



Healthy Eating Policy

Hove Junior School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Reviewed July 2019

Rationale

Good health is vital and healthy eating can influence physical, mental and social well-being. At Hove Junior School, the staff are dedicated to helping each child understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times.

Aims

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make.
- To make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- To help the children understand that some foods should be eaten in moderation.
- To work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- To work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in decision making through School Council and Parent Council.

Curriculum Organisation and Delivery

Healthy eating is addressed through:

- Cross-curricular links
- Discussion between the teacher and pupils and between the pupils themselves
- Whole school projects

Playtime

Children may bring a healthy snack, e.g., fruit or vegetables, to school for morning break. Other items such as sweets, crisps, biscuits etc., are not allowed.

Lunchtime

The lunchtime meal offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. We currently use Caterlink catering services - who follow healthy schools' guidelines. There is a three-week cyclic menu offering a choice of three meals daily, one of which is suitable for vegetarians. The menu includes a range of freshly prepared salad and vegetables. Cheese and crackers, fruit and yoghurt are also regularly available as options to the main dessert. Freshly made bread is available daily. Children are encouraged to try vegetables even if it is a small portion.

Guidelines are followed that ensure menus include:

- Reduced fat, sugar and salt
- Increased fibre
- A wide range of freshly prepared salads and vegetables available daily
- Tinned fruit in natural juices
- Fresh fruit and yoghurt

Children who are entitled to the Pupil Premium Grant are also entitled to Free School Meals. This can be applied for online at <https://www.brighton-hove.gov.uk/content/children-and-education/schools/applying-online-free-school-meals> The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Packed Lunches

For children who opt to have a packed lunch, we ask that packed lunches are in a named lunch box/bag. No sweets, nuts, chocolate bars or fizzy drinks are permitted and we encourage packed lunches to include some fruit or vegetable e.g. piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge.

Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks. Water is provided for all children whether they have packed lunch or school meals. The school provides a suitable storage area for lunch boxes in each classroom. Any uneaten food is returned in the children's packed lunch boxes so the parents and carers can be aware of what the child has eaten whilst at school.

Drinking Water

Water is available throughout the day. All children are encouraged to bring a named water bottle to school daily: these are stored in their classrooms and are easily accessible at all times.

Equal Opportunities

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

Cross Curricular Links

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHE, Science and Design & Technology schemes of work.

Health & Safety

All activities will be in line with school health and safety policy and DfE guidelines. Most importantly, in recognition of the danger of anaphylactic shock, **nut products are not allowed in the school.**