

SONNING COMMON  
PRIMARY SCHOOL

POLICY  
STATEMENT  
ON  
HEALTHY  
EATING

POLICY No. 62 Version 1  
Autumn 2005

## **POLICY STATEMENT ON HEALTHY EATING**

### **Aims**

Children need a nourishing diet to maintain and protect their health both now and throughout their lives. The seeds of good health and disease are sown in childhood, and good nutrition is essential for good health.

### **Healthy Eating Policy Statement**

- to ensure that pupils have the opportunity to choose healthy meals in school.
- to encourage a healthy lifestyle through healthy eating, exercise and the promotion of health enhancing habits.
- to promote a positive outlook on life and an awareness of the consequences of healthy and unhealthy choices.

### **Guidelines**

- Healthy lifestyles are promoted both in individual subject areas and in cross-curricular way through PSHE.
- Parents to be encouraged to provide a balanced packed lunch via guidelines displayed on the school notice board.
- The menus for the week are displayed near the servery.
- The senior lunchtime supervisor monitors the content of the lunchboxes.
- Lunchtime supervisors check that children have eaten their packed or cooked lunch. Any concerns are raised with the class teacher.
- Children are allowed to bring sweets to celebrate their birthdays.
- Healthy food issues are frequently on the agenda of the School Council.
- The school meals service via County Facilities Management will promote healthy eating choices and ensure that a substantial proportion of the food is of a healthy nature.
- Every effort is made to promote a safe environment for children prone to anaphylactic shock.
- Children are only allowed fruit or vegetables (carrot, celery etc) at playtimes.
- The school will ensure that food handlers are trained in appropriate hygiene and work practice.

*Sonning Common Community School*

- The community room is available as a food technology area, it is next to the front entrance to the infant block.
- Food technology/ life skills can be part of IEPs.
- Food could be grown as part of a Gardening Club.
- Participation is encouraged in national events

We have a Healthy Schools group - comprising of a representative of the following

- a parent or governor
- school nurse
- health promotion adviser
- teacher
- a member of the school council
- catering supervisor
- the After School Club

to make recommendations to promote healthy eating and to monitor the current situation.

