

St Anthony's VC Academy



St Anthony's Voluntary Catholic Academy

HEALTHY EATING AND DRINKING POLICY



ST ANTHONY'S
VC ACADEMY

Date policy reviewed: September 2021

Reviewed by: Miss M Walker and Mrs J Eley

HEALTHY EATING AND DRINKING POLICY

St Anthony's is committed to encouraging and developing positive attitudes towards a healthy diet. We believe adults should act as positive role models and promote healthy options throughout the school day. We seek and value pupils' contribution to inform this policy, this is done through discussion with the school council.

Aims

- To encourage pupils to have a healthy diet
- To provide cross curricular education which enables pupils to make an informed choice
- To promote and develop healthy eating habits that will last a lifetime
- To involve children in decision making about healthy choices through discussion with the school council.

Curriculum

The preparation and production of food is an important part of the curriculum for all children, therefore is taught throughout, Jigsaw (PSHE), Science and P.E. In order to develop every child's understanding, we ensure that children are taught about healthy eating from Foundation stage up to Y6.

Breakfast

We recognise the importance of eating a balanced breakfast and realise it is difficult to concentrate on learning and maintain energy levels without a healthy breakfast.

The school has a breakfast club which is open from 7:50 a.m. until 8:30a.m. Children who attend the breakfast club are provided with a healthy balanced breakfast, at the moment this facility is free of charge.

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Lunchtime – School Dinners

- We recognise the importance of eating a hot lunch, we provide good quality, healthy food and we actively promote healthy choices.
- We listen to children's comments on school dinners and the cook responds and discusses new proposals with school council members.
- Menus are available from reception so that children and parents/carers can see the varied options available. Menus are also on the school website.
- In line with Natasha's Law, our school menus provide information around allergens. Including clear number coding throughout the menu. A dinner menu can be found on the school website or, in the school office.
- Water is available for children to drink at any point throughout the day.

Packed Lunches

- We encourage pupils to bring healthy packed lunches
- We aim to work towards children not bringing chocolate, crisps and fizzy drinks in their packed lunches.
- We will support parents in making healthy choices when preparing packed lunches by providing leaflets and adult education sessions on what constitutes a healthy packed lunch.
- Water is available for pupils to drink.
- As part of promoting healthy eating, we will regularly monitor the content of packed lunches. We will talk to parents and carers where necessary, offer advice and guidance around a healthy packed lunch.

Mid Afternoon

One piece of free fruit is offered to all EYFS/Key Stage 1 pupils as a morning snack.

We do not allow

Sweets

Chewing gum

Crisps

Nuts (some children may have an allergy)

Fizzy drinks/fizzy flavoured water

Special diets and allergens

All children with special diet requirements/allergens are all catered for after a discussion with parents and carers. Staff are trained to recognise and manage allergic reactions.

Drinking

- Children are encouraged to drink water.
- Children are able to get a drink of water in their classroom.
- In EYFS and Key Stage 1 cups are available for the children, in Key Stage 2 children are encouraged to keep a water bottle in school next to the classroom sink.
- Pupils aged under 5 receive 470ml of milk a day

Children are not allowed to drink anything except water in the classrooms

Celebrations

We recognise that on some occasions children should be allowed to have chocolate /biscuits/cakes crisps etc.

- Children will be allowed to bring in birthday cake to share with their class.
- Children may be allowed crisps/ drinks/ buns etc. on occasions such as sports days, school discos, Christmas parties etc. Any treats left over will be sold as tuck

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- Children may be given treats in the form of sweets at Christmas/Easter time or as a reward, this is at the discretion of school staff after consultation with the Head of School.

School Trips/Events

- Packed lunches are available for school trips and will include a healthy balanced meal, prepared by the cook.
- Children with allergies will be catered for.

Cooking Club

- All food used within cooking club will be a variety of healthy meals.
- Allow children to gain a good understanding around good nutrition, planning and preparing a healthy, nutritional meal and reading food labels.

This policy links to the SEND policy and as such we may need to amend this for pupils with medical needs e.g. a child with diabetes or allergies. The school will need supporting evidence/advice from the child's G.P. or the school nurse if they have any medical needs.

The Head of School and Academy Trust will monitor this policy to ensure that our pupils are developing healthy eating habits, it will be reviewed on a regular basis, at least once every two years.

Further reading

[Eat well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[School meals - healthy eating standards - GOV.UK \(www.gov.uk\)](http://www.gov.uk)