

#### INTRODUCTION

As a school, Alexanders is committed to encouraging and developing a positive attitude towards food and a healthy diet. We understand the significance of promoting a healthy lifestyle and recognise the importance of providing children the knowledge to make healthy, informed choices about what, when, where and why they eat both in and out of school, for now and in the future.

At Alexanders we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve in school.

#### AIMS AND OBJECTIVES

The aims of this policy are:

- to improve the health of our students, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet;
- to ensure staff and volunteers are trained so that children receive a consistent message;
- to ensure students are well nourished at school and that every child has access to nutritious food and an easily available water supply during the school day;
- to require that packed lunches brought in from home provide children healthy and nutritious snacks; and
- to introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

#### ORGANISATION – SNACKS

Alexanders recognises that a healthy, nutritious diet is crucial to aid learning and development. Therefore, we encourage parents to provide healthy, nutritious snack-boxes for their children.

Students' snack boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.

Chips, biscuits, cakes and fruit juices should not be considered 'everyday snacks' for school.

Cool drinks, sports and energy drinks, boiled sugar sweets, lollipops, sugar-coated chocolates and chewing gum are **not** allowed to be eaten at school at any time or whilst the children are under the supervision of Alexanders staff at any event representing the school.

Children are taught not to share snacks and are encouraged to take home food that has not been eaten at school to ensure that parents know what their child has or has not eaten.

All children are encouraged to bring in a water bottle so they can have access to water throughout the day. It has been recognised that drinking plenty of water improves behaviour and concentration. Only water is permitted at school. No juice or iced-teas please.

In recognition of achievement - such as being awarded 'Star of the Week' or for reaching a personal target - children may be rewarded a chocolate treat by their class or subject teacher. In line with our policy, boiled sugar sweeties and lollipops will be avoided at all times. Please inform your child's class teacher if you would prefer your child not to receive an edible treat as a reward. A substitute 'prize' can be provided. Chocolate treats will - as far as possible - be sourced from Fair Trade providers.

At special events such as concerts, parties and festivals, food contributes to a sense of celebration and sharing. On these occasions party food may be eaten - foods such as chips, cupcakes and cookies - but the staff will remind the children that this is an "occasional treat" and not "every day food".

Details of such events will always be shared with parents.

Please note that boiled sugar sweeties, sugar-coated chocolate such as Smarties, lollipops and cool drinks are not considered party food and are not permissible at school at any time.

In acknowledgement of a birthday, parents or carers are welcome to provide a birthday cake, birthday cupcakes or birthday muffins to be shared with their child's class at snack-time. We would, however, advise against the unnecessary use of food colouring or decorative sweeties such as 'smarties' which can have a detrimental effect on learning in the classroom.

Please do not provide sugar sweeties, lollipops, cool (fizzy) drink or energy / sports drinks as these will be confiscated and returned to the parent at the end of the school day.

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable and which foods are to be avoided.

### **ORGANISATION - TUCK SHOP**

Whilst recognising that tuck shop is 'fun' and not offered every day, we are committed to providing nutritious food and healthy-options when offering a break-time snack at school.

### **ORGANISATION - CURRICULUM**

We regard healthy eating and healthy lifestyle education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science and PSHE (Personal, Social, Health Education) curriculum.

All children should also have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain, healthy lifestyles (exercise, sleep and the components of a healthy diet) and its effect on the human body through the Science curriculum.

### **MONITORING AND EVALUATING**

The effective implementation of this policy will be monitored by the Senior Management Team with the ultimate responsibility for implementation being with the principal.

REVIEWED: JANUARY 2020  
REVIEWED BY: WHOLE STAFF TEAM