



Rainbow Education Multi Academy Trust

Policy number: 35

Healthy Eating and Drinking Policy



OVERVIEW

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science and in personal and social education about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA, and other agencies, to extend healthy eating patterns into the wider lives of our learners.

OBJECTIVES

1. To educate children about healthy eating and drinking.
2. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert learners to the dangers of an unhealthy diet.
4. To provide learners with healthy food and drinks in school.
5. To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.
6. To encourage learners to adopt healthy lives and healthy eating and drinking habits.
7. To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.

STRATEGIES

1. To use the curriculum in physical education, science, personal and social education and health education to educate learners about healthy eating and drinking.
2. To give learners a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To provide healthy and balanced school meals that, where possible, contain sustainable and locally sourced produce in line with our policy for sustainable schools.
5. To make strong links in physical education and play, between healthy eating and regular exercise.
6. To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the learners.
7. To make good use of the external agencies for healthy eating to support our work.
8. The school will work with the pupils to provide attractive and appropriate dining room arrangements.
9. The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
10. Whenever possible the school will allow children eating packed lunch or school meals to sit together.
11. Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
12. Children must only eat their own food and not other children's.



OUTCOMES

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.

Guidance:

Suggestions for food to include in a healthy packed lunch or snack

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include DairyLea Lunchables or similar products).
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Suggestions for food to NOT include in a healthy packed lunch (these are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets and chocolate are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.
 - Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

Special diets

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.