

Greenways Primary Academy

Healthy Eating Policy



MAT Policy updated:	July 2021	
Review Frequency:	Two years	
Next review date:	July 2023	

Vision:

At Greenways Primary Academy, it is important to us that pupils eat healthily and drink plenty of fluids while in our academy. We also aim to teach pupils to make healthy food and drink choices using the curriculum and to reflect these principles in the academy's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn, concentrate, and achieve high standards in school. We are therefore committed to promoting a lasting healthy lifestyle for everyone.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to food standards and legal obligations. As such, this policy has been implemented to help staff and parents deliver consistent messages to pupils, enabling them to develop a positive and independent approach to a healthy lifestyle.

Principles of Healthy Eating:

These are the 'Principles of Healthy Eating' at Greenways Primary Academy. They were devised and agreed by the children and staff in May 2021, informed by the way we feel that healthy lifestyles should be taught across the academy.

Principle 1: To integrate a whole-school ethos towards healthy eating; therefore, helping both staff and pupils to perform well, concentrate better and improve general wellbeing.

Principle 2: To ensure all pupils to be well nourished and hydrated, and to ensure they have access to nutritious food and safe drinking water during the academy day.

Principle 3: To encourage pupils to make informed food and drink choices in school and at home, contributing to life-long healthy eating habits.

Principle 4: To use the curriculum to teach pupils safe, hygienic methods of preparing, handling and storing food, and to inform them about the benefits of choosing healthy options.

Principle 5: To ensure there are consistent messages about healthy eating throughout the academy.

Principle 6: To encourage fluid intake and help pupils keep hydrated, maintain concentration, reduce lethargy, and learn effectively.

Healthy Eating Curriculum:

At Greenways Primary Academy, we aim to provide a Healthy Eating curriculum that is informative and motivating for pupils. We aim to provide our pupils with the knowledge and understanding about the importance of healthy choices and healthy lifestyles. We aim to equip pupils with the tools to lead a healthy lifestyle. Healthy lifestyles is integrated within our PSHE, science and PE curriculum.

Drinks

- The academy teaches pupils the importance of drinking plenty of fluids and how hydration helps contribute to effective learning, good health and improved physical performance.
- The academy provides safe drinking water throughout the academy day. This is available via drinking fountains around the academy.
- Staff have access to drinking water via a water fountains.
- The academy encourages pupils to consume extra fluids on hot days and during and after physical activity, e.g. PE and sports days.
- Only water is allowed at the academy during break and learning time. This can be consumed in the classroom, in the dining hall, and on the playground.
- Pupils are permitted to refill water bottles via drinking fountains during the academy day.
- The academy does not permit fizzy drinks in bottles or cans on the premises at any time. These items will be confiscated by staff and returned to the pupil at the end of the academy day.
- **EYFS:** The academy understands the importance of healthy development for pupils under the age of five in an early years setting. In line with the Nursery Milk Scheme set by the Department of Health, one third of a pint of milk will be offered free of charge, once per day, for all pupils.

Snacks

- The academy encourages pupils to eat a snack at break time. As part of our healthy eating ethos, this will be a piece of fruit or vegetable without added sugar, fat or salt. Acceptable snacks include:
 - Fresh vegetables/salad
 - Fresh, dried or canned fruit
 - Lower fat and lower sugar fromage frais
 - A wrap or piece of bread
 - Rice cakes
 - Breadsticks
 - Water
- Nuts are not allowed in the academy as a snack or as part of packed lunches due to the risk of children with allergies consuming them.
- The academy does not permit any other snacks to be eaten at break time unless agreed by the Headteacher in advance due to exceptional circumstances.
- If a pupil brings in an unhealthy snack, a letter will be sent to parents.
- Snacks that are not in line with this Healthy Eating Policy will be swapped for a healthy alternative – a piece of fruit or vegetable.
- In line with the Government's 'School Fruit and Vegetable Scheme', a piece of fresh fruit or vegetable is available to pupils aged four to six at morning break time.

Lunch

- All academy meals meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by catering company and prepared by fully trained catering staff.
- Academy meals include two portions of fruit, vegetables or salad per meal.
- Portion sizes are in line with the School Food Standards to help provide pupils with a nutritionally balanced meal and prevent excessive calorie intake.
- Academy meals include foods that are naturally rich in vitamins and minerals to support pupils' health and physical development.

- The academy provides pupils with drinking water, semi-skimmed milk, or sugar-free fruit or vegetable juice with their meal. Additional water is available from water fountains.
- Dining staff monitor pupils' food intake during lunchtime by allowing them only to leave their table once they are finished eating. If a pupil is not eating well, the academy will notify their parents/carers.
- Themed meals and meals served to celebrate festivals, holidays, or religious observances follow the same standards applied to regular academy meals.
- Academy meals do not include more than two portions of deep fried, battered or breaded food a week.
- The academy allows **still** drinks in cartons, plastic bottles and flasks as part of a pupil's packed lunch.
- The academy does not permit fizzy drinks in bottles or cans as part of a packed lunch. These items will be confiscated by dining staff and returned to the pupil at the end of the academy day.

Exemptions

The academy recognises the following exemptions to the Healthy Eating and Drinking Policy:

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions
- Provisions at fund-raising events
- Occasional treats as rewards for achievement, good behaviour or effort
- Food and drinks provided on an occasional basis by parents or pupils
- Treats bought in to celebrate birthdays and other celebrations

Communication with parents/carers

If a child brings in snacks and drinks that are not in line with this Healthy Eating policy, staff will inform their parents/carers on the first 3 occasions via a letter home. On the fourth occasion, the snack or drink will be removed and swapped for a healthy snack or drink from the academy.