



Wallsend Jubilee Primary School
Healthy Eating Policy

Purpose

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.

Rationale

- Our school seeks to promote a healthy environment in which food and drink are seen as key components to healthy living.
- To help children to understand that healthy eating and drinking affects their growth and development and has consequences for effective learning.
- To recognise the important part we can play in promoting an awareness of the increasing obesity epidemic to help children and the wider school community to make informed choices.
- To reflect the issues raised in Every Child Matters in promoting health and well-being.
- To reflect in practice the taught curriculum on food and health.

Objectives

- To increase pupils' knowledge and experience of food and nutrition issues through focused lessons.
- To promote the importance of drinking water throughout the day.
- To promote healthy packed lunches and to work with the school caterer to provide healthy lunch options.
- To establish a Food Week in school to promote and reinforce healthy eating and drinking messages.

Guidelines

Discuss at School Council and set up a School Nutrition Action Group to promote and monitor change.

Ensure teachers use all appropriate opportunities to include food-based topics within the formal curriculum.

Ensure water is available for all pupils throughout the school day.

School lunch menus will be reviewed by the School Council so that they are more user friendly for all children.

Implementation and Monitoring

Report on progress to School Council and review policy annually in light of improvements and changes.

School caterer to report on the number of pupils using the school's lunch service. Ask pupils, parents and teachers their views via a questionnaire.

Head teacher to present certificates in a school assembly at the end of Food Week.

Responsibility for monitoring implementation lies with the Head teacher.

Conclusion

At Wallsend Jubilee, healthy eating and drinking is seen as central to a person's physical, mental and emotional development and we are committed to excellence in this area, having achieved Healthy School Status.