

## Healthy Eating Policy



At Fringford CE Primary School we work within an inclusive, Christian environment promoting Christian values. These permeate all aspects of school life enabling us to help every child achieve their full potential by equipping them with a feeling of self-worth, a respectful attitude towards others, an excitement for learning and an enthusiasm for life. We equip children with the skills, knowledge and understanding necessary to be able to make informed choices about the important things in their future enabling them to lead happy and rewarding lives.

Rationale:- At Fringford Primary we promote awareness of healthy food for a healthy life.

Aims:-

- To support and educate children in understanding how nutrition can help them reach their optimum learning and physical potential.
- To help children make informed choices about the foods that they eat.
- To educate children in understanding the value of a balanced diet and that all foods should be eaten in moderation.

Break times:- During break times children are encouraged to bring in fresh or dried fruit and vegetables.

Lunchtimes:- The school kitchen follows Oxfordshire guidelines to ensure children have a healthy choice for their cooked lunch. When children bring packed lunches we recommend that parents provide a balanced lunch box including all the food groups. We encourage foods that are not processed and that are low in sugar, salt and fat. Children can bring in fruit juice and water, but not fizzy drinks. **Chocolate and sweets are not allowed at lunch time.** Children are encouraged to follow these guidelines for out of school trips.

Drinking Water:- Children are allowed to bring in water bottles that they have access to during the day. For health and safety reasons water needs to be taken home at the end of the day or it will be thrown away.

Treats:- Children are allowed to bring in sweets or chocolates as birthday treats. Staff encourage non-food based treats as rewards although occasional treats may be given to be sent home.

Milk:- From September 2006 free milk has been provided daily for the Under 5's.

Fruit and vegetables:- All KS1 pupils are given a piece of fresh fruit or vegetables daily.

Healthy food in the curriculum:- Healthy eating is covered in many areas of the curriculum including:- Science, PSHE, DT, PE and English.

Signed: ..... Headteacher Date: .....

Signed: ..... Chair of Governors Date: .....