

CARNALRIDGE PS HEALTHY FOOD POLICY



NAME:	ROLE:
Jade Thorne	Acting Principal
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Date Ratified:	21/11/2022
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Carnalridge actively supports healthy eating and drinking throughout the school day. In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. As a school, we aim to promote the health and well-being of pupils, staff and visitors, supporting individual needs (cultural, ethical and medical) as appropriate. It is essential that we implement the school food policy as it relates to the Government school food regulations and to the National Healthy Schools Programme.

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, governors and local school nurse.

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

Objectives

Our objectives are to:

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

Action

We will meet our objectives by:

- Through assemblies, in class discussion and with school council.
- Providing a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food
- Encouraging children to use personal water bottles on a daily basis. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.
- Pupils' lunch boxes should offer balanced nutrition. Across a week, parents are encouraged to offer a variety of healthy foods. Parents and carers are regularly updated on our water and packed lunch policies through our school newsletter.

- Parents of those with special dietary requirements should provide school with adequate information to meet their needs and therefore we ask parents to respect this and refrain from sending in Birthday cakes/sweets.
- Special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but staff will remind children that these are 'an occasional treat' rather than 'an everyday food'.
- Promoting a healthy breakfast club e.g. publicising club in school newsletter
- Food events-.e.g. having food related competitions and themed food days.
- Linking with health promoting national events such as British Heart Foundation
- Continuing professional development: sending relevant staff on a one day basic food hygiene course.

Monitoring and evaluation

We will monitor and evaluate progress through:

- Classes report on progress to the school council
- Reviewing policy bi-annually in light of improvement and changes.
- Curriculum: teachers identify food based topics in planners.
- Breakfast club: Staff reporting on the number of pupils using this service. Pupils, parents and teachers are given opportunities to express their thoughts about the club and the range of food provided.
- Food events are celebrated regularly through the school year