



**EUXTON  
PRIMROSE HILL**

Primary School

*"Together we will make a difference."*

# Healthy Eating Policy 2017

Euxton Primrose Hill Primary School

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## Healthy Eating Policy

### Introduction

At Euxton Primrose Hill Primary School, we believe that a good diet is fundamental to both our physical and emotional health. A poor diet can reduce our efficiency, whereas a good, balanced diet can greatly improve our performance in many areas. For all the pupils at Euxton Primrose Hill Primary School, we actively promote healthy eating so as to help make them feel better in themselves and also to become happy, responsive and motivated learners. Parents are informed of Healthy Eating changes or developments through the Wednesday Weekly. We have a Healthy School's Council who regularly meet to discuss ideas and school lunch menus. Governors are informed on a regular basis through Staffing and Curriculum committee. Suggestions and concerns can be raised in these meetings.

### School Aims

- To provide a broad, balanced and relevant curriculum differentiated to meet individual needs.
- To encourage and promote understanding of each pupil's individual needs.
- To raise self-esteem through a positive approach to teaching & learning.
- To develop and enhance appropriate social skills in a range of contexts.
- To increase independence for life.

### Aims:

Proper nutrition is essential for good health and effective learning. We therefore aim to:

- To ensure that we are giving consistent messages about food and health;
- To give our pupils the information they need to make healthy choices;
- To promote health awareness;
- To contribute to the healthy, physical development of all pupils;
- To encourage all pupils to take part in the '5-A-DAY' campaign;
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals;
- Involve pupils and parents in decision making.

### We aim to promote healthy & balanced eating by:

- Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the new nutritional standards;
- Encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products;
- Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- Encouraging fruit juices, lower fat milk and sugar-free drinks; discouraging sugary drinks and less healthy snacks between meals.

### IMPLEMENTATION

The following is a list of strategies in place to ensure the above aims are met.

- Pupils are not allowed to bring in snacks such as crisps or biscuits for break times.
- KS1 pupils have a daily portion of fruit provided for them from the school fruit and vegetable scheme. The items supplied vary according to the season, e.g. carrots in autumn, strawberries in summer.
- KS2 pupils are encouraged to bring their own fresh fruit in and they eat this at break-times. The pupils can also purchase a slice of wholemeal toast with sunflower spread for their snack at morning break.
- Pupils are actively encouraged to increase their water intake during the day. We have several water dispensers around school and each classroom has a sink with cold drinking water. We also promote the bringing of water bottles to school which the pupils are allowed to drink during their work.
- We encourage the pupils to eat healthily at lunchtime by ensuring that there is always a vegetable, fruit and salad option available for those taking a school dinner. For those pupils bringing a packed lunch, we do not allow sweets or fizzy drinks.
- Built into our curriculum, is regular education about the importance and benefits of a balanced diet. This is also promoted during special weeks, e.g. Health Week.

### School Meals:

- School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.
- Termly theme days are linked to curriculum areas or calendar events.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- The school recognises the particular value of school meals to pupils from low income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.
- All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. All pupils are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- They provide a vegetarian and non- vegetarian option, both of which pay regard to nutritional balance and healthy options.

### Milk:

All EYFS/KS1 pupils at Euxton Primrose Hill Primary School are offered subsidised milk as a mid-morning drink. Those pupils who are eligible for free school meals receive the milk for free. Those pupils that do not wish to have milk may have a drink of water instead.

## CONCLUSION

Educating pupils on the importance of healthy eating is an integral part of our health education at Primrose Hill. As a school actively promoting healthy eating, we are regularly updating ideas and approaches. Further information relating to Healthy Eating Education can be found in both the Science and PSHE schemes of work.