

ST JOHN'S CATHOLIC INFANT SCHOOL

HEALTHY EATING AND DRINKING POLICY



"Loving, Learning and Laughter Together with God"

Article 24: "Every child has the right to good quality health care, clean water, nutritious food and a clean environment so that they can stay healthy."

OVERVIEW

As part of our commitment to the healthy growth and development of our children we will promote healthy eating in school. We will educate children about the importance of a healthy diet within the curriculum in science and personal and social education. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, and other agencies to extend healthy eating patterns into the wider lives of our children.

OBJECTIVES

1. To educate children about healthy eating and drinking.
2. To help children identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert children to the dangers of an unhealthy diet.
4. To provide children with healthy food and drinks in school.
5. To provide children with a healthy and nutrition school lunch and provide the opportunity for all children to access this facility.
6. To encourage parents and children to support our work by bringing into school healthy lunches and snacks when they provide their own food.
7. To encourage children to adopt healthy life-style and healthy eating and drinking habits.

STRATEGIES

1. To use the curriculum in science, personal and social education and health education to educate children about healthy eating and drinking.
2. To give children a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To provide healthy and balanced school meals that are, where possible, contain sustainable and locally sourced produce.
5. To make strong links between healthy eating and regular exercise through physical education and play.
6. To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the children.
7. To make good use of the external agencies for healthy eating to support our work.

OUTCOMES

We will do our best to ensure the healthy growth and development of our children. We will do all that we can to build healthy eating and drinking patterns so that our children thrive and lead healthy active lives.

This policy will be reviewed at least every two years or sooner if necessary.

"We will offer every child - whatever their individual characteristics - the chance to achieve their full potential, feel secure and enjoy growing up."

The governing body have wider responsibilities under the Equalities Act 2010 and will ensure that all our school policies take account of the nine protected characteristics. We strive to do the best for all of the children and staff irrespective of age, disability, educational needs, race, nationality, ethnic or national origin, pregnancy, maternity, sex, gender reassignment, religion/belief, marriage/civil partnership or sexual orientation or whether they are looked after children.

We have carefully considered and analysed the impact of our policies on equality and the possible implications for pupils with these protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

Agreed by Governors on: 28 th March 2017	Reviewed: 19 th November 2020 (min No 13/20)
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