



Larkrise Primary School  
Healthy Eating Policy

At Larkrise we aim to provide an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.

Healthy Eating Policy Aims:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices during the school day.
- To ensure that drinking water is available and promoted to the children.

Guidance in achieving the Healthy Eating aims:

1. Leading by example

- All staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so staff are encouraged to engage in impromptu and open dialogues about making choices about the food and drink we eat. Discussions should not stigmatize 'bad' foods but should be about the need to balance foods that are high in sugar and fat with those that are not.
- All staff are encouraged to model good practice to pupils, eating healthy choices and drinking water when eating or drinking in front of the pupils.

2. Lunches and snacks

- Our school caterers 'Food with Thought' adhere to the government's nutritional standards and follow guidelines and standards set by the School Food Trust, the Local Authority Caterers Association and the Oxfordshire Food for Health Alliance.
- The contents of pupils' lunchboxes will be monitored once an old term, to inform the Lunchbox Guidance leaflet sent to parent/carers by Health School's Co-ordinator.
- Free fruit scheme for Foundation and children in Years 1 and 2, where children are encouraged to eat a fruit snack at playtimes daily.
- Children are provided bottles at the beginning of the year and encouraged to bring in water daily. Drinking of water is promoted during the day.

3. Food as part of the curriculum

- Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.

- Teaching methods adopted in the classroom will offer a rich variety of opportunities for participatory learning.

#### 4. Giving out food

- Parents are not permitted to bring in any food stuff for children's birthdays.
- For school events and class parties, parents will be encouraged to bring in food. Staff will request food wanted to ensure that there is a balance of food available to the children.
- Food is not to be given as a reward. Each class has its own system of non-food based rewards/incentives etc.
- The school does not encourage eating of foods high in sugar or fat. If food is used that has a high fat or sugar content there must be a healthy choice available to all children and an open dialogue upon making healthy choices. e.g: "I have already had a chocolate biscuit at lunch time so now I will choose to have an apple instead of the chocolate choice today, what do you think you will choose?".
- All food allergies should be known and accounted for in the provision of food.

Reviewed November 2017

Next Review November 2018

**Signed.....(Chair of Governors)**

**Signed.....(Headteacher)**