



*Through living our Christian values, all children and adults at WCEJS have the opportunity to flourish as individuals.
We nurture the curiosity to learn, the courage to lead and the compassion to care.*

Building solid foundations (Matthew 7: 24-27)

Healthy Eating Policy

1. Introduction

We believe that every child deserves a healthy start in life and that a balanced diet is central to their health. This policy aims to ensure that children develop a good understanding about healthy eating and make good choices about the food they eat.

2. Objectives

- Provide an overview of how children learn about healthy eating
- Provide clear expectations regarding food eaten in school

3. Learning about Healthy Eating

- Children learn about healthy eating through the PSHE, science and PE curriculum; this is reinforced as appropriate across the curriculum.
- Assemblies reinforce the message of healthy eating, alongside enrichment activities such as visitors and theme days.
- The Gardening Club provides opportunities for children to grow produce and process this, eg apple juice.
- Staff regularly reinforce the message about healthy eating.
- We participate in the NHS scheme to monitor child obesity levels.

4. Healthy Eating Provision

- The school ensures that the provider of school meals complies with relevant government guidelines regarding nutrition.
- The school regularly monitors the quality and choice of food provided.
- Menus are shared with children and parents; children are encouraged to try new things.
- Parents are given clear expectations regarding packed lunches and break-time snacks.
- Staff monitor eating habits and liaise with class teachers, leaders and parents where there are concerns.
- Drinking water is made readily available for all children through water fountains, water with a hot meal and water bottles in classrooms. Fizzy drinks are not permitted in school.

5. Packed Lunches and Snacks

- Children are encouraged to bring in a healthy snack of fresh fruit or vegetables for morning break-time; chocolate bars, crisps or packets of biscuits are not acceptable.
- Parents are asked to provide their child with a well-balanced and nutritionally sound packed lunch. Ideally, it should contain fruit and/or vegetables, a good helping of starchy carbohydrates (sandwich or similar) and dairy products (cheese, yogurt etc). Adding a treat every now and then is fine, such as a small portion of cake or pastry.
- Fizzy drinks or sweets are not permitted in school.

6. Rewards and Treats

- Sweets and chocolate will not be given as a reward or treat in school.
- Parents must not send children into school with sweets, either for their own use or to give to others, eg birthday treats.

7. Monitoring & Review

- We regularly monitor this policy through discussion with staff and pupils.

Date of next review: as required.