



Trinity St. Peter's

Church of England Primary School

where children shine

## Healthy Eating Policy

## **OVERVIEW**

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA and other agencies, to extend healthy eating patterns into the wider lives of our learners.

## **OBJECTIVES**

1. To educate children about healthy eating and drinking.
2. To help children identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert children to the dangers of an unhealthy diet.
4. To provide children with healthy food and drinks in school.
5. To encourage parents to support our work by bringing healthy lunches and snacks when they provide their own food and children to adopt healthy life styles and healthy eating and drinking habits.
6. To encourage children to drink *water only* throughout the school day.

## **STRATEGIES**

1. To use the curriculum in Physical Education, Science and PSHE to educate learners about healthy eating and drinking.
2. To give children a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To provide healthy and balanced school meals that, where possible, contain sustainable and locally sourced produce in line with our policy for sustainable schools.
5. To make strong links in Physical Education and play, between healthy eating and regular exercise.
6. To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the children.
7. To make good use of the external agencies for healthy eating to support our work.
8. To, where necessary, inform children and families of allergies occurring within a key stage.
9. To inform children and parents that only water is a drinking option in the classroom.

## **OUTCOMES**

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.

Revised and adopted by the Governing Body – Autumn Term 2017