Healthy Eating Policy

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Type of Policy:	School level policy

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4	07/09/26	SLT	SLT	N/A	No updates to note

Type of Policy	*Tick* ✓
DCAT Statutory Policy	
DCAT Non-statutory Policy	
DCAT Model Optional Policy	
Academy Policy	✓
Local Authority Policy	

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Introduction

At Dudley Infant Academy we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As an academy we know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy has been formulated to enable the academy to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community.

At Dudley Infant Academy we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards.

Purpose/Aims

- To improve the health of pupils, 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 are trained so that children receive a consistent message.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that packed lunches brought in from home provide the child with healthy and nutritious food.

- To ensure that food provision in the academy acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To involve pupils and parents in decision making.

Curriculum organisation and delivery
In EYFS and KS1 healthy eating is addressed through:

- The taught curriculum
- Cross-curricular links
- Discussion between the teacher and pupils and between the pupils themselves
- Whole school projects
- Regular whole school and class assemblies

Subsidised milk is available for children in EYFS. There is a free fruit scheme in operation for all children at Dudley Infant Academy and each child is given a piece of fruit daily. There is a different fruit each day e.g. apples, pears, oranges, bananas and peeled carrots. This provides the children with a daily healthy snack and the social experience of eating together.

Lunchtime
N.B Dudley Infant Academy is a **nut free school.** (See our Nut Free Policy)

Each morning information is displayed in playground stating the meal choices for the day. These are outlined in red, green and yellow. The children decide on their meal and this information is passed to the Academy catering team.

The lunchtime meal offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. We currently use catering provider Chartwells who fully support the principles and aims of the School Food Plan (SFP) which revolves around the provision of good quality, healthy food, the pleasures of growing, cooking and eating well and in turn improving the academic performance of children and the health of the nation.

Fruit and yoghurt are available daily as options to the main dessert. Brown bread is also available daily. Children are encouraged to try the variety of vegetables on offer. Guidelines are followed that ensure menus include:

- Reduced fat, sugar and salt
- Increased fibre
- A wide range of freshly prepared salads and vegetables available daily
- Fresh fruit and yoghurt

Children will be required to enter and leave the dining hall in an orderly way; to show respect for other diners. Children will be encouraged to demonstrate good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you". The children will seek permission from a Lunch Supervisor before leaving the table and they will be encouraged to eat the food they have been provided with.

Our academy recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the academy and a non-discriminatory process is emphasised.

Packed lunches
For children opting to have a packed lunch, we ask that packed lunches are in a named, airtight container.

No nuts, sweets, chocolate or fizzy drinks are permitted. Lunches should include some fruit or vegetable. Water and milk is provided. Any uneaten food is returned in the children's packed lunch boxes so parents and carers can be aware of what the child has eaten for lunch.

Drinking water
Drinking water is available throughout the day. All children are encouraged to bring in a water bottle daily and these are stored in their classroom and easily accessible at all times. As well as water, milk is provided every morning for children in EYFS and for all children at lunchtime.

Special occasions
At special events such as Christmas parties, food contributes to a sense of celebration and sharing. On these occasions party food may be allowed, but the staff will remind the children that this is an "occasional" treat and not "every day food". Details of such events will be shared with parents through the weekly newsletter or via our academy's online communication platform. Party food containing nuts will not be permitted and children and parents will be encouraged to bring in a healthy option.

Monitoring and evaluating
Monitoring and reviews of healthy eating will be carried out in line with academy monitoring procedures and discussion via allocated meeting time. Formal monitoring will be undertaken by the Senior Leadership Team and the Personal, Social, Health Education (PSHE) lead.

The effective implementation of this policy will be monitored by the Academy Leadership Team and the PSHE lead. The policy will be evaluated after 12 months through a survey of the views of the whole academy community, particularly the views of pupils. This takes place through assemblies, in class discussion and school council.

Cross curricular links
There are opportunities for raising awareness of healthy eating in all areas of academy life and through our ambitious curriculum. Many aspects of healthy eating will be discussed in assemblies and covered through PSHE, Science and DT schemes of learning.

Health and safety
All activities will be in line with DCAT Health and Safety policies. In recognition of the danger of anaphylactic shock, guidance with regard to the type of foods children should **not** bring in has been issued to parents and carers.