



HEALTHY EATING POLICY

Publication date: March 2023

Next review date: September 2024

Policy review dates and changes:

Review date	By whom	Summary of changes made	Date implemented

INTRODUCTION

Ernehale Flying High Academies is a healthy school, and this is reflected in all that we do within the school. We want to make sure that everyone at Team Ernehale can follow our Take Care Values of taking care of themselves, each other, their learning and the environment. As part of this, all our Take Care Reps have worked together to develop a whole school healthy eating policy.

Why do we have a healthy eating policy?

At Ernehale Flying High Academies we have a healthy eating policy to ensure that all aspects of food and nutrition in school promote the health and wellbeing of our whole school community. We also want to make it clear that Ernehale actively supports healthy eating throughout the school day. We recognise that there is an important connection between a balanced diet and a student's ability to learn effectively.

What do we want to achieve?

To ensure that the whole school community has access to safe, tasty, and nutritious food including an accessible water supply during the school day.

To increase the knowledge and awareness of food issues, including what constitutes a healthy, balanced and environmentally sustainable diet.

To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical, and allergenic needs.

To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented?

- School Ethos
- Curriculum
- Birthday/Holiday Gift Food
- Water
- Break time
- Lunchtime
- Staff and Visitors
- School Visits and Events

School Ethos

At Ernehale we Take Care of Ourselves, Each Other, Our Learning and Our Environment. The importance of a balanced diet is consistently communicated throughout the school day including when attending trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

Curriculum

Part of our ethos to Take Care of Ourselves is to ensure that all the children are aware of the importance of a healthy diet. This is explicitly addressed within the Science, PSHE and PE curriculum. Each curriculum

subject will develop a range of skills and understanding that will contribute towards these areas. There are also opportunities for cross-curricular coverage of healthy lifestyles.

At Ernehale we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides.

Birthday/Holiday Gift Food

Parents sometimes wish to give out birthday food or food brought back from a holiday. This should comply to our food policy. Sweets and chocolates do not comply with the policy.

Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. In order to maintain health and to keep hydrated children should only bring water to school.

Break time

Ernehale School is a 'nut free zone' as we have a number of children in school with nut allergies. During morning break the children may bring a healthy snack to eat. This can only consist of fruit or raw vegetables (E.g. Carrot sticks or cherry tomatoes). As free fruit is not available to pupils in Key Stage 2 so the snack needs to be provided from home.

Children are not permitted to bring dried fruit, chocolate, crisps or fruit substitutes to school for snack time.

Throughout the day children are encouraged to drink water. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with a nut allergy. Food which is not fresh fruit and vegetables will be returned home.

Lunchtime

Children can eat school dinners or bring a packed lunch to school.

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At Ernehale School, dinners are provided by Nottinghamshire County Council who are actively trying to reduce their carbon footprint and are proud to be going local with our school dinners, to cut down on our food miles. Our school dinners are packed with fresh and tasty ingredients which meet many strictly regulated food assurance schemes.

All children are encouraged to eat a balanced and healthy lunch to school. We are a 'nut-free' zone so disallow any products containing nuts because of children with nut allergies in school.

According to NHS choices a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit
- Water is provided for all children on the tables in the hall

Packed lunches are monitored by staff and through the school curriculum we talk to the children about the importance of having a healthy and balanced lunch.

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits and Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving. Free packed and cooked lunch provision will be handled sensitively.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy and it's implementation in school.

Policy Development and Review

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

This policy will be reviewed on an annual basis.

Review date _____

Signed _____

Chair of Governors

Date _____

Policy Links

PSHE, Science, PE, RE, MFL