



Healthy Eating Policy



Oaktree
Primary School

Compiled by:	Amy Milne, Nurse Razia, Ellese Phipps	
Approved by:	Amy Milne	Date:
Last reviewed on:	October 2019	
Next review due by:	October 2020	
Signed by Principal		

Contents

1. Introduction, Purpose, Aims and Objections.....	2
2. Snacks and Lunchtime Procedures.....	2
3. Food Items not allowed at school.....	3
4. Roles and Responsibilities.....	3

Introduction:

Oaktree Primary School recognises that healthy eating impacts on health, learning and behaviour. All staff work together to promote healthy food choices and regular exercise, as well the importance of hygiene for eating. OPS have a total NO NUT policy to ensure the safety of children with Nut Allergies.

Purpose, Aims and Objectives:

- To ensure that all aspects of food and drink in school promote the health and well-being of the pupils, staff and visitors to our school.
- 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 and environmentally sustainable diet and hygienic food preparation and storage methods.
- To ensure pupils are well nourished at school and that every pupil has access to a safe easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.

Snack and Lunchtime Procedures at Oaktree Primary School

- Children wash their hands prior to eating their snack and lunch.
- The children have their snack in the classroom during warmer weather and outside during the cooler months.
- The canteen is used for lunchtimes.
- If the food is not eaten, it must be left in the snack box so that parents are aware of what their child has/has not eaten. Food must not be thrown away - especially 'untouched' items.
- Class teachers will ensure that either themselves or a teaching assistant or teacher supervises the children whilst they eat their snack to insist on good manners and so that each child eats enough to give them the energy they need for their learning.
- The school nurse and Doctor will check snack boxes during lunchtimes, when they are available, and reward the children for both healthy choices but also for finishing their food.

Food Items not Permitted at Oaktree Primary School

Items that are no permitted at OPS are:

- Nuts
- Pork
- Chocolates, chocolate bars and biscuits
- Sweets
- Fizzy drinks, flavoured milks and drinks in glass containers

Water Provision

Children have access to water throughout the course of the day. The health benefits of drinking water are widely acknowledged by staff and all staff encourage pupils to drink water at frequent intervals throughout the school day. They are also encouraged to drink more after physical exercise and break times.

Curriculum

We regard healthy eating education and hygiene 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 and hygiene education is supported by work in other curriculum areas such as science, ICT and design technology.

Roles and Responsibilities:

The school is aware that the primary role in children's healthy eating education lies with parents. We wish to build positive and supporting relationships with parents of the children at our school through mutual understanding, trust and co-operation.

To promote this we will:

- Keep parents informed about the healthy eating policy and practice through our newsletters and school website. Encourage parents to become involved in the review of this policy.
- Take seriously and respond to any issues which parents raise with teachers or governors about this policy and practice at school.
- Share with parents information about the best practice known with regard to healthy eating so that parents can support the key messages being given to children at school.

The school nurse, doctor and Well-Being Team will oversee the aspects covered in this policy in school and will liaise with other key members of staff as necessary.

The school will take positive steps to create school culture through its managers and other employees, in which people can feel confident of being treated with fairness, dignity and tolerance, irrespective of their individual differences. This commitment extends to the whole school community and others connected with it.