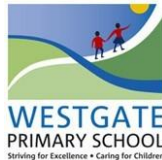


Westgate Primary School



Healthy Eating and Drinking Policy

Rationale

At Westgate, we believe that that proper nutrition and fluid intake are essential to the good health of all members of the school community and fundamental to effective teaching and learning. We see it as our responsibility to establish and maintain life-long healthy and environmentally sustainable eating and drinking habits.

Aims

- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits;
- To integrate healthy eating and drinking habits in all aspects of school life.
- To have a pleasant and sociable eating experience which enhances the social development of all children;
- To encourage foods that are nutritious;
- To encourage a balanced diet;
- To encourage fluid intake with an easily accessible water supply throughout the day;
- To take into account and accommodate dietary requirements;
- To ensure high standards of hygiene amongst the children;
- To develop healthy eating and drinking habits that will last a lifetime;
- To use fresh produce in catering as far as possible;
- To source local products as much as possible.

Catering

Schools meals are provided by The Catering Agency with individual dietary needs catered for within the framework of nutritional standard. All children are encouraged to make choices and to take some fruit or vegetables as part of their meal or snack. Water is always provided with the meal. Portion sizes are according to guidelines laid down by the caterers and all meals meet or exceed the national food guidelines. Children are expected to sit during meal times and good manners and conversation are encouraged.

Drinking

Every child has a named water bottle, which is filled every morning and emptied at the end of the day. The lids are sterilised at the end of the day and the bottles on a weekly basis. All children under 5 are provided with milk every day free of charge, if their parents wish and in Key Stage 1 and 2 at subsidised cost.

Snacks

Parents and children should not bring or send sweets to school as snacks. The only exception to this will be due to medical need (eg high sugar snacks kept to combat a hypo for diabetic pupils). Only fruit, vegetables or cheese are allowed as a snack at playtimes. All children in Foundation and Key Stage 1 are encouraged to eat the piece of fruit or vegetable provided daily through the national 5-a-day Schools Fruit and Vegetables Scheme. In KS2 a fruit and vegetable stall is run each break time for children to buy a snack if they wish.

Teaching and Learning

Food and cooking activities are used in a variety of ways to teach children and widen their experience of food from a range of cultures. Children are given the opportunity to touch, taste,

smell and feel a variety of foods. Healthy eating habits will be developed progressively across the school as part of our Health Education programme.

Parental Involvement

A summary of the Healthy Eating Policy is included on the website.

Health and Safety

Food for use in class is not to be left open but must be stored in containers and cupboards, according to instructions on packaging and common sense. Any information regarding individual children and their allergies will be shared with all staff. Training in the use of the EpiPen will be arranged regularly and all guidelines followed rigorously.

Equal Opportunities

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff, regardless of race, gender and education need.

This policy was agreed by staff and governors in and will be reviewed in on a three year cycle.

Signed : (Head teacher)

Signed: (On behalf of the governing body)

Date: 10/02/2016