



Our Lady of Lourdes Catholic Primary School, Witney

Healthy Eating Policy

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in our school.
- To ensure that the children in our school receive regular, coherent messages about food and its role in their long term health.

What are the values that inform this policy?

- We believe that every adult in Our Lady of Lourdes School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.

Water in school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water throughout the day.
- Children are encouraged to increase their intake of water particularly after PE, active play and in hot weather.

Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.
- Key Stage 2 children are expected to have fruit or vegetables only for morning break.



We aim to promote healthy, balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health’ and the new nutritional standards..
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks.
- supporting parents in making healthy choices when preparing packed lunches.

Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included.

Lunch Time – the dining hall environment

We ensure that children have time to eat their lunch and do not need to rush.

Treats and Rewards:

To ensure consistent messages, sweets are not used as rewards.

Food in the Curriculum

- We use opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricular work.
- Formal food education is delivered via the Design and Technology curriculum.
- There are also topics in the PSHCE and Science curriculum.

Links to other policies

This policy has links to the PSHCE, Science, Design and Technology policies.

Signed by the Chair of Governors.....

Signed by the Headteacher.....

Date.....Review Date.....