

This is the Healthy Eating policy for both Alexandra Infants' School and Alexandra Junior School.



HEALTHY EATING POLICY

INTRODUCTION

This policy is to ensure that all children at Alexandra Infant and Alexandra Junior School have a healthy diet during their school day, and develop healthy eating habits.

PURPOSE

Good health is essential to a child's ability to learn. This policy is linked to health promotion. As Alexandra Infant and Alexandra Junior School are health promoting schools, we aim to educate children about a healthy diet.

AIMS

- We aim to education children, throughout their school life, starting in the Nursery about a healthy diet. We set good examples at dinner times and break-times and also through our P.S.H.C.E. curriculum.
- We aim to educate children about their dental hygiene and prevent tooth decay through healthy eating.
- Basic food hygiene is taught and we ensure that children wash their hands before meals and snacks and after visiting the toilet.

ROLE OF THE SCHOOL AND ORGANISATION

- A third of a pint of free milk is available to children from three to five years old. If they do not want milk, water is available.
- A third of a pint of milk is available to all other children at a subsidised cost. Alternatively children are encouraged to bring a drink of water to school in a named, non-glass container.
- Water is available to all children throughout the day.
- Toast is provided every morning in the Foundation Stage.
- Breakfast is provided daily before school at Breakfast Club.
- Each child received a free piece of fruit daily through the Government's Free Fruit Scheme.
- School dinners are planned carefully to meet the nutritional needs of the pupils. Vegetarian options are always offered.
- We encourage children to make healthy choices when bringing a packed lunch to school.
- At break time, children are only allowed to eat fruit or vegetables.
- Any allergies are recorded, and staff will ensure that children are not given foods, which contain the allergen.

Inclusion

At Alexandra Infants' and Junior School, it is our belief that all children have an equal right to a broad and balanced curriculum, which enables them to meet their full potential. Through our teaching, we provide learning opportunities that enable all pupils to make good progress. We strive hard to meet the needs of those pupils with special educational needs, those with

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disabilities, those who are deemed more able and talented and those learning English as an additional language and we make all reasonable adjustments to achieve this. For further details, see separate policies: Special Educational Needs; SEND Information Report; Equality policy and scheme; Able and Talented; English as an Additional Language (EAL).

As a school, we strive to ensure that all children, staff and members of our school community are treated fairly and equally. All children have equal rights to access all areas of the curriculum, regardless of race, gender, religious beliefs, sexual orientation and disability. Within this subject area, the Senior Leadership Team (SLT) and all staff endeavour to provide the appropriate provision for this to occur. This policy follows the guidelines and practices that are stated and outlined in Alexandra Infants' and Junior Schools Equality Scheme. Please see this policy for further detail.

This Policy will be reviewed annually.