



CORRIE PRIMARY & NURSERY SCHOOL

WHOLE SCHOOL HEALTHY EATING POLICY

Mission Statement

Corrie nurtures and encourages all children to realise their personal best and to fulfill their potential in the academic, sporting and performing opportunities provided in and out of school. Our carefully planned climate of celebration of pupil achievement includes a sense of enjoyment that childhood days will be remembered as fun. Our vision is of an environment where our children can develop the life skills necessary to become fully integrated members of society. Corrie aims to do this by providing a caring and stimulating learning environment where all are welcome, respected and encouraged to achieve the highest standards in both work and play. Through mutual respect and appreciation we aim to provide enrichment and enjoyment for everyone. By fostering support and loyalty we offer an environment in which we clearly value the contribution of each individual.

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the premises. (Taken from 'Food in Schools').

1. Curriculum

The school provides educational opportunities to address healthy eating issues within the curriculum at all key stages through various subject areas such as: PSHE, science, PE, etc. and during our Sports and Health week. Curriculum work reinforces the importance of a balanced diet and healthy lifestyle to pupils and gives them the skills and knowledge to select a healthy balanced diet.

2. Extra-curricular Activities

By offering extra-curricular activities such as cookery clubs, growing clubs, etc. the school is showing its commitment to healthy eating through the development of practical skills and knowledge. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.

3. Breakfast / Breakfast Clubs

Children are encouraged to have a healthy nutritious breakfast every day.



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By offering breakfast club we hope to ensure children obtain a healthy breakfast, encourage a high rate of punctuality and attendance, promote consistent messages around healthy eating and provide opportunities for children to develop social skills.

4. Breaktime Snacks

In the EYFS, pupils are provided with a piece of fruit and milk each day. In Key Stage 1, the children are provided with a piece of fruit daily. In Key Stage 2, pupils are encouraged to bring fruit to school for their snack and unhealthy snacks are not permitted. Curriculum work supports pupils to understand the need for a balanced diet.

5. Dining Room

The school is aware of the importance that the physical environment of the school dining room can have on the eating of a healthy diet. Pupils and staff are encouraged to eat at school and interact with one another. In order to do this the school will endeavour to ensure that only high quality food and drink are available and that the dining room is inviting and fun to be in.

6. School Meals

School meals offer a nutritionally balanced healthy lunch to pupils, served by professional trained staff. All school food meets national nutritional standards (both food and nutrient based). The school actively promotes the take up of school meals.

7. Lunch Boxes

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school encourages children to bring a healthy lunchbox from home.

8. Water Provision

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided.



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9. Sweets, Rewards, Treats and Celebrations

The school does not encourage sweets to be used as rewards or treats. Pupils and parents are also encouraged not to send sweets into school for snacks. Special celebrations (birthdays, Easter, etc.) and events during the school year will be celebrated with non-edible alternatives. Pupils, parents and the wider school community are consulted on this issue.

Signed: S. Griffin

Date: September 2019

Review Date: September 2021