



## **WOBURN LOWER SCHOOL**

### **HEALTHY EATING POLICY**

#### **RATIONALE**

At Woburn Lower School we recognise the importance of a healthy life-style and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

#### **AIMS**

At Woburn Lower School we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically
- To give our children, parents and staff the information they need to make healthy choices
- To ensure that we are giving a consistent message about food and health throughout the school day, and maximise opportunities to promote a healthy diet
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience
- To support parents in providing healthy packed lunches and snacks
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies

#### **THE CURRICULUM**

The school will enrich children's experience of food, physical exercise and healthy balanced diets through a variety of curriculum areas.

Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth and health
- The development of strong healthy bodies through healthy lifestyles
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model
- An understanding of food and cultural diversity
- The sustainability of our food supply and the effect on our planet

#### **PUPIL VOICE**

All pupils are given the opportunity to give their views about the quality of school dinners through the school suggestion box and the School Council

## **THE DINING ENVIRONMENT**

Woburn Lower school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, cutting food, opening tubs or packets
- Encouraging all children to eat the food that they have been provided with
- Provision of water jugs, containing clean water and cups
- Encouraging personal hygiene and good manners with regard to eating

## **SCHOOL MEAL PROVISION**

Children and staff at Woburn Lower School have the choice of a free school meal in Reception and Key Stage 1, purchasing a school meal in Years 3 and 4, or bringing a packed lunch.

The school aims to create a sociable dining environment and to encourage good table manners. Children eat together in the hall and are encouraged to take their time to eat as much as possible and to try new foods.

Hobbs Caterers offer a wide range of attractive and nutritious meals that meet the Government's nutritional standards for school lunches and ensure children with individual dietary needs, due to medical, cultural or religious reasons are catered for appropriately.

## **PACKED LUNCHES**

At Woburn Lower School we feel that it is essential that all food consumed at lunch should reflect healthy eating practices. Therefore we ask parents not to include the following items in packed lunches:

- Sweets and chocolate bars
- Fizzy/sugary drinks

## **PLEASE NOTE THAT WOBURN LOWER SCHOOL IS A NUT FREE SCHOOL**

## **PROVISION OF FOOD AND DRINK THROUGHOUT THE SCHOOL DAY**

Children are encouraged to bring a healthy snack in from home to eat at morning break and will be provided with a portion of fruit through the National School Fruit and Vegetable Scheme. Free school milk is available for children up until the age of 5 and can be purchased through the school office after that date. All children are encouraged to bring in a named water bottle and will have access to water throughout the day.

## **FOOD HYGIENE**

Children are reminded about the importance of hand washing before eating or handling food.

Whenever the children prepare food, for example in cookery lessons, they are helped to follow basic hygiene routines.

Governor:

Date: January 2024

Head Teacher:

Date: January 2024

Review: January 2025