



Community Special School

Governors minute number: \_\_\_\_\_

## **HEALTHY EATING/NUTRITION POLICY**

This policy has been reviewed on 11<sup>th</sup> February 2013 and has been impact assessed in the light of all other school policies and the Equality Act 2010.

<b>Review date</b>	<b>Signed (Chair of Governors):</b>

### **Aims of Policy**

At Alfreton Park Community Special School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life.

This policy states the ways in which our school community supports pupils to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives. This policy also describes how the school community helps pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. In order to reflect the importance of healthy eating available food choices and curriculum will:

- Raising awareness of nutrition
- Encouraging and developing skills of parents/carers and children to be able to make informed food and drink choice
- Helping develop positive attitudes to diet, health and oral health
- Developing healthy eating and drinking activities that can benefit children, staff, parents, carers and other associates

## **Policy Background**

Children's health is an integral part of their emotional, mental, social and spiritual well-being and is supported by attention to these aspects. Diet is central to health and children's diet can be an important influence on their health now and in the future. Nutritional status can have immediate impact on the health of children and young people. A poor diet can contribute to anaemia, dental decay, obesity, susceptibility to illness and adversely affect general health

In order for us all to meet our full potential we need to be healthy and fit – physically, mentally and socially. We decided to review the current food provision in school and find ways to increase people's knowledge, understanding and attitudes towards healthy eating.

## **Definition of Healthy Eating/Nutrition**

A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

## **Curriculum**

Healthy Eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum.

Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.

A wide range of teaching approaches and resources are used to deliver the curriculum.

## **Schools Council**

This is a group of representatives from the full school community who meet at least once a term to discuss relevant issues in school. As part of their remit they will review healthy eating and diet within the school.

This group may discuss and develop all aspects of the food service and the curriculum ensuring that a supportive and positive attitude is maintained towards healthy eating.

## **School Food Provision**

At Alfreton Park Community Special School we recognise that most of us need to eat more:

- Fruit and vegetables
- Cereals and bread
- Fish and lean meat

We also need to eat less:

- Fat
- Sugar
- Salt

This knowledge is reflected in the food provision in school. All school food provided meets the Government nutritional standards for school lunches (2000) and A guide to introducing the Government's new food-based standards for all school food other than lunches (2007).

Currently food in the school is provided by Woodbridge School. The school and the catering facilities are dedicated to providing a balanced menu of school dinners, with a minimal amount of additives as is possible within the budget. The teaching staff work closely with Woodbridge School and the serving staff , to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils with individual dietary needs, due to medical, cultural or religious reasons - who have school dinners - are catered for appropriately.

Staff are available at the serving hatch to recommend and guide children towards making healthy choices. Staff will check that each child has an appropriate portion and a balanced meal eg not pasta and potatoes or chips and potato, but a balance of all food groups.

In certain circumstances, after consultation, classes may wish to adopt a policy of only one pudding a week

In certain circumstances, after consultation, classes may wish to adopt a policy of only one drink of squash or milk with dinner, a second drink must be water.

### **Seating Provision**

School meals will be eaten in the school hall. Pupils will be encouraged to sit correctly and take their time to eat their dinner.

### **Drinks Provision**

Everyone has a right to access clean drinking water. We encourage pupils to drink water at school.

A water dispenser is available in the hall for staff, pupils and visitors.

Jugs of water, milk and low calorie squash and beakers are provided in the hall each dinner time.

Water is available in class bases at all times.

### **Packed Lunches**

Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children.

### **Snacks**

Snack are provided and these should be in line with the Healthy Eating Standards – See Appendix

### **Birthdays and Celebrations**

Take into account ethical, religious and medical dietary requirements of children and staff when appropriate and possible.

Encourage ideas for culturally appropriate ways to celebrate cultural and religious occasions will be discussed with parents/carers.

### **Rewards**

Ensure children are rewarded with praise, stars and stickers (or other non-food based treats). Food and sweets will not routinely be used as a reward.