

# Healthy Eating Policy

## Rationale

To ensure that all aspects of food and nutrition in school promote health and wellbeing of all children and staff at Overton CE Primary School.

## Principles

- Ensure information taught in relevant subjects relating to healthy eating is consistent and up-to-date.
- Work with school catering body to provide a balanced and nutritional midday meal.
- Promote eating a healthy snack during breaktimes.
- Actively support healthy eating and drinking throughout the school day.

## Guidelines

- Breakfast club: provide a healthy breakfast at a reasonable cost.
- Actively encourage children to bring water bottles to school and encourage their use during the school day.
- Ensure that a supply of fresh water is available for drinking throughout the day.
- KS1 children to participate in the National Fruit and Veg. scheme. Encourage them to eat the piece of fruit provided each day.
- All children to only bring snacks of fresh or dried fruit and vegetables or a plain bred roll, each day.
- Promote healthy lunch boxes. School Council to take an active part in this initiative.
- In collaboration with the caterer have themed days for events such as harvest and bonfire night.

In addition, the school advises that parents include only limited amounts of the following items in packed lunches:

- Sweets, chocolate bars etc
- Crisps or any packeted savoury snacks high in salt and fat
- Sugary drinks
- Sweet cakes e.g. doughnuts

In view of food allergies, the school asks parents not to send in:

- Packets of nuts
- Food containing nuts e.g hazelnut chocolate spread
- Other foods known to cause reactions, as detailed by the Head Teacher

**Reviewed** September 2023

**Review date** September 2024