



Date: Spring 2022

Healthy Eating Policy



TORBAY
COUNCIL

Health & Safety
HEALTHY EATING / NUTRITION POLICY

This document represents a movement towards a policy that best suits the requirements of the children in our school in a rapidly changing educational, social and national environment.

Aims and Objectives

At Watcombe 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 is especially important in light of the national trend of increased childhood obesity and locally as shown in the Tipping the Scales Study. 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, this policy specifies the types of food and drink that we will provide in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.

Definition of Healthy Eating / Nutrition

A healthy diet is one which allows for a balance of different foods that sustain the well-being of the individual. Different lifestyles result in different dietary needs and individual's 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, PHSE, 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. Visitors who are able to support the class teachers in delivering the healthy eating message are actively encouraged and planned into the curriculum.

At Watcombe we promote a positive attitude towards healthy eating and are actively taking part in a number of initiatives to develop healthy eating habits for life.

Health Promoting Schools Awards Scheme – we have been awarded the Healthy Schools Award in 2004 and 2007 and are part of the National Fruit Scheme.

School Food Provision

At Watcombe, 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 our school. Our school meals are cooked on the premises. All school meals meet the Government nutritional standards for school lunches (school food trust). This also includes guide lines for a healthy packed lunch.

Drinks Provision

Everyone has the right to access clean drinking water. We try to encourage pupils to drink water at our school and ensure that children have plenty of opportunity to drink fresh water. Pupils are actively encouraged to bring clearly labelled, plastic water bottles/beakers into school every day which can be kept in the classroom so that pupils can have access to water freely without needing to leave the classroom.

Jugs of water and milk are provided in the hall each dinner time.

A water fountain is located in the main corridor of the Upper Juniors and Lower Junior cloakroom, which is fully accessible to all children in school.

Packed Lunches and Snacks

Parents are asked to support the school's Healthy Eating Policy by providing balanced and nutritious packed lunches for their children. Chocolate bars or any form of sweets are not encouraged. Leaflets are available in school for parents who request further information on a balanced pack lunch.

Only fruit and vegetable snacks are to be eaten at playtime. This includes any raw fruit or vegetables which are currently supplied through the National Fruit Scheme.

Allergens

We cater for all children who have allergies to help with their dietary requirements.

The school completes risk assessments with control measures in place for allergies and anaphylaxis. Specific staff are trained to deal with those children who are known to have allergic reactions to food.

Seating Provision

All school meals are eaten in the school dining hall. Pupils will be encouraged to take their time to eat their dinner and to eat as much of it as possible. If a child has a packed lunch they are required to take home all unfinished food so that the parents are aware of what has been eaten.

Conclusion

We are constantly increasing our provision at Watcombe to support and encourage healthy eating and nutrition as it plays a part in optimising learning.