits.
- Toast is available for purchase at break time.
- Children attending swimming lessons or sports events may bring a healthy snack.

6. The Ark (Breakfast & After-School Club)

Meals Provided

- Breakfast options: Low-sugar cereals, wholemeal toast, fruit, milk, and juice.
- After-school options: Bagels, crumpets, toasties, pasta, sandwiches, and chicken goujons.
- Special dietary needs are catered for in consultation with parents.



7. Water for All

- Drinking water is available throughout the day via water fountains and in classrooms. All children have an allocated cup. This cup is washed at the end of each school day.
- Only water, low-sugar juice, or milk may be consumed at lunchtime.
- Sugary drinks will be sent home, and parents will be reminded of the policy.

8. Policy Implementation

This policy is integrated into:

- Staff Handbook
 - School Website
- A full copy is available to parents on request and is shared with external professionals involved in delivering food education.

8. References and further reading

1. Balance of Good Health (Food Standards Agency 2001)
2. School food plan (www.schoolfoodplan.co.uk)
3. Change 4 Life (www.nhs.uk/change4life)

Date: February 2025

Review Date:

School Vision

With thankful hearts, we trust in God as we grow in his love that shines through us. We aim to live our faith and grow in wisdom.



Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. (James 3:13)

But the wisdom from above is pure first of all; it is also peaceful, gentle, and friendly; it is full of compassion and produces a harvest of good deeds; it is free from prejudice and hypocrisy. (James 3:17)

Date of Policy: February 2025

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| PERSON RESPONSIBLE FOR POLICY: | ASHLEY FOWLES |
| APPROVED: | |
| SIGNED: | J BANCROFT |
| TO BE REVIEWED: | |

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