



**FIRST STEPS TOGETHER**  
SKILLS FOR LIFE

# **HEALTHY EATING POLICY**

**Last Update: September 2024**

**Next Update: September 2027**

## **Introduction**

At First Steps Together we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle.

We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

## **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 encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical, and allergenic needs.
- To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.

## **Objectives**

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To ensure that all staff with responsibility for food have basic food hygiene training.

## **Water Provision**

At First Steps Together we actively encourage all pupils to drink water each day. Water stations are provided in all communal areas. Children are encouraged to drink more after physical exercise and on hot days. Water is available on the tables at lunch time. Staff have access to drinking water in the communal room, modelling frequent drinking to the children.

We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults.
- Reduces tiredness, irritability, and distraction from thirst.
- Can have a positive effect on pupils' concentration throughout the day.
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

## **Snacks**

We encourage children to have a snack at break time to support concentration and as a way of eating 5 portions of fruit or vegetables per day.

All children have access to free fruit or vegetables every.

## **Lunchtime food provision**

The school provides school meals, all students have their lunch hour between 12.00 p.m. and 1.00 p.m.

Pupils in the school have an opportunity to choose their meal.

Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- entering and leaving the dining hall in an orderly way, to show respect for those who are eating.
- sitting freely with their friends
- eating school dinners together
- promoting the correct use of cutlery
- being encouraged to try a variety of foods at lunchtimes to develop a balanced diet.

- saying please and thank you.
- Parents or carers being advised if their child is not eating well.

Whilst the staff strive to keep the noise level down in the dining hall and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

### **Partnership with Parents and Carers**

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example. We will:

- Keep parents informed about healthy eating policy and practice through our newsletter.
- Take seriously and respond to any issue which parents/carers raise with teachers, head or governors about this policy and practice in school.
- Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
- Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events, e.g. school discos.
- Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.

### **Monitoring this policy**

This policy will be monitored through the following:

- The contents of pupil's dinner plates will be monitored
- Seeking the views of parents and governors
- Discussions with staff, including midday supervisors and catering staff.
- Observations at lunchtime
- Observations of break time eating habits
- Scrutiny of teachers' PSHCE lesson plans
- Discussion with the catering lead on what food is being offered.