



## Healthy Eating Guidance

At Millfield Primary School and Nursery we recognise the important connection between a healthy diet and the pupils' ability to learn effectively and to achieve high standards in school.

Therefore we are committed to encouraging and developing positive attitudes towards a healthy diet and lifestyle.

### **Aims**

To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.

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.

To ensure that all pupils are given consistent messages regarding food choices and their health.

To ensure that food provision reflects the ethical and medical requirements of staff and pupils. e. g. religious, vegetarian, medical and allergenic needs

### **Objectives**

To work towards ensuring that this policy is both accepted and embraced by all members of the school community.

To integrate Healthy Eating into all aspects of school life, in particular food provision within the school and the curriculum.

### **Lunches**

Millfield Primary currently provides free school meals, paid school meals and facilities to eat packed lunches.

Reception and Year 1 children go into the dining room first, with the rest of the school eating on a rota system so that all children will have an opportunity to be the first to choose their meals. . This also means that children from across the Key Stages have the opportunity to socialise and the older children are encouraged to help the younger ones.

Midday supervisors are on hand to provide support and encouragement. Children are encouraged to eat healthy food items before treat foods. Staff take time to discuss the contents of packed lunch boxes and praise children whose lunch boxes contain health items. Fizzy drinks, glass bottles, hot flasks and sweets are not allowed.

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Children are encouraged to take home any uneaten food in their lunch boxes so that parents can monitor which foods have been eaten.

We strive to make the dining room as pleasant and enjoyable as possible. Music is sometimes played and quiet talking is welcomed.

Lunch time begins at 12noon

### **School Meals**

Cambridgeshire Catering Service provides meals which meet the national guidelines for nutritional standards.

Theme meals are provided to celebrate special events and dates.

The school dinner menu is displayed on the notice boards and on the website so that all children and parents have the opportunity to discuss their meals and receive guidance on their choices.

### **Break time snacks**

All Key Stage One children are entitled to a piece of free fruit or vegetable for their mid morning snack as part of the Government's Free Fruit and Vegetable Scheme.

Other children are allowed to bring a fruit or cheese snack and a significant number of children do this.

No other snacks are allowed.

### **Breakfast Club**

Nutritious breakfasts are provided between 8.00 am and 8.40 am. at the cost of £2.50.

Parents are requested to book places in advance.

### **Water Provision**

All parents are asked to provide their child with a water bottle to bring into school every day filled with fresh water. These labelled bottles are kept on the children's tables and are available to them throughout the day. Fresh water is available to replenish the bottles when required.

The health benefits of drinking water are widely acknowledged and children are encouraged to drink water throughout the day.

### **Curriculum**

We regard healthy eating education as a whole school issue and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's personal, social, health and citizenship education curriculum. The work completed in this area of the curriculum is also supported by other curriculum areas such as science and design and technology.