



## ST DUNSTAN'S, CHEAM, C of E PRIMARY SCHOOL

**Policy Subject: Healthy Eating**

**Date: February 2024**

**Review Date: February 2026**

### **Vision Statement**

'St Dunstan's – a thriving Christian school, guided by the Good Shepherd, founded on faith, inspiring the best in everyone.'

At St Dunstan's we celebrate:

- Excellent achievement and progress in all that we do
- Learning for life in all its fullness
- Christian values alive within our school
- Being at the heart of our community

### **Aims**

1. To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.
3. To encourage a healthy lifestyle that we hope will be promoted into the wider community and continue into adulthood.

### **Objectives**

- ❖ That the school and its community adopt an affirmative approach to a healthy life style and diet and that this policy is widely promoted.
- ❖ To ensure all pupils and staff have access to safe, nutritious, healthy and appealing food and water within the school environment.
- ❖ To ensure that the curriculum promotes healthy eating and lifestyles.
- ❖ That the school community provides role models to enhance pupils' knowledge and understanding and to promote positive, healthy attitudes towards diet and life style.
- ❖ Snack and meal times should be an opportunity for positive social interaction and promoting social skills.
- ❖ That food provision should reflect cultural, religious and medical needs of our school community.

## **How objectives are met**

- ❖ Parents are informed of and encouraged to support the school's healthy eating messages by newsletter and by promotion at evenings for new parents.
- ❖ Participation in the National Fruit Scheme.
- ❖ We have recently reviewed and been granted the Bronze Healthy Schools London award which promotes healthy eating and lifestyles.
- ❖ All children are encouraged to bring in their own water bottle and given access to fresh drinking water throughout the day.
- ❖ Children are only allowed to eat fresh fruit and vegetables for morning break snacks.
- ❖ Children eating a school lunch are actively encouraged to have vegetables or salad as part of their choice – salad is available daily as an optional extra. Children who bring packed lunch are discouraged from bringing in sweet and sugary drinks.
- ❖ Food is celebrated and seen as an important part of culture and tradition.
- ❖ School Environment Club promotes growing of own fruit and vegetables.

## **Curriculum**

PSHE lessons throughout the school teach children the skills and knowledge to lead healthy lives. This includes healthy eating. This is also supported through: Science, PE and DT lessons.

Physical activity contributes significantly to being healthy. Children are provided with a range of opportunities to be physically active. They understand how physical activity can help them to be healthier and how physical activity can improve and be a part of their everyday life. Our school ensures that children participate in at least the recommended number of hours of physical activity per week. The children also participate in the Daily Mile and movement breaks throughout the day. Our school offers extra-curricular clubs including sports such as football, netball, cheerleading, jazz and ballet. There is an area on the field where children can grow their own fruit and vegetables and this food can be cooked and used in the school kitchen as well as being used in lessons.

## **Water**

Research indicates that school children do not drink enough water during the school day and that this affects their concentration and behaviour. The school recognises that children concentrate better, are healthier and more comfortable if they are not dehydrated. The best way of ensuring adequate fluid intake is to provide access to water as needed. All children are encouraged to bring a bottle of water to school each day. This is kept in an accessible place according to the rules of each particular class.

## **Birthday Book**

The children often want to share something with their class to celebrate their birthday. We suggest a donated book or healthy treat can be bought in to share with their class.

### **Monitoring and Review**

Reference should also be made to policies for Science, Design Technology, PSHE and PE.

The Headteacher and PSHE co-ordinator will monitor and evaluate the policy along with the whole school community in the light of any new developments and changes.