Healthy Eating Policy

FOREST VIEW SCHOOL

Policy name	Healthy Eating Policy
Version date	September 2025
Owner	BL
Approval date	September 2025
Approver	Local Governing Board
Review frequency	As required
Review date	As required

At Forest View Primary School we recognise the importance of a healthy life-style and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. Our school aims to provide a calm and positive environment, where children and staff are safe, **healthy**, happy, confident and motivated. The school follows all guidelines laid out in the school food standards.

Aims

The school aims to:

- Provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet.
- Help children to understand that some foods should be eaten in moderation.

Success Criteria

Through the successful implementation of this policy the intended outcomes are:

- Children are physically, mentally and emotionally healthy.
- Children are making informed choices about their lunches, both school dinners and packed lunches
- Children understand the need for a balanced diet, understand the term 'in moderation'
- For staff to be good role models and have access to information which will help them to provide and develop positive attitudes to healthy eating in young children

Allergies, vegetarians, religious needs

All individual food needs are entered on the yearly entry records and updated regularly.

Curriculum

In Foundation stage, KS1 and KS2, healthy eating is addressed through:

- Science units
- PSHE units
- Design and Technology
- RE
- Discrete teaching sessions
- Discussion between teacher and pupils
- Assemblies (teacher led or outside visitors)
- Whole school projects
- Special days and events

Training

All staff undergo the relevant food hygiene training.

Cookery Clubs

Cooking/food tasting in lessons

As part of class lessons the children often participate in cooking and food tasting. After school cooking club is often available.

Breakfast club

Our breakfast club runs daily from 8:05am – 8:35am. A varied selection of hot and cold, healthy and nutritious food is available, e.g. Cereal, toast, milk, fruit juice. The club costs £2.50 a day and is £1 for those in receipt of the Pupil Premium/Free School Meals.

Free fruit and vegetable scheme

There is a free fruit scheme in operation for our infant children. Each child is given a piece of fruit/vegetable each day.

Water

Water is available for children to drink throughout the school day. Children should only drink water in classrooms and can have an alternative drink, such as fruit juice or flavoured water to drink at lunchtimes.

School meals

The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. New menus are sent out twice a year to all families promoting and encouraging children to eat school dinners. A daily salad bar is available. The school runs its own catering and ensures that all menus are compliant with the school food standards.

Packed Lunches

Parents are encouraged to provide children with a healthy packed lunch. Any uneaten food is returned in the child's lunch boxes so the parents can be aware of what the child has eaten whilst at school.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied.

Dining environment

Lunch is served in the hall. The children enter the hall in an orderly manner and queue to collect their lunch. On collecting lunch children are encouraged to visit the salad bar before finding a place to sit. School dinners and packed lunches (when sat in the hall) sit together and enjoy the time to socialise. Children are rewarded positively throughout their dining experience. Staff members are encouraged to take the opportunity to sample school lunches and sit with the children.