

Sacred Heart P.S.



Healthy Eating and Drinking Policy

January 2023

Healthy Eating and Drinking Policy

Sacred Heart P.S. aim to present healthy eating and drinking messages through: -

- The taught curriculum
- The provision and promotion of healthy food and drink during the school day and on school trips
- The school environment

Why is a Healthy Eating Policy Needed?

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that the diets of young people are not meeting healthy eating recommendations for optimum growth and development.

Immediate benefits of healthy eating include:

- Improved concentration
- Preventing asthma, anaemia, dental decay, diabetes, and obesity

Longer term health benefits include prevention of coronary heart disease, some cancers and osteoporosis (brittle bones).

Drinks

Children are encouraged to use reusable plastic water bottles. These should have a sports cap to prevent spillages. **Only water is allowed in these bottles in class.** Energy drinks such as Boost, Prime, Lucozade etc. are not permitted due to the long-term health risks that can be associated with these.

Mid-morning snacks

Our school encourages parents to provide healthy snacks such as fruit for all pupils to eat at mid-morning break. We encourage pupils to drink either water or milk at break time.

School Meals

Our school works alongside the EA catering service to ensure healthy choices are available throughout the mealtime and that the national nutritional standards are met. Fruit and vegetables are included as part of meals and puddings where possible, and steps are taken to reduce fat, salt and sugar of food provided.

Packed Lunches

Our school encourages parents and carers to provide a healthy packed lunch and would request that crisps and sweets are not part of this.

Rewards

Foods such as sweets, diluted juice etc. **may occasionally be provided by school** as a treat/reward on a monthly/termly basis.

Involving Pupils and Parents

Our school encourages participation by pupils and parents to determine food provision in school, for example by discussing healthy eating and drinking. Our School Council will discuss healthy eating and drinking as part of their regular meetings.

In the Classroom

Healthy Eating will be promoted through individual subjects and in cross curricular ways through PSHE.