



Bassenthwaite Primary School

Healthy Eating Policy

At Bassenthwaite Primary School we recognise the important connection between a healthy diet and the pupils' ability to learn effectively and to achieve high standards in school. Therefore we are committed to encouraging and developing positive attitudes towards a healthy diet and lifestyle.

Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that all pupils are given consistent messages regarding food choices and their health.
- To ensure that food provision reflects the ethical and medical requirements of staff and pupils. e. g. religious, vegetarian, medical and allergenic needs

Objectives

- To work towards ensuring that this policy is both accepted and embraced by all members of the school community.
- To integrate Healthy Eating into all aspects of school life, in particular food provision within the school and the curriculum.

School Meals

We will liaise with Keswick School and endeavour to provide midday meals which are nutritious and appetising.

Keswick School provides meals which meet the national guidelines for nutritional standards.

Theme meals are sometimes provided to celebrate special events and dates.

Keswick School have provided us with a list of allergens which is held in the school kitchen.

Packed Lunches

Packed lunches are eaten at a designated table.

Children are encouraged to eat healthy food items before treat foods. Staff take time to discuss the contents of packed lunch boxes and praise children whose lunch boxes contain healthy items.

Fizzy drinks, glass bottles and sweets are not allowed.

Children are encouraged to take home any uneaten food in their lunch boxes so that parents can monitor which foods have been eaten.



Break time snacks

All children are entitled to a piece of free fruit or vegetable for their mid morning snack as part of the Government's Free Fruit and Vegetable Scheme and also milk (free for under-fives).

Water Provision

Fresh, cooled water is available to children at all times. Children can bring their own water bottle to school if they wish but cups are readily available in school. The health benefits of drinking water are widely acknowledged and children are encouraged to drink water throughout the day.

Curriculum

We regard healthy eating education as a whole school issue and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's personal, social, health and citizenship education curriculum. The work completed in this area of the curriculum is also supported by other curriculum areas such as science and design and technology.

Approved by the Governors ---26/09/18----- Signed -----

Review date -----Sep-2021