



Healthy Eating

Statement of Practice



Rationale

St. Catherine's CE Primary School is committed to giving all its pupils consistent messages about all aspects of health, to encourage them to take responsibility for the choices they make and to help them to understand the impact of particular behaviours. This Statement of Practice should be read alongside the School's PSHCE policy

The school supports the '5-A-Day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Our Statement of Practice applies to all staff, governors and volunteers working in the school.

Aims

- To ensure that we are giving consistent messages about food and health;
- To give our pupils the information they need to make healthy choices;
- To promote health awareness;
- To contribute to the healthy physical development of all members of our school community;
- To encourage all children to take part in the '5-A-Day' campaign.

Snack

All our Foundation Stage children are entitled to and receive free milk. All children are given the opportunity to purchase a mid-morning snack (toast, crumpets, cheese and biscuits) provided by the School Catering Manager.

For those children not wishing to purchase a school snack the children can bring a piece of fruit, sticks of carrot etc, cheese or health bar to eat at playtime. We ask that these snacks remain healthy – i.e. nothing with chocolate, no biscuits, crisps or sweets.

Packed Lunches

Many children bring packed lunches to school. We regularly include newsletter items about the contents of these and we do not allow sweets or confectionary such as chocolate bars. We appeal to parents and carers to ensure their child's lunch box contains a nutritionally balanced diet.

Water for all

Water is freely available throughout the school day to all members of the school community. Early Years and KS1 children are also reminded to drink water at their snack time.

Food across the Curriculum

In Early years, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health. These include healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Opportunities are available within the curriculum to give first hand experience of cooking. There are specific topics related to food in Science, Design Technology and History.

Out-of-hours learning includes Eco club where the children grow fruit and vegetables.



Partnership with parents and carers

The partnership of home and school is crucial in shaping the way in which children and young people behave, particularly where health is concerned. Each must support the other. This is not always easy but our school does everything within its power to play its part.

Parents and carers are regularly updated on our water and packed-lunch policies through school and newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may have juice or squash.

The school meal menu is displayed on the school's website which aims to encourage parents to discuss healthy food choices with their children.

Role of the Governors

Governors monitor and check that all school policies are upheld; they can also offer guidance where a member of the body has particular expertise in this area.

This Statement of Practice will be reviewed to take account of new developments.