**Green Lane School**

******Healthy Eating Policy**

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This policy will be available to parents/carers via the school website.

Contents

1. Aims, purpose and responsibility
2. Food in the curriculum
3. School lunches
4. Packed lunches
5. Snack times
6. Partnership with parents and carers
7. **Aims, purpose and responsibility**

Why children need to eat well:

* What children eat today shapes how they will eat for the rest of their lives
* When children eat well, they statistically do better and are more able to reach their full potential
* Being able to cook is an essential life skill and it all starts with getting children excited about food
* Eating good food is one of life’s pleasures: every child should know how it feels to enjoy a tasty meal with people you love

This policy covers all the food provided and consumed in school including on school trips.

Why is a policy needed?

At Green Lane school we recognise the important part a healthy diet plays for a child’s wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people’s health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of the day, taking into account individual needs such as cultural, ethical and medical, reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains:

* How we promote healthy eating
* What we do to provide healthy balanced food throughout the school day
* How we help pupils to eat healthily
* What we teach so that pupils know how to make healthy food choices
* Our approach to improving pupils’ health through healthy eating.

We aim to

* Increase knowledge and awareness of a healthy diet through our PSHE, Science and Food Technology curriculum
* Provide safe, tasty and nutritious food that promotes health
* Enable all pupils to have access to a healthy school meal
* Make healthy eating enjoyable and the norm
* Provide safe, easily accessible water throughout the school day
* Promote healthy eating choices and where possible discourage unhealthy food choices
* Be a role model for healthy eating
* Where possible, monitor healthy eating choices, including packed lunches but taking into account the needs of the pupils in school
* Use a range of opportunities to promote health eating
* Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility:

It is the responsibility of staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils’ awareness and understanding of how to make healthy food choices:

Subject leaders of PSHE, PE and Food technology are jointly responsible for what is taught in the curriculum about healthy eating and practical food education in the curriculum. This is all evident through planning in these subjects.

Kitchen staff are responsible for providing high quality food that complies with national nutritional standards for school food and contributing to a welcoming and positive environment.

Staff in classes are responsible for ensuring pupils have access to water and nutritious and healthy snacks within class.

1. **Food in the curriculum**

Food, and its preparation is an important part of the curriculum for all pupils and is taught across the curriculum through PSHE, Science, PE and Food Technology. We ensure that pupils are taught in every year group in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues.

This policy links with other policies:

PSHE- Heathy food and choices is part of the long term curriculum plan

Science- Healthy eating and nutrition is a part of the science curriculum

Food Technology- Covers healthy eating in each year group

Curriculum assessment about healthy eating is assessed via BSquared in line with Science and PSHE

1. **School lunches**

All menus are available for parents and pupils to access via the website and school office. The dining area aims to have a calm and positive atmosphere where children socialise supported by class staff and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

1. **Packed lunches**

At Green Lane School we take into consideration the needs of each individual pupil. On the whole we have the expectation that parents will provide a nutritious and healthy packed lunch for their child. These expectations are monitored by staff who know the individual child and their needs. In cases of concern staff communicate with parents and in cases of repeated concerns, staff who know the pupils log through the schools safeguarding procedures.

**Special diet and allergies**

The school fully recognises that some pupils may require special and adapted diets that do not allow for the standards to be met, school will continue to work with parents and specific professionals to encourage the trying of new foods and expanding food choices to include healthy choices.

**Other information**

A large number of our pupils have specific diets due to their special educational needs and disabilities, it is schools main aim to protect their chosen foods so that food choices for specific pupils do not diminish. Staff work alongside parents and an OT agency (Shine) in protecting these foods whilst working slowly on ways to incorporate other foods that are healthy and nutritious.

1. **Snacks**

Many classes in school have a designated snack time within the school day, this is to encourage heathy food choices, good eating habits, social time and life skills. In all of lower school fruit is offered each day, provided by school. Pupils are encouraged to take and eat the fruit on offer as well as having access to fruit at lunchtimes. Where snack is provided within class, staff are aware of the need to offer and provide healthy snacks and promote the reasons why healthy snacks are offered as a part of a balanced diet. As above staff are aware of pupils individual needs and always strive to protect food choices of pupils who have a limited diet; over time and with support from the OT therapists, the aim is always to look at introducing new nutritious and healthy foods.

1. **Partnership with parents and carers**

We inform and involve parents and carers about heathy eating through the school website. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies on the school website. We ask parents on the whole not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk should be consumed in school. Parents are informed of the school meals on offer through the weekly menu.