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Healthy Eating/Nutrition Policy

This policy is made available via the school website, is provided to all parents (current and prospective) in the parents' handbook, is provided to all Governors in the Governors' handbook, is provided to all staff in the Staff Handbook, is available from the school office and is kept in the Library.

A healthy lifestyle together with a balanced diet in childhood helps establish healthy eating habits for life. A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

At Finton House we promote a positive attitude towards healthy eating through the curriculum areas of PSHCE, P.E. and Science. In Reception understanding is developed through the learning areas of Physical Development and Knowledge and Understanding of the World. Visitors are invited to assemblies and in PSHCE lessons to support the delivery of the healthy eating message. These lessons help pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. Within school they are encouraged to make sure they have some carbohydrates, protein and vegetables on their plate each meal time.

School meals are provided for the children each day and dietary requirements catered for. A pictorial list of children with specific dietary requirements is displayed in the school kitchen and all staff are made aware of individual children's dietary requirements. In extreme circumstances children are allowed to have a packed lunch, but only one or two usually do for special needs or medical reasons. The school has a 'no nuts' policy. Packed lunches are also required not to contain nut products, sweets or fizzy drinks.

Each day salad items such as raw vegetables and fresh fruit are available. Organic meat is used for preparing all homemade dishes at school. Salt is not provided for the children and it is not used in the preparation of food. When served, Baked Beans contain no salt and only low sugar. Frozen food is rarely used, except for fish fingers and meat balls.

The members of staff on duty check that children are eating properly. If there are any concerns the class teacher is informed and where necessary the parents and the rest of the staff briefed. The Deputy Head has received training on eating disorders. For break

times the school provides daily a healthy snacks. The children can also bring in a healthy snack of their own.

The children from Y1-Y6 are strongly advised to bring in water bottles to keep in the classroom and are allowed to drink from them when necessary. The water bottles are taken home each night to prevent water becoming stale. In Reception the children have water fountains placed in their classrooms. There is access to two water fountains in school (outside small hall and just inside 171, near school office) and there is also one available at the Playing Fields.

The Bursar and Cook have regular meetings to discuss menus for the forthcoming three weeks and the possible trialling of any new ideas. The Cook is also kept informed of dietary requirements and recommendations by the Deputy Head or Bursar. Menus are displayed on the school board in the downstairs corridor of 169. The diet being provided for the children is monitored and reviewed continuously and the school cook regularly attends courses on hygiene and healthy eating.

Written June 2005
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