



# ABOYNE LODGE

PRIMARY

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CREATIVE • CURIOUS • CARING

## Healthy Eating Policy 2022

Aboyne Lodge School is an inclusive school and respects and values the diversity of the community.

### **Relationship with other policies**

This policy is to be read in conjunction with the Health and Safety Policy and all curriculum policies, especially the P.E. policy and PSHE Policy.

### **Rationale/Philosophy**

This Healthy Eating Policy also includes physical activity, personal social and health education and well being.

**Aims:** At Aboyne Lodge, we aim to help everyone achieve their best by promoting a positive attitude to healthy eating and lifestyle. To achieve this aim the whole staff team and the governing body will work in partnership with all parents and pupils to ensure all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.

### **Principles of teaching the healthy eating policy**

1. Pupils will be encouraged to make healthy food choices at break and lunch time.
2. Pupils will be invited to bring fruit or vegetables to eat as a snack during the school day.
3. Pupils will have access to drinking water throughout the school day.
4. Foundation and KS1 pupils will be given the option to have a drink of milk each day at snack time. If pupils do not have milk they may have water.
5. Pupils under the age of five are part of the 'Healthy Fruit and Vegetables for Schools Scheme' and will receive a free piece of fruit each day.
6. Pupils will be encouraged to celebrate their birthdays without bringing in cakes and biscuits etc for their friends.
7. Teachers try to choose healthy presents for their class at Christmas and end of terms.

8. When planning food activities in the classroom, teachers will try to make healthy food option choices.
9. Pupils will be encouraged to be sensitive to the needs of pupils who have food allergies.

### **Teaching strategies and planning**

Each teacher will review the National Curriculum to ensure information, relating to food and nutrition in different lessons, is consistent and up to date.

### **Evaluation and monitoring**

1. Class teachers and teaching assistants will monitor food eaten at play times.
2. Lunchtime supervisors will encourage pupils to make healthy choices from the food offered at lunchtime by Hertfordshire Catering service.
3. Lunchtime supervisors will monitor the contents of pupils packed lunches and encourage them to make healthy choices at home when preparing their lunch.

**Date: 2022**

**Date for review: 2023**