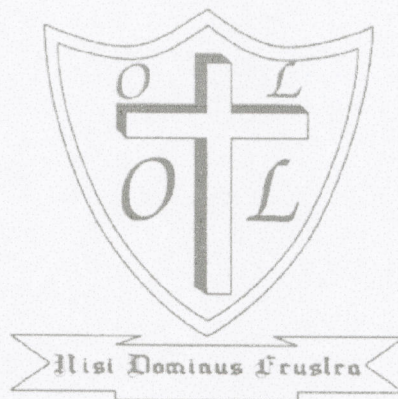


Our Lady of Lourdes Catholic Nursery & Primary School



Policy on Eating and Health

Introduction

This policy is one in a series that makes up the 'Health, Safety and Welfare' Statement for the school. This policy states the school's philosophy on how it will make a positive contribution to achieving the five key outcomes of Every Child Matters:

- Being healthy
- Staying safe
- Enjoying and achieving
- Making a positive contribution
- Economic well-being.

Aims

- To encourage pupils to develop positive attitudes towards eating.
- To provide experiences and develop understandings that will support pupils to make informed decisions about their eating habits and food choice.

Statements

The school approach is primarily to encourage pupils to eat, to enjoy eating and learn to make informed decisions by:

- Taking a whole school approach to ensure consistency and develop mutually supportive practices.
- Providing a planned spiral curriculum in PSHE and through cross-curricular links especially to Science and RE
- Providing choice of food at lunchtimes that is regularly monitored.
- Implementing a Code of Practice regarding food in school and the sale of any food.
- Having a sensitive regard to eating, culture and family backgrounds.
- Taking a positive response to issues such as body size and eating habits/diets so each child feels valued and included.
- Monitoring the links to commercial and external services and how these are managed both ethically and in support of good practice.

Indicators of Good Practice in Our School

1. The quality of pupil learning experiences.
2. Pupil learning outcomes.
3. Number of pupils who enjoy school meals.
4. Pupils who enjoy packed lunches.
5. Choice of food available at lunchtime.
6. Pupils improved understanding of healthier choice in selection of food.
7. Staff views of lunchtime – including catering staff and welfare staff.
8. Pupils feel happy and secure at lunchtime.
9. Pupils who enjoy eating fruit.
10. Pupils who have easy access to a drink of water.
11. Pupils' prior awareness of choices available at lunchtime.
12. Pupils' knowledge of the pastoral system to deal with any problems especially in relation to body image and diet.
13. Parents who are aware of the school policy and practice around healthy eating.

Implementation

An action plan will be drawn up with links to Healthy Schools Action Plan. An action group of parents, catering staff and school health professionals will be formed to help develop the plan in consultation with staff, pupils and Governors. The pupils will be consulted through the school council and questionnaires.

Related School Policies

This policy is supported by and embraced by school policies for:

PSHE

Equal Opportunities

Inclusion

Behaviour and Discipline

Anti-bullying

Monitoring and Evaluation

This policy will be reviewed biennially in consultation with staff. The governors review this policy as part of their monitoring of the effectiveness of the school's PSHE and Health and Safety programmes