

Mossfield Primary School



Healthy Eating Policy



Mossfield Primary School is a school with approximately 300 pupils. As a school, it is recognised that there is an important connection between a healthy diet and pupils' ability to learn effectively and achieve the standards that they are capable of. It is therefore important to establish a whole school food policy, that will encompass these guidelines as well as promoting healthy eating in a positive, educational and fun way.

The aim of the policy is to help pupils establish and maintain a healthy lifestyle and manage healthy eating habits.

Aims of our school food policy

- To promote healthier options and choice in school food and drink in line with national nutritional standards
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food preparation, manufacturing, distribution and marketing practises, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day – water fountains and water bottles.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food, an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practises that negate them.
- To ensure healthier options are available at breaks – toast, fruit brought in from home.

Objectives

To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents/carers
- Food providers
- The school's wider community

To integrate these aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities
- Promotion of healthy eating at parents evening

Methods

- Establish an effective structure to oversee the development, implementation, and monitoring policy, and to encourage a participatory approach to meeting the objectives.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- This will be done through Science lessons, Design and Technology lessons, and involvement of school nurses.

Reviewed : **Autumn 2024**

Review : **Autumn 2027**