



DATCHET ST.MARY'S C OF E PRIMARY ACADEMY

Healthy Eating Policy

Policy produced and Approved by.....Committee

on(Date)

Signed.....

Print Name..... Date.....

Purpose

This policy reflects the philosophy of Datchet St Mary's CE Primary Academy in relation to Healthy Eating. The policy gives a framework within which staff, both teaching and non-teaching, work. The policy is to be complementary and supportive to the role of the parents and also has regard for their views.

Aims

The aims of the policy are

- To promote and encourage a healthy eating pattern.
- To reduce the amount of sugar and salt the children are eating at school.

Implementation

- Children in KS1 receive free fruit or vegetables as a morning snack
- Children in KS2 are allowed to bring a snack to school to eat at morning break.
- Fresh fruit or vegetables with water to drink are the preferred snacks.
- Children may bring water in a clear plastic bottle, preferably with an appropriate top to drink during lessons.
- Lunches should be a balanced meal preferably with either water or milk to drink.
- Sweets are not allowed in school
- Food provided at the Breakfast and After School clubs should reflect a healthy, balanced diet

Parents

Parents will be kept informed of any changes to this policy. All parents will receive a copy of this policy when their child enters the school.

Evaluation

This policy is to be made available to all teachers and governors. The PSHE Subject Leader will monitor and evaluate this policy annually.

Policy produced by.....Committee

Approved by..... (Sign)

Print Name..... Date.....

Review Date.....