
Strathearn Preparatory Department
HEALTHY EATING POLICY



Rationale:

The health and well-being of all our pupils is at the centre of what we do as a school. We know that healthy pupils learn well and can take full advantage of every opportunity to learn. We are also aware that a pupil's ability to attend school is affected by health. Therefore, making our school a healthy place has become a whole school objective. We believe that all students should be encouraged to eat a healthy balanced diet and therefore the food we provide will be nutritious, varied and appealing to pupils. All food served will comply with current guidelines for healthy eating and the Nutritional Standards for Food in Schools. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

This policy was produced in consultation with parents, pupils and governors. Reference was also made to ESAGs Healthy Food for Healthy Outcomes: A Food in Schools Policy and School Food: Essential Guide.

Prior to this policy being updated, parents and pupils were asked for their input and response to our healthy eating initiatives. ([see appendix 1](#)).

Aims

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices both inside and outside school.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet.
- To help the children understand that some foods should be eaten in moderation.

Curriculum Organisation and Delivery

At Strathearn Preparatory Department, healthy eating is delivered within a whole school approach and is part of PDMU strand 1 Personal Understanding and Health. It is also linked to other healthy living initiatives e.g. Sports Days, the Life Education lessons and an extensive extra-curricular sports programme which includes tennis, hockey, yoga, athletics, dance, cricket and judo. Our teaching programme also addresses healthy eating through cross-curricular links.

The P.E. teacher and other staff provide pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as walking. Regular physical activity can improve quality of life, improve health, promote social inclusion and raise individual self-esteem and confidence and competence to help encourage a lifelong commitment to physical activity. The P.E. programme is broad and balanced, complies with statutory requirements and is accessible to and meets needs and interests of pupils.

Break Time

Children are encouraged to bring a healthy snack, e.g. fruit, (not dried) vegetables, sandwiches and cheese to school for morning break. Other items such as sweets, crisps, biscuits etc., are discouraged. Most importantly, in recognition of the danger of anaphylactic shock, guidance with regard to the type of snack the children should not bring to school has been issued. Please see appendices 2 and 3.

In line with this, we have made the decision to become a 'nut free' zone. Parents are periodically reminded of the school policy regarding this in Parent Mail and posters are displayed throughout school.

As part of the education of our children in healthy eating, we believe that it is important that they are also taught the concept of self-control and that occasional treats are fine.

Dinner Time

The school will seek to improve healthy eating amongst pupils, including those who take a packed lunch. Pupils will be issued with leaflets giving ideas for healthy school lunches to encourage parents and carers to provide them such a lunch.

The school refers to the department guidelines e.g. ESAGs Healthy Food for Healthy Outcomes: A Food in Schools Policy and School Food: Topmarks and which outline the standard expected and ensures the provision of a healthy, balanced meal is met.

Samples of menus are attached in appendix 4.

The school caterers encourage children to participate in Christmas Dinner Day by decorating the dinner hall and inviting festive characters.

Meal provision by the school's meal service also reflects religious, ethnic and vegetarian needs of pupils and staff.

Information on healthy packed lunches is provided every academic year for those who do not eat school meals. Any uneaten food is returned in the children's packed lunch boxes so the parents can be made aware of what the child has eaten whilst in school.

No restrictions are placed on the children regarding the food provided by their parents. It is our stated policy that all children are encouraged to adhere to healthy eating options, with the occasional treat. The challenge for us is to strongly promote healthy eating while also ensuring that all children do eat something. To this end encouragement, education, information and consistency of approach is essential.

There is a link teacher from Strathearn Preparatory Department and the school cook.

Water

Pupils need to drink water regularly throughout the school day. Drinking adequate amounts of water regularly throughout the day can protect health and contribute to well-being; drinking adequate amounts of water can help prevent a range of short

and long-term health problems such as headaches, bladder, kidney and bowel problems; water has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine. Drinking water can also improve learning; as when pupils are dehydrated performance deteriorates by 10%; pupils will concentrate better as they are not distracted by the symptoms of dehydration such as thirst, tiredness and irritability.

All pupils will have access to fresh drinking water. Consumption is permitted both in class with permission of the teacher and during break and lunchtimes. Water is also available during sports activities. Staff have access to fresh drinking water by the provision of a water dispenser in the staff room.

Water is provided at dinnertime for those children taking school meals, with some days having fruit juice.

We are aware of the impact of hydration on a child's learning both in the classroom and on school trips and residential. Informally we take every opportunity to develop our children's understanding of this issue.

Milk

All pupils have the option to purchase school milk on a termly basis. The school prefects deliver this to the classrooms.

Tuck Shops and Charity Fund-Raising Events

In Strathearn Preparatory Department we have no tuck shops, and other activities involving the sale of confectionery and other foodstuffs within the school will only run with prior approval of the Head of Department.

Rewards

If a member of staff wishes to reward students with an item of food they are encouraged to choose healthy options rather than confectionery products. Staff should try to use alternative rewards such as pens or pencils rather than food.

Birthdays

Birthday cakes and buns may only be brought into Strathearn Preparatory Department with the discretion and consent of the Head of Department.

Monitoring and Evaluation

Monitoring of more general aspects of healthy eating that pervade school life e.g., healthy snack, drinking water, will be carried out informally through observation, discussion and consultation with staff -both teaching and non-teaching. The effectiveness of the policy will be reviewed by the management team and Board of Governors.

Parents are reminded about Healthy Eating choices at school during year groups talks in September. They have the opportunity to give feedback, make suggestions and ask questions.

Primary 7 children are to complete a questionnaire about their thoughts and ideas concerning healthy eating in school.

Communication and Dissemination of the Policy

All interested stakeholders will receive a copy of the policy and be informed of the implementation process i.e. All staff; Parents; Board of Governors; Pupils

Monitoring and Evaluation of the Policy

Monitoring and evaluation will take place through; School Council and informal day to day discussion and feedback from pupils and staff who use the catering services.

This policy focuses on healthy eating and should be used in conjunction with the full PDMU policy.

