



## **Glebe House School – Healthy Eating and Living Policy**

We believe that healthy eating should be a part of a healthy lifestyle and with the support of the governing body, teachers, parents and catering staff we can encourage the children to eat a more balanced diet.

Research suggests that there is a link between diet and chronic diseases such as heart disease, cancer, dental health and obesity. Evidence indicates that childhood nutrition contributes to the immediate health but can also set a pattern for later life.

We believe that this school has an important role to play in educating our children through our curriculum and PSHEE to develop healthy eating habits. In order to help achieve this we need to provide the children through our school meals with food that is not only enjoyable but also nutritious.

In addition to Healthy Eating Habits, we also understand that promoting physical activity is a key aspect of healthy living in general. All policies, including but not limited to our Sports

### **Aims and Objectives**

We aim to encourage our children to develop healthy eating, drinking and activity habits by :-

- Promoting clear and consistent messages about food, drink, nutrition and exercise through the classroom setting.
- Through the provision of food and drink at breakfast, lunch and tea.
- Allowing only healthy snacks to be consumed at break times – with an emphasis on fruit and vegetables
- By making water available through the use of water bottles and water fountains throughout the day.
- By completely removing the use of chocolate or sugary snacks as a reward from staff
- By setting good examples regarding being active and exercising, through our Sports Policy and every day interactions with the children/

### **The Taught Curriculum**

Through education about healthy eating we aim to enable children to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills. This will be achieved through:-

- The range of curriculum opportunities e.g. science where children will be taught through such subjects as 'Ourselves', PSHEE and science lessons and visiting speakers etc.
- A variety of cross curricular activities e.g. Healthy Eating Days, Healthy Schools Activity Days and Special Lunch Days and Cookery Clubs.

- Practical opportunities for developing food growing, handling, preparation in school to complement the curriculum e.g. for religious festivals, food tasting activities related to foods from other countries, cultures such as Chinese New Year.

### **The Food Service**

We aim to provide a service that is consistent with our teaching of Healthy Eating thus enabling children to put into practice their learning in the curriculum.

### **Boarding**

The healthy eating and living policy extends to those pupils in our boarding community also.

Treats such as chocolate, milkshake and other snacks during boarding will be monitored and, in line with other boarding policies, the amount of 'tuck' or unhealthy snacks eaten will be in line with our overall focus on healthy diet.

### **School Meals**

We aim to provide our pupils with the opportunity to eat a healthy, balanced meal, by making use of good quality ingredients, fruit and vegetables etc. Our salad bar is always available and pupils are encouraged to choose items and try new foods.

Second helpings of food will be monitored so that if they occur, they do not allow overeating – children should be full up from their meals at Glebe and can choose an appropriate portion. The right amount of food is key – children that are hungry should always be able to have sufficient amounts of food.

Seconds of a sugary pudding are not allowed – a tasty treat is a part of a healthy diet but too much sugar is known to be detrimental to health and as such will be avoided.

The balance of meals during a day will be monitored so that a child who is at school for breakfast, lunch and tea has a suitable range of options that takes into account variety and healthy choices. For example, the amount of processed meat, salt, saturated fat and other areas of diet will be monitored by those creating and delivering the menus.

### **Marketing**

We will have strategies in place to promote healthier options such as:-

- Information prominently displayed in the dining hall e.g. a weekly menu or information about special food days.
- The appearance of food served is enhanced by its presentation
- To provide portions of adequate size for the children is an important factor in our lunch provision. i.e. children are encouraged to try a range of foods but those children who only have small appetites are not over faced with large meals.
- Queuing is kept to a minimum, regulated by teachers and staff on duty
- Special events/healthy promotions are notified to parents through newsletters and posters in the dining hall.

## **Quality of the Environment**

We aim to make our dining area user friendly by:-

- Trying to keep the noise levels to a reasonable level
- The opportunity to eat food without being rushed, this is especially important for our youngest pupils who do tend to eat more slowly.
- We aim to provide suitable furnishings to utilize the space provided and decorate the hall for special occasions e.g. Christmas.
- Teachers and staff take their meals with pupils – providing valuable conversation time and behaviour management
- The layout of the tables etc are sited to make the maximum use of space without the children feeling squashed or not given sufficient space to eat their meal comfortably.

## **Breakfast**

We encourage children to eat breakfast before attending school and we provide breakfast for boarders, as well as additional Breakfast club spaces for Prep students

## **Break-time snacks**

We only allow snacks from the healthy snack list, included at the bottom of this policy.

## **Rewards and Treats**

From time to time there will be treats in school, for example pupils' bringing in treats for classmates when it is their birthday – these will be given out at the end of the school day and not consumed in class.

Where parties occur in the school calendar, such as at Christmas, treats will be provided by will be balanced with healthy options.

Teachers and other staff will not use sweet and sugary foods as rewards or prizes for children.

## **Water**

Fresh drinking water will be available at all times. All children are encouraged to bring a reusable water bottle, with water fountains available throughout the school.

## **Special Diets**

Pupils with individual health requirements, for example with allergies will be catered for. There are meat free options at lunch and every Monday is a 'Meatless Monday'.

The school is completely **nut free**. This includes any food brought in by staff or pupils.

## **Monitoring and Evaluation**

We will use the following success criteria to monitor and evaluate our work on healthy eating. Success criteria will include:-

- Increased uptake of healthier food in the dining room.
- Reduction in the amount of high fat, high sugar and high salt food being consumed during the school day.
- Greater understanding/ awareness by children of the need to eat a nutritious and balanced diet.

Methods of data collection may include:-

- Surveying the school community to monitor understanding and perceptions of healthy eating and also suggestions as to how to improve the provision of healthier options in school.
- Monitoring the coverage of healthy eating in the curriculum.
- Healthy Eating Questionnaire.
- Monitoring the amount of litter in the school grounds.

This policy written: February 2021

By: **The Headmaster**

Update interval: 12 Months

Last update: July 2021

Next update due: **July 2022**

## Glebe House School Healthy Breaktime Snacks

**When providing a snack for morning and or afternoon break, please choose from the following list, with at least one of those snacks being either fruit or vegetables where possible:**

Fruit

Dried fruit

Yogurt coated dried fruit

Fruit puree pouches

Raw vegetables

Breadstick

Rice cakes

Crackers/Mini Cheddars

Healthy cereal bar (chocolate free)

Snack bars with fruit filling e.g. Go ahead bars

Frubes / Fromage Frais

Healthy low sugar popcorn

### **Breaktime Snacks NOT ALLOWED**

Non baked Crisps

Sweet biscuits

Chocolate Bars of any kind e.g. Kit –Kat

Sweets of any kind

Cheese (babybels etc)

Fruit winders

**Nuts of any kind**

Muffins, cakes, doughnuts