



## **Evergreen Primary Academy**

**HEALTHY EATING APPROACH**

**SEPTEMBER 2022**

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### **Rationale**

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At Evergreen Primary Academy staff help each child understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times. The school promotes a healthy lifestyle.

### **Aims**

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- To help the children understand that some foods should be eaten in moderation.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in decision making regarding healthy food policy and practice, wherever possible.

### **Early Years/Key Stage 1**

Subsidised milk is available for children in reception. There is a free fruit scheme in operation for our Key Stage 1 children. Each child is given a piece of fruit each day. There is a different fruit each day e.g., apples, pears, oranges, bananas, cherry tomatoes and carrots. This provides the children with a daily healthy snack and the social experience of eating together.

## **Playtime**

Children may bring a healthy snack, e.g., fruit or vegetables, to school for morning break. Other items such as sweets, crisps, biscuits etc., are not allowed during this time.

## **Lunchtime**

School lunchtime menus are agreed between the school and catering staff. The lunchtime meal offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. Our school meals provider follows healthy schools guidelines. There is a three week cyclic menu offering a choice of two main meals daily, one of which is suitable for Vegetarians, plus a halal meal. Fresh fruit and yoghurt are available daily as options to the main dessert. Fresh bread is also available daily. Children are encouraged to try vegetables even if it is a small portion. Guidelines are followed that ensure menus include:

- Reduced fat, sugar and salt
- Increased fibre
- A wide range of freshly prepared salads and vegetables available daily
- Fresh fruit and yoghurt

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

## **Packed Lunches**

For children who opt to have a packed lunch, we ask that packed lunches are in a named, airtight container. No sweets, nuts, chocolate bars or fizzy drinks are permitted. Packed lunches should include some fruit or vegetable e.g. piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge etc.

**Nuts, sweets, fizzy drinks and chocolate bars should not be included.** A juice drink is permitted with the lunchtime meal. Water is provided. The school provides a suitable storage area for lunch boxes. Any uneaten food is returned in the children's packed lunch boxes so the parents and carers can be aware of what the child has eaten whilst at school.

## **Drinking Water**

Water is available throughout the day. All children are encouraged to bring a water bottle to school daily: these are stored in their classrooms and are easily accessible at all times. As well as water, milk is provided every morning for children in early years.

## **Breakfast club**

Many children attend the school's breakfast club. They provide a good start to the day through providing children with a balanced breakfast. The children can choose from cereals (such as rice crispies, Weetabix or shreddies), toasted items such as wholemeal bread or bagels, with toppings such as beans, spaghetti, beans and sausages or scrambled egg, or pancakes with low sugar jam and low fat spread. The children have the choice of water, milk or fruit juice.

## **I am a Citizen**

Each year, Evergreen Primary Academy pupils study an area around staying fit and healthy. Children are given the opportunity to explore different aspects of keeping healthy and preparing a variety of different foods.

## **Monitoring and Evaluation**

Monitoring and reviews of more general aspects of healthy eating will be carried out through observation, and on-going discussion via staff meetings and the Well Being pupil group. Surveys for parent/carers are another means of seeking opinion about ways to improve this aspect of school life.

## **Equal Opportunities**

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

## **Cross Curricular Links**

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHE, Science and Design & Technology schemes of work.

## **Health & Safety**

All activities will be in line with school health and safety policy and Local Authority guidelines. Most importantly, in recognition of the danger of anaphylactic shock, guidance with regard to the type of snack the children should **not** bring to school has been issued. We encourage the provision of healthy snack options at school events e.g. fruit kebabs at the summer fair. Small birthday treats are

permitted provided families have spoken in advance to staff about what is appropriate. We ask that there are enough small treats to share with the whole class – and in ***individual portions***. Treats must not contain nuts. Lollipops or chewing gum are permitted.

### **External Links**

External agencies are used to promote healthy eating. Our School Nurse is able to advise families and staff about the promotion of good habits in this area.