



# **Healthy Eating and Drinking Policy**

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**Owner: CEO/Directors**

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**We are a rights respecting school. All our policies and procedures are written and reviewed to ensure that children's rights, as detailed in the United Nations Convention on the Rights of the Child, are respected and promoted and this policy ensures:**

*Article 24: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.*

Poor diet in children can lead directly to health problems now and in later life. Oral Health is directly related to diet and nutrition. Nutrition plays a central role in the aetiology of a range of chronic conditions. (*Watt & McGlone, 2003*)

The aim of the Healthy Eating and Drinking Policy is to raise awareness of nutrition, encourage parents/carers and their children to choose healthier snacks and to promote healthier life styles.

In order to achieve this, a number of objectives will be followed:

- All staff will use the policy guidelines to provide current information and nutritious snacks for children.
- Any preparation of food will be in line with Food Hygiene standards, and relevant staff will have completed a Food Hygiene course.
- All staff will have access to current information, leaflets and posters.
- All Foundation Stage parents/carers will complete a dietary consent form for their child to receive a nutritious snack during the day/session.
- Staff will introduce fresh fruit and vegetables as part of the healthy snack within the Foundation Stage.
- All KS1 children will only have the option of fruit or veg and a drink of milk or water during morning break.
- All KS2 children will only have the option of a healthy snack at break time, which they can bring from home.
- Cooled, filtered water will be available for all pupils throughout the day in their water bottles, which are available in each class.
- All holiday clubs and breakfast clubs will serve healthy food and drink.

### **SNACK GUIDELINES**

Between mealtimes, snacks should be low sugar (less than 10% sugar), low fat and low salt products.

### **WATER BOTTLES**

Each child is provided with a water bottle, these are rinsed and re-filled daily by staff or children accordingly and re-filled during the day if the child drinks all their water. The water bottles are freely available in classrooms, and will also be taken outside on hot days during break, lunch times and P.E. activities, in order for the children to have drinks if they need them.

### **FOUNDATION STAGE SNACKS**

These will be provided and prepared by school and will be healthy snacks. Each day fruit and vegetables will be included. For example crackers, yoghurts, fruit and veg, sandwiches, toast, cheese, breadsticks, soft cheese. Food containing nuts will be avoided. Children bringing their own food to school are strongly discouraged, except in exceptional circumstances. Drinks offered will be milk or water.

### **KS1 MORNING BREAK SNACK**

St Mary & St Thomas' is part of the free fruit scheme for schools. Every KS1 child receives a piece of fresh fruit or fresh vegetables each day for their morning break. All children are provided with milk or water to drink at break times. All children may drink water at any point in the day from their water bottles.

### **KS2 MORNING BREAK SNACK**

Children may bring from home fruit or vegetables of their own, or another healthy snack. Sweet/crisps etc are not permitted.

### **DENTAL HEALTH**

Dental Health services will be invited in to school to work with individual classes and parents.

Dental Health will be studied as part of the Science curriculum and PSHE lessons. Currently the children receive free tooth brushes and tooth paste every term, provided by the Health services.

### **BIRTHDAY CAKES AND CELEBRATIONS**

School supports the teaching of a balanced diet and children will be allowed to eat cakes etc as part of a celebration event. Children are allowed to wear their own clothes and bring in items to celebrate their birthdays, but generally these are only given out as the children depart from school.