Healthy Eating Policy

Our Aim

At Hall Meadow Primary School, our aim is to educate children of all ages in a range of ways and to equip them with a sound knowledge of a healthy lifestyle. This will enable them to make their own choices about how to maintain a healthy lifestyle (healthy body, healthy mind) throughout their adolescent and adult life.

We strive to maintain our ethos of Respect, Reflection and Responsibility in all that we do

Objectives
- To give pupils confidence, skills and understanding to make healthy lifestyle choices.
- To provide healthy and nutritious food and drink cross the school day.
- To inform parent/carers of healthy packed lunch choices.
- To promote healthy mind and body across the curriculum.

Implementation
Curriculum, Teaching and Learning:
Monitor and evaluate the opportunities for promoting healthy lifestyles throughout year R to year 6 including the incorporation of Food Technology as a strand of Design Technology, Mindfulness and meditation techniques, learning about diet and food with a global perspective and promoting family values alongside the preparation and consumption of food, such as Tea Time Talk.

Exploration of other cultures will encourage children to make comparisons and evaluate health and life style in other cultures

School Meal Service:
Monitor and evaluate the provision of school meals ensuring that they meet the government standards. Work alongside Chartwell Meal providers to evaluate children's responses to meals and promote the opportunities for children to try new foods.

Snacks and Lunchbox Guidance:
Children will be provided with one piece of free fruit a day in key stage 1 and 1 additional piece of fruit, if parents wish to opt into the school fruit scheme. Similarly, children in KS2 will be provided with one piece of fruit if they opt into the school fruit scheme
The school will work in alliance with local businesses and Chartwell Catering to take part in healthy lunch box activities and links to these will be provided on the school website

Water Provision:
All taps in classrooms are drinking water taps for children to re-fill their own named water bottle as required throughout the day. Water is also provided at meal times for those children up taking school meals

Dining Environments:

Children will be provided with expectations at lunchtimes for being provided with a healthy lunchbox or for making good choices about food and trying new things. Children who consistently adhere to these expectations will be invited to dine at the "Top Table" on occasions.

Inclusion and Equal Opportunity Statement

At Hall Meadow Primary School, we do not discriminate against anyone, be they staff or pupil, on grounds of their sex, race, colour, religion, nationality, ethnic or national origins. We are committed to an inclusive ethos based on respect for, and celebration of, ethnic diversity. We ensure that the potential of every child is maximised, irrespective of ability, disability, race, gender and social origin, and enable equality of access to the curriculum in an environment where every child is valued and respected.

Differentiation and Special Needs

Any child with a recognised food allergy or dietary need is identified and provision made for the child. In certain circumstances, for the child's best interests and safety, information will be shared with all staff.

Working with Outside Agencies

Hall Meadow is committed to working with outside agencies, such as "The Northamptonshire Healthier child programme,"
Chartwell Catering services, school nurses and any local businesses which can help us promote a healthy life style.

We recognise that governors, parents and the local community can all support the school in its endeavour to promote healthy lifestyles.

Monitoring and Evaluation:

We will know our objectives are successfully met by:
- ✓ Pupil evaluations and questionnaires
- ✓ Parent/Carer feedback: questionnaires, School Council feedback
- ✓ Staff monitoring and reviews
- ✓ Reviewing and action planning using the Healthier Child Programme

Healthier Child Project 2020

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