

Promoting a Healthy Diet
The Vaynor First School
Redditch West School Trust
2014 - 17

Policy Adopted on: 17th April 2014
Review Date: Summer 2017
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Executive Headteacher

Rationale

The Vaynor First School recognises that eating a healthy diet will help children to have a long life. It also helps them to concentrate in school, to learn effectively and therefore achieve the very best they can. As part of the school's role it is important that we work together with other parts of our community to promote healthy lifestyles and sustainable food and farming practices.

The educational rationale is to improve the health of the entire community by teaching pupils and families' ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This will be accomplished through food education, cookery club, the food served in school, the curriculum taught in this area and working with partners in the community.

Aims

To improve the health of pupils, staff and their families by:

- increasing their understanding of food issues, including what makes up a healthy and environmentally sustainable diet;
- teaching children about the importance of hygiene in food preparation and when storing foods;
- engaging pupils in the investigation of the role food, how it is made, how it is sold and where in the world it comes from impacts on their health and the world environment;
- ensuring food provided in school is meets high nutritional standards and there is water to drink during the school day;
- raising awareness of parents about what makes a nutritious and well balanced lunch box
- ensuring that food provided in school meets the needs of all staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- making the provision and consumption of food an enjoyable and safe experience.

Methods

- For the whole school community to work together to achieve the aims, namely governors, school staff, pupils, parents, food providers and the school's wider community.
- To integrate these aims into all parts of school life, in particular, food that is provided in school, how food and health is taught in the curriculum and social activities / after school clubs.
- To use the Curriculum alongside Personal, Social and Health Education and Physical Education to teach about sustainable foods, the importance of water, how food affects the body, hygiene and food production, storage and marketing.
- Create an ethos and environment which values safe, tasty and healthy food whilst being aware of the impact the food we eat has on our planet and health.
- To use the school grounds to help children understand sustainable processes for food development, including growing their own food and caring for chickens
- To have an inclusive approach to the monitoring and implementation of this policy.