



Working, Praying, Sharing and Learning Together”
“Gweithio, Gweddio, Rhannu a Dysgu gyda’n gilydd”

St Mary’s R.C. Primary School



Healthy Eating Policy

Reviewed – Sept 2023

| Date | Review Date | Lead | Nominated Governor |
|-----------|-------------|----------------|--------------------|
| Sept 2023 | Sept 2024 | Mr. M. Buckley | Mrs. K. Lewis |

United Nations Convention on the Rights of the Child.

Article 24 - All children have the right to the best possible health.

Article 27 - All children have the right to a standard of living that is good enough to meet their physical and social needs and support their development.

Our Aims

Why is healthy eating important?

- Ensuring children can recognise and identify a 'Healthy diet' now, will shape how they eat for the rest of their lives.
- Too many children are eating too much of the food that isn't giving them the correct amount of nutrients to sustain a healthy body and mind.
- When children eat better, they do better. Allowing children to eat well will result in them being in better position to reach their full potential.
- Everyone enjoys eating good food. Its important for children to be able to taste a meal that they enjoy that allows them to sustain a healthy diet.

Why do we need a healthy eating policy?

At St Mary's, we recognise the importance a healthy diet can have on a child physical and mental well-being as well as their ability to learn and achieve. We believe that based on a strong partnership with parents and carers, we can have a positive impact on the children's health by increasing their knowledge and understanding of how they're able to lead healthy lives by making good healthy food choices.

As a school, we aim to provide children with a healthy meal at dinner time and educate the children on the importance of nutrition and healthy eating.

Our Objectives

We will ensure to:

- Make healthy eating enjoyable.
- Provide a tasty, healthy and safe school dinner.
- Monitor healthy eating, including snacks and packed lunches.
- Always encourage a range of different ways a child can be healthy and have a healthy diet.
- Actively promote healthy eating.
- Be a role model for healthy eating.
- To continuously promote the importance of healthy living within the school environment,

Food in the Curriculum

Behaviour: Children who have a healthy diet are more focused and display better behaviour.

Equality: We offer a choice for children who are vegetarians and take into consideration those who have an allergen. We also take ensure all activities internally and externally are inclusive so that all children can participate.

Physical Education: All learners will be educated on the importance of exercise and how exercise and healthy eating are the crucial elements of leading a healthy lifestyle.

Science: Healthy eating and nutrition is an important part of the science curriculum which will be taught across the progression steps.

Authentic learning contents: All classes will receive the opportunity to learn cooking skills and learn how to create a healthy meal for them to be independent throughout their lives.

School Lunches

All our school meals are provided school cooks that are employed through the Blaenau Gwent CBC who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the school dojo and is sent home termly. The menu is also available via the school Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

Packed Lunches

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables, and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Fizzy or sugary drinks.

These expectations are monitored by lunchtime staff, who communicate with teachers, when necessary, who will contact parents.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. Every day, the school kitchen provides a meat option as well as a vegetarian option for the children to choose from.

Snacks

From Nursery to Year 2, children can pay £1 a week for a healthy snack provided by the class teacher. From year 3 onwards, children are encouraged to bring healthy snack such as fruit or vegetables to eat during their break time. It's important that snack time is the time to promote and encourage children to eat healthy snacks. No fizzy drinks, chocolate, biscuits, or sweets should be brought in for snack time.

Birthdays and Rewards

Children are allowed to bring a birthday cake or cupcakes for the class on their birthdays. Teachers within the school might use sweets as a reward for hard work but this is made clear to the children that the rewards are

a treat.

Breakfast Club

Aims

- To provide food for children of families that have an early start to their day.
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages.

Water for all

During school meal time only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink, they will be asked to take it home and we talk to parents and carers and remind them of the food policy. We have water fountains in the playgrounds and children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

Partnership with Parents and Carers

We inform and involve parents and carers about healthy eating through the school website and Dojo. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time. During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.